



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.

This leaflet sets out information on some of the **local Haringey** activities, groups and services that are available for people living with dementia.

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 DementiaFriendly@haringey.gov.uk.

Haringey

Local opportunities

Best for those with mild to moderate dementia

'Bruce Castle Museum', Tottenham

'Sensing a Place', hands on heritage for people living with dementia and their carers

Monthly 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: Thursdays, 10.30am-12.30pm (usually the third Thursday of the month, no session in August)

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 Thomas

carys.thomas@parktheatre.co.uk

Contact: ☎ 020 7870 6876

Website: <https://parktheatre.co.uk/programme/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/>

Haringey

Local opportunities

Best for those with mild to moderate dementia	'Park Theatre', Finsbury Park	Weekly singing class for people with dementia and their carers	When: Wednesdays, 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/programme/together-in-time/
	Together in time singing group	Fun and uplifting class led by a music therapist. Session includes social time with morning tea.	
	'Park Theatre', Finsbury Park	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. Before you arrive, you will be given a Visual Story introducing you to the venue and the show.	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 ☎ 020 7870 6876 Email: boxoffice@parktheatre.co.uk Website: https://parktheatre.co.uk/your-visit/accessibility/
	Relaxed Performance		

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Haringey

Local opportunities

Best for those with mild to moderate dementia

'Forget Me Not Café' Hornsey Parish Church

A group meeting open to all those concerned about their memory and their friends.

We discuss memories using music and images with a different theme each month.

Previous themes have included Spring, Music and the 1960s.

When: Wednesdays, 1pm – 2pm, First Wednesday of every month

Where: Church room, Hornsey Parish Church, Cranley Gardens, Muswell Hill, London N10 3AH

Cost: Free

How to join: To join please contact Hornsey Parish Church

Contact: ☎ 020 8444 3553

Website:

<https://www.hornseyparishchurch.com/the-elderly>

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Haringey

Local opportunities

Best for those with mild to moderate dementia

Dress Up and Dance

A fun monthly dress up and dance group open to all those concerned about their memory.

During the group sessions there is much nostalgia and reminiscence of the music and style of the 1950's , 1960's, 1970's and 1980's era.

Each session focuses on a different era, and popular culture at that time.

When: Thursdays mornings once a month, please get in contact to confirm dates and times.

Where: Ermine Road Day Centre
2 Ermine Rd, London N15 6DB

Cost: Free

How to join: If you are interested in joining the group please see contact details listed below

Contact: ☎ 020 8800 8155 or

Email:
erminehub@haringey.gov.uk

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

Chair based Exercise Sessions

Join a fun, relaxed, accessible chair-based exercise session at a local Haringey day centre.

The classes are open to people living with dementia, Learning Disability and/or a physical disability.

Each session is adapted to the needs of the participants who attend on a session-by-session basis.

Where: Haringey day services, including the Haynes Dementia Hub, Ermine Road and Winkfield Resource Centre

When: Monthly, on the third Monday of every month 11.10am - 12.10pm

Cost: £4 per session (booking recommended)

How to join: To attend a session please:

Contact ☎ 020 8489 8200 or

Email
wrc@haringey.gov.uk

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Email: helpline@dementiauk.org

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

Winkfield Memory Café

Join a friendly, relaxed, monthly Memory Café at Winkfield Resource Centre.

The Café is open to people living with dementia, and/or a Learning Disability.

Each month there is a different theme. Previous themes have included arts and crafts, creative writing a disco and we have had a trip to the theatre!

Where: Winkfield Resource Centre, 33 Winkfield Rd, London N22 5RP

When: Monthly, on the third Tuesday of every month 11.00am -12.00pm

Cost: Free (booking recommended)

How to join: To attend the Winkfield Memory Café please:

Contact ☎ 020 8489 8200 or

Email wrc@haringey.gov.uk

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- Saturday and Sunday 9am-5pm
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Email: helpline@dementiauk.org

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

'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, 2pm - 4pm, during term time.

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: ☎ 07522 219 363 (Tuesday-Thursday)

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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☎ 0800 888 6678

Email: helpline@dementiauk.org.

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

'Alzheimer's Society', Singing for the brain, Tottenham Hotspurs Stadium

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: Tuesdays 10.30am – 12.30pm, during term time.

Where: Tottenham Hotspur Stadium, 782 High Road, London, N17 0BX (Meeting Point in the M Café)

Cost: Free

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

Contact: ☎ 07522 219363 (Tuesday-Thursday)

Email: Haringey@alzheimers.org.uk

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

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- Saturday and Sunday 9am-5pm
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☎ 0800 888 6678

Email: helpline@dementiauk.org.

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

'Tom's Club', Hornsey, Tottenham

'Tom's Club' is an information, therapeutic and social support group for people living with Dementia and their Carers. All people living with Dementia, their family members, friends, and carers are welcome.

Reminiscence based activities provided, such as dancing, quizzes, music, singing and reminiscing about the past.

Where and When:

- First Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey N8 8JD.
- Second Wednesday of the month, 1.30-3pm: Chestnuts Community Centre, Chestnuts Park, 280 St Ann's Road, London, N15 5DN
- Fourth Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey, N8 8JD.

Cost: Free

How to join: Please contact Haringey Memory service.

Contact: ☎ 0208 702 6300

Email: beh-tr.victoriareceptioninbox@nhs.net

Where to get advice quickly if you need it

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- 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/>

Haringey

Local opportunities

Best for those with mild to moderate dementia

Dementia Friendly Walk, Finsbury Park

A relaxed, accessible monthly Dementia Friendly Wellbeing Walk taking place at Finsbury Park.

