

Proud To Be
Dementia Friendly



Dementia Action Week

Let's Make a Difference



Enfield Dementia Network

Enfield Dementia Network, are dedicated to working with the community to improve the lives of those affected by dementia. We are a network of local dementia care providers, businesses and independent people, who collectively work together to deliver supportive services, activities and events for people, and their families, who are affected by dementia.

Contact us:

www.enfelddementianetwork.co.uk
info@enfelddementianetwork.co.uk
0208 375 4120

Join us for a week of special activities to raise awareness

Monday 19th to Wednesday 21st May 2025

Day	Time	What	Where	
Monday 19th May	9.30–10.30	Swim Session	Southbury Leisure Centre	
Monday 19th May	10.45–11.45	Sporting Memories	Southbury Leisure Centre	
Monday 19th May	12.00–13.00	Walking Football	Southbury Leisure Centre	
Monday 19th May	13.00–14.30	Reduce your risk of dementia	Southbury Leisure Centre	
Tuesday 20th May	15.00–16.00	Dementia Friends	Elsyng House	
Wednesday 21st May	10.30–16.30	Dementia Wellbeing Day	Haringey	
Wednesday 21st May	14.00–16.00	Dementia Friendly Screening – Sound of Music	Dugdale Arts Centre	

How to Book Monday to Wednesday activities

All activities at **BETTER** – Dominic Hall – email dominic.hall@gll.org
Dementia Friends – Janice Nunn – email Janice.nunn@alzheimers.org.uk
Haringey event – Book by calling **0208 489 5925**
Cinema- Sound of Music – Book below
<https://www.dugdaleartscentre.co.uk/whats-on/the-sound-of-music-1965>

Day	Time	What	Where	
Thursday 22 nd May	10.00– 12.00	Dementia Awareness	Edmonton Green Library Ground Floor	
Thursday 22 nd May	11.00– 14.00	Information Stall	Outside Clarkes Shoes, Enfield Palace Gardens,	
Thiursday 22 nd May	14.30– 15.30	Getting your house in order– Managing finances and documents	Southgate Beaumont Care Home Booking required	
Friday 23 rd May	11.30– 12.30	Dementia Awareness and Activities	Enfield Saheli	
Friday 23 rd May	11.00– 12.30	Forty Hall Walk	Meet at Elsyng House	
Friday 23 rd May	All day	Information Stall	North Middlesex Hospital Atrium	
Saturdau 24 th May	10.00, 11.30, 13.30	Children's Forget me not Trail	Forty Hall £6.50 per child Book online	



How to book Thursday to Saturday activities

All the stalls and information sessions are free and no need to book

Thursday 22nd May

Getting your house in order - Managing Finance and documents

Anne Stennett Head of our Private Client Department Curwen's Solicitors
Anne has nearly 30 years experience advising individuals and families about

Wills, Powers of Attorney, Deputyship, Trusts and Estate Planning.

There will be an opportunity to ask questions and speak with both Rabeya
and Anne. Refreshments will be served.

For more information and to RSVP please contact Samantha Neal on

Call 0208 882 9222 or email samanatha.neal@barchester.com

Friday 23rd May

Forty Hall Walk

with Tottenham Hotspurs Foundation and Elsyng House

07809 728067 or email clientrelations.eh@oaklandcare.com

Saturday 24th May

Children's Forget me Knot Trail

www.fortyhallestate.co.uk/whats-on/childrens-activities-plant-a-forget-me-not-take-home-a-memory

£6.50 per child Book 10.00, 11.30 or 13.30 session

www.fortyhallestate.co.uk/whats-on/childrens-activities-forget-me-not-trail-free-activity



Reduce your risk of dementia

There are things you can do to reduce your own risk of developing dementia.

These include keeping active, eating healthily and exercising your mind.

There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65). No single behaviour is guaranteed to prevent dementia, and some are more easy to change than others.

Take physical exercise

Doing regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing.

