

Cardiff & Vale: Activities and Groups

April 2017 – September 2017

If you have any questions about any of these activities or for more information about our services, call Oldwell Court on:

029 2043 4960

Monday – Friday from 9am to 5pm

Oldwell Court, Ty Gwyn Road, Penylan, Cardiff, CF23 5DA



Singing for the Brain

'Singing for the brain' is a **weekly** singing group for people with dementia and their carers. No previous experience necessary and there will be a very warm welcome!

Every Wednesday from **1:30pm – 2:30pm**

at:

St Alban's Church Hall,

Swinton Street, Splott, Cardiff CF24 2NT

There is a small charge of £2.50 per person to cover costs.

(Unrestricted on street car parking)

Current Carers Support Group

We provide a support group for any person currently in a caring role. All family welcome. Second **Tuesday** of every month.

7:00pm – 9:00pm at:

Alzheimer's Society, Oldwell Court,

Ty Gwyn Road, Penylan, Cardiff, CF23 5DA

11th April, 9th May, 13th June, 11th July,
8th August, 12th September

Younger people with dementia Social Group

An opportunity for younger people with dementia and their families to get together socially. Activities are organised throughout the year and include bowling, skittles, and BBQs. Ring **Karen Collins** for more information on **029 2043 4965**



Gardening Club

We have a weekly gardening group for people with dementia. Our main focus of activity for 2017 will be at Oldwell Court, but we may also visit other locations. For up to date information about what we are doing ring **Duncan Innes** on

02920 434 964



Film Club

Showing a wide variety of films, old and new, throughout the year in a relaxed setting.

Held every third **Tuesday** of the month on the dates below.

6:30pm – 9:00pm

at:

Alzheimer's Society, Oldwell Court,

Ty Gwyn Road, Penylan, Cardiff, CF23 5DA

A small contribution to cover refreshments welcomed.

April 18th, May 16th, June 20th, July 18th,
August 15th, September 19th

Dementia Cafés

A friendly and relaxed atmosphere for carers and people with dementia. Come along for refreshments and an opportunity to have a chat and share experiences.



On the First **Tuesday** of every month from **2:00pm – 4:00pm** we have cafés at

Whittaker Lounge, Beulah Church, Rhiwbina, Cardiff, CF14 6LT

and

Bethel Baptist Church, The Old Manse, Durrel Street, Llantwit Major, Vale of Glamorgan, CF61 1AD (Parking in main car park behind Co-Op)

4th April, 2nd May, 6th June, 4th July, 1st August, 5th September

Musical Memories

If you love singing or listening to music come and join us for a musical trip down memory lane.

Ty Hapus, 163 Holton Road, Barry CF63 4HB

Tuesdays 1.30pm – 3.00pm

For more information ring **Elin Jones** at Ty Hapus on **01446 738024**

Carer Information and Support Programme (CrISP)

We offer programmes for family carers to learn more about dementia in a supportive and friendly environment. Carers are able to share their experiences and find out about local/national services that may be of help. For more information ring **Karen Edwards** on **029 2043 4964**

Younger People with dementia Carers Support Group

This group is specifically for those who care for someone with dementia under the age of 65.

Third **Tuesday** of every month.

11.30am – 12:30pm at:

The Sandmartin, Leckwith

Cardiff, CF11 8AZ

18th April, 16th May, 20th June, 18th July, 16th August, 19th September

Sons and Daughters Support Group (Younger People with Dementia)

This group is for people who care for parents under the age of 65 affected by young-onset dementia.

First **Wednesday** of every month.

7:00pm – 8:30pm at:

Alzheimer's Society, Oldwell Court, Ty Gwyn Road, Penylan, Cardiff, CF23 5DA

5th April, 3rd May, 6th June, 5th July, 2nd August, 6th September

We can also offer the following services:-

Oldwell Court Day Centre

Dementia Support and Information Provision

Community Support Service

Advocacy Service for people with dementia

Side by Side (Befriending) Service

For more information on any of these, please give us a call on **029 2043 4960**