Hackney Dementia Festival

Thursday 16 May – Wednesday 29 May 2019

Events and activities for people with dementia, their families and friends.
hackney.gov.uk/dementia-festival ★ #dementiafriendlyhackney

Alzheimer's Society
United Against Dementia

NHS
City and Hackney
Clinical Commissioning Group

Working to become Dementia Friendly

In partnership with Hackney

Welcome to the Hackney Dementia Festival 2019, celebrating Dementia Action Week and the continued involvement of people living with dementia in arts, culture and sport.

Below you'll find some of our frequently asked questions:

Will I have to pay to attend events?

Most of the events are free. Where there is a cost we've tried to list it here. Please contact the event's organiser for the most up-to-date information.

Do I need to book?

For most of our events there's no need to book, you can simply turn up on the day. Where you do need to book, we've listed contact information so that you can get in touch with the organiser directly. Please don't worry if you need to cancel last minute, we know things can come up unexpectedly. Organiser's will try their best to accommodate last minute bookings too.

Are the venues accessible?

All of our organisers have told us that they are accessible for people who use wheelchairs, but for more details on accessibly please get in touch with the event's organiser directly.

What if I still have questions?

Please contact Harry Johnson, Dementia Friendly Communities Coordinator at **harry.johnson@alzheimers.org.uk** or on **020 8533 0091**.

#dementiafriendlyhackney #DAW2019

Thursday 16 May

Alzheimer's Society and GLL

The BIG Singing for the Brain

2–4pm, FREE

Copper Box Arena, Queen Elizabeth Olympic Park, London, E20 3HB

Join us for this year's festival's big Singing for the Brain, with singing and dancing throughout the afternoon!

For more information please contact **Charlie.Taylor@alzheimers.org.uk** or call **020 8472 0658**

Monday 20 May

Alzheimer's Society & London Borough of Hackney

Launch of Hackney Dementia Festival 2019

10:30am–12pm, FREE

Come and join us for the launch of the Hackney Dementia Festival 2019.

Central Library, 1 Reading Lane, London E8 1DY

Learn what the community group is doing and its plans moving forward. Hackney Community Library will also be launching its new dementia-friendly Hackney puzzles.

Hackney Caribbean Elders

Caribbean Tea Party

1–4pm, FREE

A Caribbean Tea Party for those living with dementia, their family and friends. The African Pensioners club will also be joining us.

39 Leswin Road, Stoke Newington, London, N16 7NX

To book a place please email **info@hackneycaribbean co.uk** stating **Hackney Dementia Festival** in the subject line, or call **020 7923 3536**.

Monday 20 May

The Dementia Friendly ‘Triathlon’

Enjoy a day exploring the Olympic Park with a dementia-friendly walk, cycle and swim. Feel free to attend the entire day, or just those events that interest you. Lunch is not provided, but a café can be found in the Aquatics Centre.

The nearest transport links are **Stratford International, Stratford Overground** and the **108 and 339 bus stops**.

Our Parklife

Walk in the Olympic Park

11:30am-12:30pm, FREE

Join an expert Park Champion volunteer guide on a 1 hour walking tour of Queen Elizabeth Olympic Park, ending at the ArcelorMittal Orbit Slide with lovely views of London’s skyline.

London Aquatics Centre, Olympic Park, E20 2ZQ

To book a place please email **guidedtours@queenelizabetholympicpark.co.uk** stating **Hackney Dementia Festival** in the subject line.

Monday 20 May

Positive Spin and Bikeworks
Cycle in the Olympic Park

1:30-3:30pm, FREE

Join the award winning 'Positive Spin' project, enabling people with dementia to cycle. A 'cycle train' will drop people at the Aquatics Centre, in time for the dementia friendly swimming.

ArcelorMittal Orbit Slide, Olympic Park, E20 2AD

To book a place please email **all.ability@bikeworks.org.uk** or call **020 8980 7998** (Option 1), though we also welcome people turning up on the day.

GLL
Swimming in the Olympic Park

3–4pm, FREE

London Aquatics Centre, Olympic Park, E20 2ZQ

A relaxed session for participants to enjoy a gentle swim. On arrival, please let reception know you are here for the dementia-friendly swim.

Tuesday 21 May

GLL
Walk in London Fields 10–11am, FREE

London Fields Lido, London Fields West Side, Hackney, London E8 3EU

Join us on an interesting, easy route around London Fields led by our Hackney Walk Leader. Please wear comfortable shoes, bring friends and family and arrive promptly.

