

Dementia Club UK

caring for the community

Sponsored by Saracens

DC
UK

Welcome to Dementia Club UK.

People suffering from Alzheimer's and other forms of Dementia are welcome to attend with their carers, friends and families and those who have lost someone with dementia.

Each session aims to provide you with professional advice and information, gentle exercise to music and fun activities in a social atmosphere with cups of tea/coffee and lovely cakes.

Various speakers will sometimes attend the sessions and also a GP and nurse and our other partnership organisations are available to answer any medical concerns.

Our History

In August 2013, I founded the Alzheimer's Society Dementia Café at the Finchley Memorial Hospital, which was the first dementia café in the Borough of Barnet.

In April 2015, I received sponsorship from Saracens and formed the Saracens Dementia Club and in January 2016, I launched Dementia Club UK a Registered Charity and I am now running a number of sessions weekly at 5 different venues in the Borough of Barnet.

Our Connections

Donations:

<https://mydonate.bt.com/charities/dementioclubuk>

Website:

<http://dementioclubuk.org.uk>

Facebook:

<https://www.facebook.com/DementiaClubUK/>

Instagram:

<https://www.instagram.com/dementioclubuk/>

LinkedIn:

<https://www.linkedin.com/company/dementia-club-uk>

Twitter:

<https://twitter.com/dementioclubuk>



Lisa Rutter

Chairman of Dementia Club UK

Councillor and Former Mayor of
The London Borough of Barnet

Qualified Fitness Instructor
Mobile: 07956 858 913

Dementia Club UK 2017 Programme (All sessions run from 2pm to 4pm)

17th May	Finchley Memorial	Activities/Singing and Exercise with Lisa
22nd May	Britannia Centre	Activities/Singing and Tai Chi with James
24th May	Finchley Memorial	CANCELLED
25th May	Hendon Town Hall	Activities/Singing and Exercise with Lisa
31st May	Finchley Memorial	Activities/Singing and Quiz with Kevin & Exercise with Lisa
5th June	Sha'arei Tsedek	James Le Bec & his Music Entertainment
7th June	Finchley Memorial	Activities/Singing and Exercise with Lisa
12th June	Stephen's House & Gardens	Activities/Singing and Exercise with Lisa
14th June	ONGAR Visit	DAY OUT
21st June	Finchley Memorial	Activities/Singing and Tai Chi with Egon
26th June	Britannia Centre	Activities/Singing and Tai Chi with James
28th June	Finchley Memorial	CANCELLED
29th June	Hendon Town Hall	Activities/Singing and Exercise with Lisa
3rd July	Sha'arei Tsedek	James Le Bec & his Music Entertainment
5th July	Finchley Memorial	Activities/Singing and Exercise with Lisa
10th July	Stephen's House & Gardens	Peter Allcard Master of the Guild of the City of London visiting
12th July	Finchley Memorial	Activities/Singing and Exercise with Lisa
19th July	Finchley Memorial	Activities/Singing and Tai Chi with Egon
26th July	Finchley Memorial	National Citizen Service (NCS) Media team for 2 days
27th July	Hendon Town Hall	NCS—How to use modern cameras and film making/ Documentary

<p>Finchley Memorial Hospital every Wednesday at 2pm - 4pm Granville Road, North Finchley. N12 0JE</p>	<p>Sha'arei Tsedek North London Reform Synagogue 1st Monday of every month at 2pm to 4pm 120 Oakleigh Road North London N20 9EZ</p>	<p>Stephens House & Gardens (Avenue House) DCUK in association with the Rotary Club of Golders Green 2nd Monday of every month at 2pm to 4pm 17 East End Road, Finchley, London N3 3QE</p>
<p>Greek Cypriot Britannia Centre last Monday of every month At 2pm to 4pm 2 Britannia Road, North Finchley. N12 9RU</p>	<p>Hendon Town Hall last Thursday of every month At 2pm to 4pm The Burroughs Hendon NW4 4AX</p>	<p style="color: red;">Please always check the programme for any date changes and cancellations before attending any sessions. If in doubt please; Call Lisa 07956 858 913</p>

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