

Haringey resource: Memory loss and confusion

As you get older, you might feel you can't remember things or solve problems as easily as you used to. For most of us, this is nothing to worry about. Keep yourself as active and alert as you can, exercise helps your brain, as do puzzles and games.

For further information about memory loss and confusion, see the **Haringey and Enfield Ageing Well Guide**. The guide is available here:
<https://www.haringey.gov.uk/social-care-and-health/older-people/ageing-well-haringey/ageing-well-haringey-guide>

If you have any concerns about problems with memory and confusion, it is important to talk to your GP to identify what might be the cause and get the right treatment as early as possible.

Reminiscence and dementia

The following pages contain information on **Haringey** reminiscence-based opportunities for people with dementia. 'Reminiscence' means sharing life experiences, memories and stories from the past.

Often a person with dementia is more able to recall things from many years ago than recent memories, so reminiscing draws on this strength.

Reminiscence based activities can give people with dementia a sense of competence and confidence through using a skill they still have.

Help with understanding what is in this leaflet

If you want to speak to someone about the information in this leaflet, please call the **Haynes Information Hub** on ☎ **020 8489 5895**

Local meet ups for carers of people with dementia

For information on local carer meet ups and activities happening across **Haringey**, please see the 'Carers support and dementia' information sheet.

To access a copy of the carer information sheet please email Clare Davies at Clare.Davies@haringey.gov.uk or Carly Watson at carly.watson5@nhs.net

Haringey: Reminiscing and dementia

Local opportunities

Best for those with mild to moderate dementia

‘Bruce Castle Museum’, Tottenham, ‘Sensing a Place’, hands on memories for people living with dementia and their carers

Interactive sessions with discussion on thought provoking topics. Photos, newspaper clippings, and objects relating to the theme are shared.

Examples of topics discussed include gadgets, film, tv and theatre.

Morning tea provided.

When: Thursday, 15th February 10.30-12.30 **Topic:** Sports.

Where: Bruce Castle Museum, Lordship Lane, Tottenham, N17 8NU. In the Hall, next to the car park.

Cost: Free

How to join: Bookings are not required. You can join on the day.

Contact: ☎ 020 8489 4250

Email: museum.services@haringey.gov.uk

Website:

<https://www.brucecastle.org/>

Park Theatre, Finsbury Park, ‘Reminiscence’ drama-based session for people with dementia and their carers

Weekly drama-based session includes art, music, movement and playful non-pressurised improvisation. Natural reminiscence is explored.

Class also includes social time with morning tea.

When: Monday mornings, during term time.

Where: Park Theatre Clifton Terrace, Finsbury Park, N4 3JP

Cost: Free

How to join: Email Community Engagement Manager, Carys at

Carys.Thomas@parktheatre.co.uk

Contact: ☎ 020 7870 6876

Website:

<https://parktheatre.co.uk/creative-learning/reminiscence>

Where to get advice quickly if you need it

Dementia UK Admiral Nurse Direct

Provide a free, confidential helpline that is run by specialist dementia nurses. Helpline opening hours:

- Monday to Friday 9am-9pm
- Saturday and Sunday 9am-5pm
- Open bank holidays (9am-5pm), except 25th December

☎ 0800 888 6678

Email: helpline@dementiauk.org

Website address: <https://www.dementiauk.org/>

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Local opportunities

Best for those with mild to moderate dementia

<p>‘Park Theatre’, Finsbury Park, Together in time singing group</p>	<p>Weekly singing class for people with dementia and their carers</p> <p>Fun and uplifting class led by a music therapist.</p> <p>Session includes social time with morning tea.</p>	<p>When: Wednesdays, 11am-1pm, during term time Where: Park Theatre, Clifton Terrace, Finsbury Park, N4 3JP Cost: Free How to join: Email Community Engagement Manager, Carys Thomas carys.thomas@parktheatre.co.uk Contact: ☎ 020 7870 6876 Website: https://parktheatre.co.uk/creative-engagement/together-in-time-singing-group</p>
<p>Park Theatre Relaxed Performance</p>	<p>During relaxed performances there will be adjustments to lighting and sound levels. A chill out zone is also provided for anyone who wishes to take time out during the performance.</p> <p>Before you arrive, you will be given a Visual Story introducing you to the venue and the show.</p>	<p>When: Relaxed Performances are run at various times throughout the year Where: Park Theatre, Clifton Terrace, Finsbury Park, N4 3JP Cost: Park Theatre has an Access Membership scheme which is free to join. How to join: For inquiries, contact the Park Theatre Box Office ☎ 02078706876 Email: boxoffice@parktheatre.co.uk Website: https://parktheatre.co.uk/your-visit/access-information</p>

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Local opportunities

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'Alzheimer's Society', Singing for the brain, Alexandra Palace

Weekly singing class for people with dementia and their carers in a fun and friendly environment.

Led by a local musician.

All the sessions take place in a circle, and include moments of dancing, call and response, and harmonising

When: Thursdays, 2-4pm
(Running from Thursday 11th January to Thursday, 28th March)

Where: Alexandra Palace Transmitter Hall, Alexandra Palace Way, London N22 7AY

Cost: Free

How to join: To join please contact Haringey Alzheimer's Society.

Contact: ☎ 0203 725 3001

Email:

Haringey@alzheimers.org.uk

Website:

<https://www.alzheimers.org.uk/support-services/Haringey%2BLocal%2BService%2BOffice/Singing%2Bfor%2Bthe%2BBrain%2B-%2BHaringey/local>

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Local opportunities

Best for those with mild to moderate dementia

'Café Palais', Alexandra Palace

FREE stylish 1920s café and monthly event for older people, people living with dementia, and carers.