There are two main types of physical activity – aerobic activity and strength-building activity. Each type will keep you fit in different ways. Doing a combination of these activities will help you to reduce your risk of dementia.



Drink less alcohol

Drinking too much alcohol increases your risk of developing dementia.

If you regularly drink alcohol, try to do so in moderation and within recommended limits. Drinking too much alcohol at one time exposes your brain to high levels of harmful chemicals.

Try to drink no more than 14 units of alcohol each week. This is equal to about one pint of beer or a small glass of wine each day. If you regularly drink much more than this, you are increasing your risk of damage to your brain and other organs, and so increasing your risk of dementia.



Stay mentally well and socially active

Depression is a mental health condition that affects at least one in five people in the UK. People who have had periods of depression in their life also have a higher risk of developing dementia.

Social isolation can greatly increase a person's risk of dementia. Engaging in social activities may help to build up your brain's ability to relieve stress and improve your mood



Protect your eyesight and hearing

Uncorrected vision loss increases a person's risk of developing dementia.

People who have corrected vision loss do not have an increased risk of developing dementia.

Hearing loss is related to an increased risk of developing dementia and may be an early symptom. Managing hearing loss works best when you start doing it early on. The use of hearing aids has been shown to reduce the risk of dementia to the level of a person with normal hearing.



Dementia Wellbeing Day

Wednesday 21st May

10.30am - 4.00pm



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

Bus stops: 243, 67, 76, 149, 318, 349, 476

Underground: Seven Sisters

Overground: Tottenham South / Stamford Hill

Parking: Off street parking available nearby for blue badge holders.

Join us for a Dementia Wellbeing Day and enjoy activities, talks, a disco, barbeque and much more!

Throughout the day a programme of dementia friendly sessions will be on offer to enjoy. Activities will include a Sporting Memories reminiscence session, Art workshop, Chair based exercise and Cake Decorating.

There will also be a series of informative talks, and stalls from a number of different North Central London organisations and services.

A barbeque lunch will be available to purchase for £10.
Pre-booking is advised for lunch as availability will be limited on the day.
To pre-book please see contact details below.

For more information please call: 020 8489 5925
or email :DementiaFriendly@haringey.gov.uk

Join us for an Alzheimer's Walk!



Date: Friday 23rd May 2025

Time: 11:00am (walk starting from Elsyng House)

Location: Forty Hall, Forty Hill, EN2 9HA

Meeting Points: Elsyng House at 10:45am or Forty Hall car park at 11:00am



Elsyng House Care Home are proud to host this event in conjunction with Tottenham Hotspur Foundation. Everyone is welcome to attend, the walk is wheelchair accessible. **Let's walk together to support a great cause!**

For further information, please call 07809 728067 or email clientrelations.eh@oaklandcare.com.



Starting 17th January

2025

MONTHLY DEMENTIA CARERS' GROUP

3rd Friday of every month

If you are caring for someone with dementia, join us for a regular session led by professionals from Enfield Older People's Community Mental Health team. Come and learn more about caring for someone with dementia and meet other carers

WHEN & WHERE

Parker Centre, Houndsfield
Road, Edmonton,
N9 7RA
11am - 12pm

3rd Friday of the month :
11.04.25, 16.05, 20.06

Booking is essential

Contact Us
0208 351 1131

Or contact:
0208 702 5060.
beena.george1@nhs.net



Dementia Friendly Morning At Southbury Leisure Centre

Southbury is introducing Dementia Friendly sessions for those with dementia and their carers or those most at risk. Starting Monday 12th May; Sessions will be every Monday and include: Dementia Senior Swim - 1-2pm Sporting Memories-10.45-11.45 (including Refreshments) Walking Football - 12-2pm Prices start at £11.50 for the morning for non members & £7 for pay as you go members. For more information visit: www.better.org.uk/leisure-centre/london/enfield/southbury-leisure-centre

Sessions bookable in advance via the app or website

