# Mountwood Meeting - Alzheimer’s Society

April 2024 Dr Liz Hermaszewska

We were delighted to host two representatives from the Alzheimer's Society at our third educational meeting for patients. We are grateful to the Patient Participation Group for organizing these meetings.

We learned that dementia is not a normal part of aging- it is a disease process.

Dementia develops and affects any bits of the brain and any processes and functions, so that it causes different issues in different people.

Living well with dementia is the goal.

Support for carers is vital.

Alzheimer’s Society has an excellent website

<https://www.alzheimers.org.uk/>

-which provides detailed advice about all aspects of diagnosis, medical treatments, practicalities of caring for someone with dementia, research and how to participate etc. as well as how to reduce our risk of developing dementia.

Hilllingdon is fortunate to have a great team of **dementia support workers** who can help anyone affected by dementia, and offer advice e.g. financial issues, behaviour management strategies, access to respite care, and support for carers.

**Our Northwood advisor is Julia**, tel 01895 811206 or 07803 115535

Email: harrowandhillingdon@alzheimers.org.uk

You can also meet her to chat about things here:

Templeton Café

Fairfield Church

Windsor Close

Northwood

HA6 1PD

Fortnightly on Tuesdays:

May Tuesday 7th, 21st 1pm- 2:30pm

June Tuesday 4th, 18th 1pm- 2:30pm

July Tuesday 2nd, 16th, 30th 1pm- 2:30pm

August Tuesday 13th, 27th 1pm- 2:30pm

September Tuesday 10th, 24th 1pm- 2:30pm

October Tuesday 8th, 22nd 1pm- 2:30pm

November Tuesday 5th, 19th 1pm- 2:30pm

December Tuesday 3rd, 17th 1pm- 2:30pm

There are many other groups and meetings in the local area to support dementia patients and carers, as well as groups, exercise classes and sports for early onset dementia patients:

**Dementia Coffee Mornings:**

**Harefield Library**

**Wednesday 2:30-3:30pm**

**Northwood Hills Library**

**Tuesday 2:30-3:30pm**

**Ruislip Manor Library**

**Wednesday 2:30-3:30pm**

**Activities for those with dementia and their carers:**

**Adapted Golf sessions West Ruislip Golf Centre Mondays 10.00am-12.00noon**

**Early onset Walking Tennis Uxbridge Sports Club Tuesdays 1.00pm-2:00pm**

**Forget Me Not FC Walking football sessions**

**Rectory Park Fridays 11.00am**

**Dementia Friendly Cycling Pield Heath School Fridays 2.30pm-3.30pm**

**Singing for Dementia**

**Call direct Roxanne 077320 11925**

**Fairfield Church Mondays 2.00pm-4:00pm**

**Strength & Balance Ruislip Manor Tuesday 1.30pm-2.15pm**

**Friends of Ickenham Hall presents Daytime Discos:**

**Programmed for those living with dementia to enjoy and reminisce, these new monthly Daytime Discos at the Compass Theatre, Ickenham feature popular music from the 50s, 60s, 70s, and 80s, with space to dance or just listen. For more information or to book, visit the Compass Theatre website. Tickets are £5**

**and carer goes free**

**30th April, 28th May, 25th June, 23rd July, 27th August, 24th September, 29th October 1:00pm – 3:00pm**

**Request songs via the box office 01895 250615 |** **boxoffice@hgfl.org.uk**

**Dementia Friendly Screenings - Beck Theatre, Hayes**

**Presenting classic film screenings in a safe and relaxed environment**

**Monday 18th March – My Fair Lady**

**Monday 13th May – Some Like it Hot**

**Monday 8th July – Top Hat**

**Wednesday 3rd July – Neil Sands – Thank you for the Memories**

**Monday 9th September – Guys & Dolls**

**Monday 9th November – It’s a Wonderful Life**

**Tickets are £4 (includes post-film tea and biscuits) Essential carer goes FREE. Book by calling our Box**

**Office team on 0343 310 0044**

**Voluntary dining centres and lunch clubs where over 60s can socialise and enjoy a warm welcome.**

**Elm Park Club**

**Park Way, Ruislip Manor, HA4 8NS**

**Monday to Wednesday 10.30am-3:30pm**

**Thursday 10.30am-1.30pm (Scrabble club from**

**1.45pm)**

**Friday 10.30am-1.30pm 01895 634962**

**MHA Communities West London formerly**

**Northwood Live at Home**

**St Johns United Reformed Church, Hallowell**

**Road, Northwood HA6 1DN**

**Thursdays 12:30-2:00pm**

**Laura Waller 01923 842494 for more information**

**Ruislip Northwood Old Folks Association**

**Tudor Lunch Club, 461 Field End Road, Eastcote,**

**HA4 9NZ**

**Monday, Wednesday and Friday – 10:30am-**

**3:00pm**

**Tuesday and Thursday - 10:30am-1:30pm**

**Lunch is served at 12:30pm daily 020 8866 8603**

**Dementia Friends is a national initiative, launched by the Alzheimer’s Society, in partnership with Public Health England, to help people develop an understanding of dementia. These will be held on Wednesdays 10:30am – 12:30pm**

**Carers Trust Hillingdon, 126 High Street Uxbridge**

**Face to feel - 10th April, 11th September, 13th November Online – 28th March, 24th April, 18th October**

**Email s.durner@hillingdon.gov.uk or call 01895 277137**

Dementia HUB

The Woodlands Centre in Hillingdon also offers a monthly drop-in session for carers and patients to seek advice from the medical dementia team there. The next session is:

**May 31st 11.30-2.30pm**

**Tel 01895 488800**

**All this local information and further dates can be found on the website** [**Hillingdon.gov.uk/dementia**](http://hillingdon.gov.uk/dementia) **in the ‘staying active’ tab.**