All people living with Dementia, their family members, friends, and carers are welcome.

Where and When:

Finsbury Park on every third Friday of the month.

The walk meeting point is the Stroud Green entrance at 1.30pm, or you can meet at the Finsbury Park Café at 2pm where we will be stopping for a refreshment break and wellbeing activity.

Cost: Free

How to join: For more information, please contact Anita or Clare on

Anita ☎ 07973 571 921

Clare ☎ 07817 879 826

Email: get.active@haringey.gov.uk

Where to get advice quickly if you need it

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- 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/>

Haringey

Local opportunities

Best for those with mild to moderate dementia

Relaxed screenings, Crouch End and Finsbury Park Picturehouse

Relaxed Screenings are specially designed to make cinema-going easier and more accessible to people who may need additional support when they visit, including people living with dementia.

Relaxed screenings will show films without adverts or trailers. Lights are left on low, the volume is reduced, and the audience is free to move around and take breaks from the screen whenever needed.

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 - We typically show: A family-friendly film every third Sunday of the month
A classic film every last Friday of the month (with interval).
- Finsbury Park - We typically show: A new release every second Monday of the month
A classic film every last Friday of the month (with interval) (see website link below)

Cost: £4.85 per person, with a free place for accompanying carers.

How to join: book at <https://www.picturehouses.com/event-details/0000000151/relaxed-screenings>

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☎ 0800 888 6678

Email: helpline@dementiauk.org.

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

Sheltered Housing creative wellbeing activities, Haringey wide

A range of free activities are provided in sheltered 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 sheltered 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:

Miriam.Yeboah@haringey.gov.uk

Virtual exercise classes, Shape Up with Spurs, Online

Weekly timetable including low-impact virtual exercise classes designed to improve mobility, stability, flexibility and cognitive function.

The sessions are structured and repetitive to help with familiarisation and memory loss. Sessions aim to get participants mentally and physically 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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- 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/>

Haringey

Local opportunities

Best for those with mild to moderate dementia

Hildene Court Memory Cafe

We provide a safe and social space for people living with dementia and memory issues, their friends, carers and family.

We have regular activities including art classes, reminiscence, music, exercise and a great communal garden. We also have a chill out room and an exercise room for planned activities.

Where: Hildene Court
11 Alexandra park road
N10 2DB

When: Second Friday of every month

Cost: Free

How to join: To attend meetings:

Contact:
☎ 020 8444 0944

Email:
Eveleen.hill@haringey.gov.uk

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☎ 0800 888 6678

Email: helpline@dementiauk.org.

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

Turkish Women's Philanthropic Association

'Dementia Awareness and Support Group'

Each week we have a group discussion people talk about their worries and concerns. We talk about diets, and we also do gentle exercises. We also practice cognitive skills.

The group is open to all, including carers and people living with dementia.

The sessions are delivered in both Turkish and English.

When: Weekly every Tuesday 10:30am to 12pm (closed over Christmas, Easter and the month of August)

Where: TWPA Centre, 4 Willoughby Road, Hornsey, London, N8 OHR

Cost: Free

How to join: Bookings are not required just turn up on the day.

Contact:
☎ 0208 340 1600

Email: info@twpa.co.uk

Website: www.twpa.co.uk

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☎ 0800 888 6678

Email: helpline@dementiauk.org.

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

Haringey

Local opportunities

Best for those with mild to moderate dementia

Shared Reading Groups by The Reader and Reach & Connect

The groups are open to Haringey residents, including people with dementia and their carers.

At the weekly Shared Reading groups, people talk, connect, and share experiences using stories and poems. There's no pressure to talk or read aloud.

Sessions are run year-round, though in some cases they might have to pause for a week or two where staff are not available, when this happens, they aim to provide cover wherever possible.

Where: Held in libraries and community spaces across Haringey

When: Weekly groups held on Tuesday, Wednesday and Thursday

Tuesday Group

Coombes Croft Library,
Tottenham High Rd, London
N17 8AG

Time: 3.30pm- 5.00pm

Wednesday Group

Marcus Garvey, 1 Philip
Lane, N15 4J

Time: 2.30pm – 4.00pm

Thursday Groups

Jacksons Lane Arts Centre,
269a Archway Road, N6 5AA
(residents aged 50+ only)

Time: 1.30pm – 3.00pm

Noel Park Big Local
Community Hub, Russell
Park via Russell Avenue,
N22 6PU

Time: 11am – 12.30pm

Coombes Croft Library,
4 High Road, N17 8AG

Time: 2.30pm – 4.00pm

Cost: Free

Email:

support@thereader.org.uk

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Haringey

Local opportunities

Best for those with mild to moderate dementia

Dementia Reference Group

The Dementia Reference Group is made up of carers, people living with dementia and NHS and Council staff who support people with dementia.

The group meets quarterly, and its members work together to give their feedback to improve services and support for people in Haringey. Our workshops have looked at support needs post diagnosis, safeguarding, housing, activities and social isolation. We welcome new members.

Where: Tottenham Town Hall, Town Hall Approach Rd, London N15 4RY

When: Meetings are held quarterly, please contact Rachel Sanders using the contact details below for dates and further information.

Cost: Free

Contact:
☎ 020 3196 1900

Email:
rachel.sanders@publicvoice.london.

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Haringey

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 runs client led four weekly activity rotas.

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 also offered on a pay-as-you-go basis.

Contact:

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

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

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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:

- **Contact:** ☎ 020 8808 0718
- **Email:** mailfrom@graceorganisation.co.uk
- **Website:** <https://www.graceorganisation.co.uk>

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

Haringey

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, Earlam 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:

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

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