

Key early signs of Dementia...

Problems with thinking, planning, organisation.
How to do things.

Problems with language and communications.
The right words.

Problems with orientation/navigation.
The right place, where you are, where to go?

Problems with visual perceptions.

Problems with mood and emotions.

Can you help?

Brampton Dementia Friendly Community are looking for volunteers to help run the following activities in the village.

Do any of these points describe you?

- Good listener with patience
- Ability to reassure vulnerable people
- Like chatting and interacting with people
- Like working as part of a small team of volunteers
- Talent to make people smile



Do You Need Help?

Please find below a list of useful contacts if you require any further information.

Alzheimer's Society – Dementia Support (24hr)
t. 0333 150 3456
www.alzheimers.org.uk

Brampton/Alconbury Surgery
(Alzheimer's Society Support Worker: 1st Tuesday of every month)
Brampton. 01480 454050
Alconbury. 01480 890281
www.alconburybramptonurgery.co.uk

Brampton Dementia Friendly Community
t. 07890 866389
e. hello@bramptondementia.co.uk

Volunteering – Call Hazel
t. 01480 456555

Community Information and Advice
t. 01480 775493
e. hunts.navigators@care-network.org.uk

For any questions please contact:
t. 07890 866389
e. hello@bramptondementia.co.uk

Find us on Facebook
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Brampton Dementia Friendly Community



SECOND EDITION

Helping those living with Dementia in Brampton & surrounding areas

www.bramptondementia.co.uk



Chairman's Welcoming Comments

Revision two of our brochure coincides with two milestones. Firstly, we celebrate our 5th Anniversary. The Brampton Dementia-Friendly Activities group was formed late in 2018, by Dr Alan Barratt who had a vision to make our village more dementia friendly. Secondly, after giving so much of his time, knowledge and energy to getting us well and truly underway Alan has handed over the reins to a new chair.

As we reflect on our first five years, we have endured some testing times, making it through the COVID pandemic and enjoying some wonderful opportunities such as our Singing Together group performing at the Village Summer and Christmas fetes, and adventuring with a number of our RECONNECT social café members on the Ladybird Boat along the River Ouse. We have learned to stretch and improve our fine motor movements, to sing new songs and to play new games. We have been entertained by many and varied entertainers along the way including a ventriloquist, a ukulele band, choir groups and museum curators. We have provided respite days for many carers and we have enjoyed copious cups of tea and coffee with amazing homemade cakes, crafted and served with so much kindness, and we continue to be in awe of the amazing people who have come forward and volunteered their time to make our activities so successful and well regarded.

Going forward our goals are to maintain the success of the activities and to recruit new members and new volunteers. We have an incredible wealth of experience now running the groups and we really want to be sure that the availability of these activities is known about locally, by those who are living with or alongside dementia. We look forward to meeting both new members and new volunteers and encourage you to get in touch.

Jane Coggin (Chair)

Brampton Dementia Friendly Village Activities

All sessions are held at at Brampton Memorial Centre, Thrapston Road, Brampton PE28 4TB
(Free and plentiful parking available)

The Reconnect Social Group

The sessions follow a similar format each month of chat, cakes, cuppa, some form of entertainment, help and support and a carers breakout session. We also have a raffle! The sessions are free, although donations for refreshments are gratefully received.

Sessions are held on the first Wednesday of every month from 10.30am – 12.30pm.

“My husband and I have been going to Reconnect very nearly since its inception. I can't praise the organisers and many, many volunteers more highly. They are an inspiration, so caring, nothing too much trouble.”

The Thursday Club

Brampton Thursday Club has been set up to provide respite to carers in a safe, secure, friendly, fun environment for people living with dementia. The Thursday Club is managed by professional staff from the “Caring Together” (www.caringtogether.org) organisation and they are supported by volunteers. The Club offers various activities, refreshments, and a cooked lunch. Carers drop off those that they are caring for after 9.30am and have a day to themselves. Pick up is between 3pm – 3.30pm.

The Club runs on the third Thursday of every month and there is a charge of £30 per person per session to help cover the costs.

Love To Move

Another initiative, in conjunction with the British Gymnastics Foundation. ‘Love to Move’ is an age and dementia friendly seated exercise programme set to music. It's been specially designed to get older people moving and functioning better, proving particularly beneficial for people living with dementia. It's great fun and a welcome cuppa is provided! It's a pay as you go session at £3 per person and £1 per carer. Carers are welcome to stay and join in or take a break and watch.

Sessions are held weekly on Wednesday mornings 10.30am – 12.15pm (except for the first Wednesday of the month when we hold the Reconnect Social Group instead).

Singing Together

We have a dementia friendly choir called “Singing Together”. These fun sessions do not require any auditions or any solo singing – unless you'd particularly like to! Our songs are popular and mainstream so there is minimal learning – it's much more about tapping into memories of songs we maybe learned as a child, teenager, or adult. The “Singing Together” sessions are held monthly and are also free. Song sheets are provided! We open the doors at 5.45pm and start singing at 6pm for an hour.

Please contact hello@bramptondementia.co.uk or call 07890 866389 for further details / dates.

“Betty has rediscovered her singing voice with the dementia choir.”

Free disability friendly transport is available to/from our events and can take wheelchairs.