Come along, get dressed up, and enjoy creative and artistic activities, hot drinks, scrumptious cakes, and French pastries.

When: Mondays, 2-4pm (usually last Monday of the month)

Where: Alexandra Palace Transmitter Hall, Alexandra Palace Way, London N22 7AY

Cost: Free

How to join: You can join at:

<https://www.alexandrapalace.com/whats-on/cafe-palais/>

Contact:

☎ 020 8365 4343

Email:

learning@alexandrapalace.com

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Haringey: Reminiscing and dementia

Local opportunities

Best for those with mild to moderate dementia

Dementia Friendly film screenings, Crouch End and Finsbury Park Picturehouse

The lights are left on low. No adverts or trailers. The audience is able to move around. There is also an interval halfway through the film.

Free tea, coffee and biscuits are served 30mins before the film so people can socialise with others and familiarise themselves with the cinema space.

Extra signage put up to help you navigate the building.

Where:

- Crouch End Picturehouse, 165 Tottenham Lane, Crouch End, N8 9BY
- Finsbury Park Picturehouse, Unit 1 Cinema LS, 17 City North Place, Finsbury Park, N4 3FU

When:

- Crouch End usually last Thursday of the month.
- Finsbury Park usually last Tuesday of the month (see website link below)

Cost: £4.30 per person, with a free place for accompanying carers.

How to join: book at

<https://www.picturehouses.com/event-details/0000000031/dementia-friendly-screenings>

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Local opportunities

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Supported Housing creative wellbeing activities, Haringey wide

A range of free activities are provided in supporting housing locations across the borough.

The activities are open to all Haringey residents 50+, including people with dementia and their carers.

Activities range from art classes, gardening, conversation cafes, music classes, craft, wellbeing workshops and more.

Where: The activities are held in supported housing locations across the borough.

When: Every week (days/times vary)

Cost: Free

How to join: For activity times and locations, contact the Placemaking & Housing Team on:

- **Email:** shactivities@haringey.gov.uk
-  07794 257914

Virtual exercise classes, Shape Up with Spurs, Online

Weekly timetable of low-impact virtual exercise classes, including chair-based exercises, yoga and Pilates.

The sessions are structured and repetitive to help with familiarisation and memory loss. Sessions aim to get participants mentally and socially engaged.

Sessions can be accessed by individuals, and groups, and are even streamed into Care Homes

When: Weekly. Time and day of sessions vary, please contact Adam Millar for details (see contact details below).

Where: Online

Cost: Free

How to join: Email Adam Millar (email below) to join. A short booking process will then need to be completed for the individual to be involved.

Contact:

- **Email:** Adam.Millar@tottenhamhotspur.com

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Haringey: Reminiscing and dementia

Local opportunities

For those with moderate to advanced dementia

'The Haynes', Dementia Hub, Hornsey

The Haynes incorporates reminiscence into activities that are offered to all service users. Examples of reminiscence-based interactive activities include singing, quizzes and games.

The Haynes also has a Reminiscence room people can access filled with old objects, such as typewriters and telephones.

When: Monday to Friday 10am to 3pm
Where: 151 Park Road, Hornsey, N8 8JD

Cost: Contact the general enquiries line for cost details for the Day Service Provision or the Day Opportunities Hub.

How to join:

- *Day Service Provision:* offered via social worker referrals to adults with a moderate or severe dementia diagnosis. If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at <https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>
- *Day Opportunities Hub* is open to everyone with a dementia diagnosis. You can access the hub yourself or by family, GP or social worker referral. This is offered on a pay-as-you-go basis.

Contact:

- General enquiries ☎ 020 8489 5895
- Key workers and hub bookings ☎ 020 8489 5925
- Referrals ☎ 020 8489 5927
- **Email:** thehaynes@haringey.gov.uk

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Email: helpline@dementiauk.org

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Haringey: Reminiscing and dementia

Local opportunities

For those with moderate to advanced dementia

'Grace Organisation', Tottenham

Provides day care services to older people with long-term physical and mental health issues, including dementia.

Reminiscing sessions and activities to stimulate the memory are offered e.g. singing, and music.

When: Monday to Friday, 9am to 5pm.

Where: Pretoria Road Community Centre, Pretoria Road, Tottenham, N17 8DX

Cost: For cost information contact the Grace at the below contact details.

How to join: You can access the Grace directly yourself or via social worker referral.

If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at

<https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>

Contact:

-  [020 8808 0718](tel:02088080718)
- **Email:** mailfrom@graceorganisation.co.uk
- **Website:** <https://www.graceorganisation.co.uk>

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Haringey: Reminiscing and dementia

Local opportunities

For those with moderate to advanced dementia

'Cypriot Day Centre', Wood Green

Offers day centre provision to elderly clients, including those with dementia.

Provides a range of activities to stimulate clients' wellbeing, promote social interaction and enhance their physical and cognitive skills.

Reminiscence based activities are provided. For example, music, dancing, singing, cooking, looking at old pictures, and chatting about the past.

When: Monday to Friday, 9am to 2pm.

Where: Day Centre, Cypriot Community Centre, Earham Grove, Wood Green, N22 5HJ

Cost: For information about cost please contact the Day Centre at the details below.

How to join: You can access the Cypriot Day Centre directly yourself or via social worker referral. If you do not currently have a social worker, ask for a needs assessment.

You can find out about needs assessments at

<https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>

Contact:

-  0208 881-2329
- **Email:** cccdayservices@gmail.com
- **Website:** <https://cypriotcentre.com/daycare-services/>

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