

Dementia Carers

Do you care for someone with dementia or know someone who does? Then perhaps Dementia Carers can offer you some support?

You may have seen the BBC programme: Our Dementia Choir and been fascinated by the research undertaken by Nottingham University and University College London. They were able to show that participating in musical activities – playing or singing – can positively affect the brain and well-being of any individual whether they have dementia or not. Many people living with dementia find that songs from their past have a therapeutic effect to the extent that they are able, in many cases, to join in with the singing even when their powers of conversation have failed them; it seems that a different part of the brain is engaged!

This is where we come in:

On the second Monday of each month we have a friendly **Singing Together session** at **The Stables, Charlton** where carers can sing along with those they're caring for from **11.45am-1.15pm**. Our leader is a renowned local folk singer, Chris Harrison. Afterwards we go to the Bistro for refreshments and a chat.

Do come along and tell us what songs you'd like to sing!

We also hold a **meeting just for carers**, on the third Monday of each month. Many of our volunteers have been carers of someone with dementia themselves and can offer support and signposting. This group meets at **St Mary's Community Centre, Eltham High Street** from **10.30am – 12.00midday**.

For more information and details of our next meetings please call **Jenni** on **07598 404747**.

