



**SARACENS**  
DEMENTIA CLUB

# Programme

SUPPORTING  
OUR COMMUNITY

All sessions will run on the following Wednesdays:

- **5th August** – Dr Judith Tobin will present Advanced Care Planning
- **12th August** – Alzheimer’s Society Dementia Café
- **26th August** – Visit by Theresa Villiers MP.
- **2nd September** – Rebecca Perkins (Physiotherapist) talk about Falls Awareness.
- **9th September** – Alzheimer’s Society Dementia Cafe
- **23rd September** – Paul Higgins – The Readers Organisation
- **7th October** – Laura Templeton will be introducing “Call to Mind” a board game. Also meet Harley, Anthony’s best friend.
- **14th October** – Alzheimer’s Society Dementia Cafe
- **28th October** – Saracens Rugby Club Premiership Trophy visit – talk by Gordon Banks Stadium and Community Director from Saracens.
- **4th November** – Anthony Cohen – talk on how some modern different technologies can help in providing care and monitoring information.
- **11th November** – Alzheimer’s Society Dementia Cafe
- **25 November** – Rebecca Perkins (Physiotherapist) demonstrates exercises to prevent falls which we can all join in.
- **2nd December** – Christmas Party and Mayor’s Robe Show
- **9th December** – Alzheimer’s Society Dementia Café
- **6th January 2016** – First new year session. Presentation from Dale Bevington director of “Home Instead” Senior Care. – Also bring your seasonal stories to share.

**At The Finchley Memorial Hospital**

Granville Road, London N12 0JE

**From 2pm to 4pm**

- ★ Saracens Dementia Club was launched on 1st April 2015 by Councillor Lisa Rutter, supported by Saracens.
- ★ Lisa has been running the very successful Alzheimer's Society Dementia Café monthly at the Finchley Memorial Hospital since August 2013 and now wants to continue providing more sessions.
- ★ People suffering from Alzheimer's and other forms of Dementia are welcome with their carers to attend. Each session aims to provide the person with Dementia and their carer with information, gentle exercise and fun activities in a social atmosphere with cups of tea and coffee and lovely cakes.
- ★ Professional speakers will attend the sessions.
- ★ A GP and an Alzheimer's Society Dementia Advisor will be in attendance to answer any concerns during discussions.

## **Lisa Rutter**

Councillor and Former Mayor of  
The London Borough of Barnet  
Qualified Fitness Instructor

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[www.cafe-dementia.co.uk](http://www.cafe-dementia.co.uk)

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