



Tibbs Dementia Foundation

Registered Charity No. 1166596 www.tibbsdementia.co.uk



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Helping people to live better with dementia in the Bedfordshire area

We are a local charity dedicated to supporting people to live better with dementia. We offer a wide range of quality, relevant services, activities & opportunities for people at *all* stages of dementia (or mild cognitive impairment) living in the community *and* their family carers & supporters.

We now provide a hybrid service of face to face and digital support to ensure accessibility and a covid safe environment.

We *know* that it is possible to have a better experience with dementia. Our specialised services & skilled, experienced team help people find their voice and be heard whilst finding new ways to lead full & active lives. We aim to reduce feelings of isolation, help people to continue living in the local community longer and improve quality of life as a genuinely dementia-friendly community.

Complete Range of Services

- for *all* people with dementia *and* their family carers & supporters
- to attend both separately *and* together
- to support cognitive, physical, emotional *and* overall wellbeing
- *throughout* the *whole* of each, unique, dementia journey

People with Dementia

(pre-diagnosis to end-stage dementia)

- Information & Advice
- Peer Support
- Cognitive Stimulation
- Music Therapy
- Physical Activities
- Social Opportunities

Family Carers

(of people with dementia)

- Information and Signposting
- Peer Support
- Wellbeing Sessions
- Physical Activities
- Social Opportunities

We Are Unique!

- no referral or definitive dementia diagnosis is generally required
- your 1st session at *each* service is *free*, and thereafter we only suggest a small donation towards our costs
- you don't need to commit yourself to regular attendance

Give us a call - we'd love to meet you!

with very grateful thanks to the Supporters of our Services



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HARPUR
TRUST



Bedford
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School.

Kempston East
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