



## **A warm welcome to our latest newsletter**

### **Dates for the Diary**

#### **AUGUST 2017**

Friday 4<sup>th</sup> August – First Friday Together, 9.30/10.30am\* – 12.00 noon (Age UK, Claremont Centre, 43 Clifton Road, Rugby, CV21 2QE)

Thursday 10<sup>th</sup> August – Thursday Together, 6.30 – 8.30pm (Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR – on the corner of Railway Terrace and Craven Road)

Saturday 12<sup>th</sup> August – Understanding Dementia training, 10am – 1pm (Friends Meeting House)

Friday 18<sup>th</sup> August – Music session, 10.15am for 10.30 – 12.00 noon (Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN)

Wednesday 23<sup>rd</sup> August – Pub Lunch at The Courthouse, 12 noon for 12.30pm (list for attendance at First Friday on 4<sup>th</sup> August). Contact for enquiries: Janet Watling (01455 556868).

Friday 25<sup>th</sup> August – Bereaved Support Group, 11.00am – 12.30pm (Friends Meeting House)

#### **SEPTEMBER 2017**

Friday 1<sup>st</sup> September – First Friday Together, 9.30/10.30am\* – 12.00 noon (Claremont Centre)

Thursday 14<sup>th</sup> September – Thursday Together, 6.30 – 8.30pm (Benn Partnership Centre)

Friday 15<sup>th</sup> September – Music Session, 10.15am for 10.30 – 12.00 noon (Friends Meeting House)

Saturday 16<sup>th</sup> September – Understanding Dementia training, 10.00am – 1pm (Friends Meeting House)

Friday 22<sup>nd</sup> September – Bereaved Support Group, 11.00am – 12.30pm (Friends Meeting House)

Wednesday 27<sup>th</sup> September – Pub Lunch at the Webb Ellis, 12 noon for 12.30pm (list for attendance at First Friday on 1<sup>st</sup> September). Contact for enquiries: Janet Watling (01455 556868).

#### **OCTOBER 2017**

Friday 6<sup>th</sup> October – First Friday Together, 9.30/10.30am\* – 12.00 noon (Claremont Centre)

Thursday 12<sup>th</sup> October – Thursday Together, 6.30 – 8.30pm (Benn Partnership Centre)

Friday 20<sup>th</sup> October – Music Session, 10.15am for 10.30 – 12.00 noon (Friends Meeting House)

Wednesday 25<sup>th</sup> October – Pub Lunch at The Courthouse, 12 noon for 12.30pm (list for attendance at First Friday on 6<sup>th</sup> October). Contact for enquiries: Janet Watling (01455 556868).

Friday 27<sup>th</sup> October – Bereaved Support Group, 11.00am – 12.30pm (Friends Meeting House)

If you would like to come to our pub lunches but cannot make the First Friday meetings please ring the person named as the contact for enquiries.

**\* For those caring for someone in residential care**

Each month our First Friday meeting starts at 9.30 for carers of people who have moved into residential care, offering support for their particular needs. The regular meeting for carers and those they care for starts at 10.30.

**Bereaved Support Group**

A group has come together of people who have been bereaved following caring for a person close to them who had dementia. Meeting for coffee/tea and sometimes for lunch as well provides support and an opportunity to share experiences but also for companionship. Do contact Jane if you are interested or know someone who might be interested.

**Rugby Forget-me-not Friends**

In partnership with Age UK Warwickshire we run a small befriending scheme for people with dementia and their carers who are isolated and therefore unable to come to RDSG meetings. If you know of anyone, or a couple, living with dementia who are isolated and would appreciate a weekly visit from a volunteer, please contact Jane. We are also looking for new volunteers.

**Thursday Together**

This is our latest venture, a social evening for people with dementia and those who support and care for them to enjoy together. All the family are welcome. There will be information available, and people to talk to about dementia. Thursday Together usually runs on the second Thursday of the month.

**Understanding Dementia training**

In our sessions we consider what physical changes may be behind the experience of dementia; how people may be feeling and how their thinking, memory and relationships may be affected. How can we support them through communicating with them and understanding their needs and sense of reality?

This training is ideal for anyone who is interested in learning more about dementia, especially family carers, and staff working in care homes and home care; and for people volunteering or working in the community. It is open to anyone living in or outside Warwickshire.

Dates for the second half of the year are:

Saturday 12<sup>th</sup> August

Saturday 16<sup>th</sup> September

Friday 10<sup>th</sup> November

**Contact details**

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