Wednesday 22 May

St Joseph's Hospice
Activity Day 10am–4pm, FREE

St Joseph's Hospice Hackney, Mare Street London E8 4SA

We will be raising awareness of Namaste Care in East London and celebrating the 5th anniversary of Namaste Care at St Joseph's Hospice. The community hub will have free complementary therapies, singing, art workshop, twiddle-cuff knitting group, hand massage workshop, seated yoga, qigong, dementia friends' information sessions and refreshments.

To book a place please email **g.lea-wilson@stjh.org.uk** or call **020 8525 3165**

Hackney Museum
Museum Tour 10am–12pm, FREE

Hackney Museum, Technology and Learning Centre, 1 Reading Lane, E8 1GQ

A short tour of the museum, giving a brief overview of Hackney's history, followed by tea in our learning room, with old photographs of the area to prompt open discussions.

Wednesday 22 May

Rio Cinema

Cinema Screening, £2

1:30pm Dementia Friend session
2:30pm Film starts, **FREE** tea, coffee, cakes and biscuits!

Rio Cinema, 107 Kingsland High St, E8 2PB

A classic matinee screening of 'Mama Mia- Here we Go Again' for Hackney pensioners. This is a public event but all staff will have received a Dementia Friends session. There will be another public Dementia Friends session just before the film starts.

Thursday 23 May

St Mary's Secret Garden

10am–12pm, FREE

50 Pearson Street, London, E2 8EQ

Opportunity to explore the award winning garden. Enjoy the flowers, fruit and vegetables in the kitchen garden and the delights of the herb and sensory areas. The garden has been designed for people with lower mobility and has a circular route.

Thursday 23 May

Shoreditch Town Hall

A Dance Down Memory Lane: Tea Dance 1–4pm, FREE

Come and dance the afternoon away in the magnificent surrounding of Shoreditch Town Hall's Assembly Hall.

Assembly Hall, Shoreditch Town Hall, EC1V 9LT

Join us for a cup of tea and a slice of cake, and relive those tea dance memories with entertainment led by the aptly-named Super Sarah. New dancers, group parties and all ages are welcome. Beginners dance class also led by former World Champion, Raymond Root.

This is a public event, and we will be joined by our regular Tea Dancers.

To book a place, call **020 7739 6176** or visit **shoreditchtownhall.com/whats-on to book online**

Thursday 23 May

GLL

Chair-based exercises 2–3pm, FREE

King's Hall Leisure Centre, 39 Lower Clapton Rd, London E5 0NU

Chair-based exercises are great for improving your posture and balance, and are suitable for people with reduced mobility. Our instructor will take you through a range of exercises to music and also introduce resistance bands for muscle strengthening.

Arcola Theatre

Relaxed theatre showing 8pm

A relaxed performance of 'Hoard', a new play about family, feuds and food set in the heart of Dalston

Arcola Theatre, 24 Ashwin Street, Dalston, E8 3DL

This is a relaxed performance, including for people living with dementia, autism, anxiety attacks, movement disorders and young children.

Audience members are encouraged to react and respond in any way that feels natural to them and at a level that feels personally comfortable. Lights will be kept at a visible level and there will be a designated quiet space in the foyer.

To book a place, call **020 7503 1646** or visit **www.arcolatheatre.com to book online**

Please see Arcola Theatre for pricing information.

Friday 24 May

Mary Seacole Nursing Home

Open Day 10–5pm, FREE

Mary Seacole Nursing Home, 39 Nuttall Street, N1 5JS

Mary Seacole Nursing Home will be holding an open day, showcasing what they are currently doing for residents with dementia. There will be an opportunity to ask questions, meet staff and to get information on continuing care and respite services. There will be taster sessions of Namaste care, hand massages and some other activities.

Hackney Picturehouse

Dementia-friendly cinema screening

10:30am, with the film starting at 11:00am. £4 per person, with a free place for accompanying carers

270 Mare Street, London, E8 1HE

Dementia Friendly film screening of the musical film "Love Me Or Leave Me" (1955). **Free** tea, coffee and biscuits will be served for half an hour before the film to give people the chance to meet and socialise with others, and to familiarise themselves with the cinema space.

Friday 24 May

GLL

Table Tennis 2–4pm, FREE

King's Hall Leisure Centre, 39 Lower Clapton Rd, London E5 0NU

Table tennis is a fun exercise activity for all. Join our social session organised by a qualified coach. Light refreshments will be provided.

Wednesday 29 May

Hackney Shed

Theatre Performance 3pm, FREE

Sutton House, Homerton High St, London E9 6JQ

Hackney Shed, a young person's theatre group, invite you to their performance. Inspired by the memories of people living with dementia in Hackney, each group has developed their own unique performance.

To book a place please email **vicki@hackneyshed.org.uk**

For further information about Hackney Dementia Festival, contact **harry.johnson@alzheimers.org.uk**
hackney.gov.uk/dementia-festival
#dementiafriendlyhackney