

# 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. We have two GPs and a nurse who can answer any medical concerns and our other partnership organisations are also available to offer further advice.

## 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 different venues.

## Our Connections:

### Donations:

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

### Website:

<http://dementiclubuk.org.uk>

### Facebook:

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

### LinkedIn:

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

### Twitter:

<https://twitter.com/dementiclubuk>

## Lisa Rutter

### Chairman of Dementia Club UK

Councillor and Former Mayor of The London Borough of Barnet

Qualified Fitness Instructor

Mobile: 07956 858 913



## A message from our Patron:

Rt Hon Theresa Villiers MP  
for Chipping Barnet says;

*"the café is clearly having a hugely positive impact on the dementia sufferers who come along and their families. There was such a genuinely happy atmosphere and it was heart-warming to know that this is possible even when people are grappling with this terrible disease."*

## Our Partners:



Rotary



Sha'arei Tsedek  
North London  
Reform Synagogue



The Fremantle Trust







Barnet Carers  
Centre

[www.dementiclubuk.org.uk](http://www.dementiclubuk.org.uk)

[lisa.rutter@dementiclubuk.org.uk](mailto:lisa.rutter@dementiclubuk.org.uk)

**Dementia Club UK 2018 Programme** Please check with Lisa for any cancellations before attending any of the sessions below.

3rd January	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
8th January	Sha'arei Tsedek Synagogue	<b>James Le Bec &amp; his Music Entertainment</b> followed by activities
10th January	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
15th January	Stephen's House & Gardens	Activities/Singing and <b>Chair Yoga with Richard</b>
17th January	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
24th January	Finchley Memorial Hospital	Quizzes /Singing and Social Activities ( <b>Session led by Eleanor</b> )
30th January	St John's Church New Barnet	<b>NEW VENUE</b> Activities/Singing & <b>Chair Yoga with Richard and Clare's musical entertainment</b>
31st January	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
5th February	Sha'arei Tsedek Synagogue	<b>James Le Bec &amp; his Music Entertainment</b> followed by activities
7th February	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
12th February	Stephen's House & Gardens	Activities/Singing and <b>Chair Yoga with Richard</b>
14th February	Finchley Memorial Hospital	<b>VALENTINE SPECIAL</b> Quizzes /Singing and <b>musical entertainment with Cheryl King</b>
21st February	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
22nd February	Hendon Town Hall	Activities/Singing and <b>Tai Chi training in Mind &amp; Memory with Egon</b>
26th February	Greek Cypriot Britannia Centre	Activities/Singing and <b>Tai Chi Chi kung with Egon</b>
27th February	St John's Church New Barnet	<b>NEW VENUE</b> Activities/Singing & <b>Chair Yoga with Richard and Clare's musical entertainment</b>
28th February	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
5th March	Sha'arei Tsedek Synagogue	<b>James Le Bec &amp; his Music Entertainment</b> followed by activities
7th March	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
12th March	Stephen's House & Gardens	Activities/Singing and <b>Chair Yoga with Richard</b>
14th March	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
21st March	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
21st March	John Keble Church Edgware	<b>NEW VENUE 2.30pm to 4.30pm</b> Activities/Singing & <b>Chair Yoga with Richard</b>
26th March	Greek Cypriot Britannia Centre	Activities/Singing and <b>Tai Chi Chi kung with Egon</b>
27th March	St John's Church New Barnet	<b>NEW VENUE</b> Activities/Singing & <b>Chair Yoga with Richard and James Le Bec - Entertainment</b>
28th March	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
29th March	Hendon Town Hall	Activities/Singing and <b>Tai Chi training in Mind &amp; Memory with Egon</b>
4th April	Finchley Memorial Hospital	Quizzes /Singing and Social Activities
9th April	Sha'arei Tsedek Synagogue	<b>James Le Bec &amp; his Music Entertainment</b> followed by activities
11th April	Finchley Memorial Hospital	Quizzes /Singing and Social Activities

<p><b>Finchley Memorial Hospital</b> Granville Road, North Finchley. N12 0JE</p> <p><b>Every Wednesday at 2pm - 4pm</b></p>	<p><b>DCUK in association with the Rotary Club of Edgware &amp; Stanmore John Keble Church The Baden-Powell Centre</b> Deans Lane, Edgware HA8 9NT</p>  <p><b>3rd Wednesday of every month at 2.30pm to 4.30pm</b></p>	<p><b>DCUK in association with the Sha'arei Tsedek North London Reform Synagogue</b> 120 Oakleigh Road North London N20 9EZ</p>  <p><b>1st Monday of every month at 2pm to 4pm</b></p>	<p><b>DCUK in association with the Rotary Club of Golders Green Stephens House &amp; Gardens (Avenue House)</b> 17 East End Road, Finchley, London N3 3QE</p>  <p><b>2nd Monday of every month at 2pm to 4pm</b></p>
<p><b>Greek Cypriot Britannia Centre</b> 2 Britannia Road, North Finchley. N12 9RU</p> <p><b>Last Monday of every month at 2pm to 4pm</b></p>	<p><b>DCUK in association with The Rotary Club of Barnet St John's United Reformed Church</b> Corner of Somerset and Mowbray Roads, New Barnet, EN5 1RH</p>  <p><b>Last Tuesday of every month at 2pm to 4pm</b></p>	<p><b>Hendon Town Hall</b> The Burroughs Hendon NW4 4AX</p> <p><b>Last Thursday of every month at 2pm to 4pm</b></p>	

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