

# *What's on?*

Activities for people living with dementia  
and their loved ones



Older Persons Mental Health and  
Memory Clinic Service



# Weekly events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Active Minds Group</u></b> 1.30pm – 3.30pm OPMHS 6 sessions Tel: 642879</p> <p>*Referral required*</p>		<p><b><u>Living Well with memory problems</u></b> 2pm – 4pm OPMHS 6 sessions Tel: 642879</p> <p>*Referral required*</p>	<p><b><u>Chair based exercise group</u></b> 1.30pm – 3.30pm Independent Living Centre 10 sessions Tel: 642879</p> <p>*Referral required*</p>	
<p><b><u>Your Time, Your Place</u></b> 1pm – 3.30pm Hospice 8 sessions Tel: 647492</p> <p>*Referral required*</p>				

# Monthly events

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b><u>Forget Me Notes Choir</u></b>            1<sup>st</sup> Tuesday every month            2pm – 4pm            Braddan Church            Tel: 642879</p>	<p><b><u>Active4Life</u></b>            1<sup>st</sup> Wednesday – every month, 2pm – 4pm            National Sports Centre            Tel: 613181</p>		
	<p><b><u>Memory Group Café</u></b>            2<sup>nd</sup> Tuesday every month, 10am–12noon            St. Anthony’s Church Hall, Onchan            Tel: 642879</p>	<p><b><u>Manx DeCaf</u></b>            2nd Wednesday every month            2pm – 4pm            Port St Mary Golf Club</p>	<p><b><u>Manx DeCaf</u></b>            2nd Thursday every month            2pm – 4pm            Ramsey Town Hall</p>	
			<p><b><u>Northern Carer Group</u></b>            3<sup>rd</sup> Thursday every month. Time varies            Tel: 642879</p>	
	<p><b><u>Manx DeCaf</u></b>            Last Tuesday every month            2.30pm – 4.30pm            Douglas Golf Club</p>			<p><b><u>Arts in Dementia group</u></b>            Last Friday every month            Date &amp; venue to be confirmed            Tel: 642879            *Referral required*</p>

# Active Minds (CST) Group



**Older Persons Mental Health  
Service**

## **What is the Active Minds Group?**

The Active Minds Group is based on Cognitive Stimulation Therapy (CST). CST is a therapy for people with mild to moderate dementia. It is based on an enjoyable programme of activity sessions which aim to promote well-being. Research suggests that CST improves the quality of life and skills of people with a diagnosis of dementia.



## **What will happen at the Group?**

You will be assisted to participate in activities which will help stimulate your memories, experiences and knowledge.

The group will meet for 6 weekly sessions each lasting 1.5 hours. CST sessions include:

1. Physical games
2. Food
3. Current affairs
4. Being creative
5. Sounds
6. Using money

## **Where we are:**

Occupational Therapy team  
Older Persons Mental Health  
Community Health Centre  
Ballakermeen Road  
Douglas  
Isle of Man  
IM1 4BR

Tel: 642879

## **When and where will the group take place?**

The Active Minds Group will take place at Ballakermeen Road on a Monday afternoon 13.30-15.00 pm. Refreshments will be provided.

## **Who will attend the Group?**

The group will consist of 6-8 clients with a diagnosis of dementia and 2 staff members.

## **Referral to the Group:**

If your health professional thinks you are appropriate for this group they will discuss this with you and if you agree, refer you to the group. The group leaders will arrange to meet with you to provide more information and assess whether the group will be suitable for you.





# Your Time, Your Place

Carers are always telling us that it would be good to speak to other people like themselves "who really understand".

We listened to what the carers said they wanted and developed 'Your Time, Your Place'.



'Your Time, Your Place' is an 8 week course offering practical support and advice for carers and people living with dementia.

## Training for carers:

- Peer Support
- Practical Advice for Managing Behaviours
- Eating & Drinking Advice
- Advanced Care Plan Workshops
- Carer Stress Management
- Wellbeing Practices
- Light Massage

## Activities for people living with dementia:

- Reminiscence Work
- Creative Arts Sessions
- Chair Based Exercise
- Wellbeing Practices
- Light Massage



## Session Times and Location

Every Monday 1pm - 3.30pm  
at Hospice Isle of Man,  
Strang, Douglas IM4 4RP

## Referral Process

To attend the 'Your Time, Your Place' sessions, please contact:

Jeanette Hogg  
Lead Admiral Nurse  
(01624) 647492  
[AdmiralNurse@hospice.org.im](mailto:AdmiralNurse@hospice.org.im)



# Living Well with Memory Problems Group

**Older Persons Mental  
Health Service**

## **What is the 'Living well with memory problems' Group**

The group is a 6 week group for people newly diagnosed with mild cognitive impairment (MCI)/dementia and their partner/relative. The group offers support, advice and looks at strategies to help the person and their partner/relative manage their memory problems.

## **What will happen at the Group?**

The group will meet together for the first half of the session and a different topic is discussed each week. After a coffee break the group splits into two. People with memory impairment stay together and partners/relatives meet in a separate room. This allows for separate discussions and support.

The sessions may include guest speakers. An example of a session programme is listed below:

1. Introduction, what the group is about and course outline. Getting to know each other and how to remember names.
2. Memory strategies, useful tips and advice.
3. Support services available on Island. Alzheimer's Society representative.
4. Question and answer sessions by Dr Jagus, consultant psychiatrist and overview of memory.
5. Feelings related to a diagnosis of MCI/dementia.
6. Talk from Dietician on food to help with memory and healthy lifestyle.  
Feedback and evaluation.

## **When and where will the group take place?**

The group will take place at Ballakermeen Road on a Wednesday afternoon 2-4pm for 6 weeks. Refreshments will be provided.



## **Who will attend the Group?**

The group will consist of 4-7 people with memory problems and their partner/family member/friend. There will be 2 or 3 staff facilitating the group.

## **Referral to the Group:**

A health professional from the Older Persons Mental Health team will discuss the group with you and if you agree, a referral will be made. An invitation letter will be sent out when a group is starting; you will be asked to confirm if you are able to attend.

## **Where we are:**

Occupational Therapy team  
Older Persons Mental Health  
Community Health Centre  
Ballakermeen Road  
Douglas  
Isle of Man  
IM1 4BR

Tel: 642879



# Chair Based Exercise Group



**Older Persons Mental  
Health Service**

## **What is the Chair Based Exercise Group?**

A seated exercise group that can assist in falls prevention, increase strengths and stamina, improve balance and circulation. Evidence has shown that regular exercise can promote cognitive stimulation and increase well-being (they are fun)!

**GET FIT WHERE  
YOU SIT**

## **What will happen at the Group?**

You will be guided through the exercise programme, which consists of a warm up, muscle building and stretching exercises and a warming down exercise.

The group runs over 10 weeks.

## **Where we are:**

Occupational Therapy team  
Older Persons Mental Health  
Community Health Centre  
Ballakermeen Road  
Douglas  
Isle of Man  
IM1 4BR

Tel: 642879

## **When and where will the group take place?**

The Chair Based Exercise Group will take place at the Independent Living Centre, Ballakermeen Road on a Thursday afternoon 1.30-3.30 pm. Refreshments will be provided.

## **Who will attend the Group?**

The group will consist of up to 10 attendees and 2 staff members.

## **Referral to the Group:**

If your health professional thinks you are appropriate for this group they will discuss this with you and, if you agree, refer you to the group. The group leaders will arrange to meet with you to provide more information and assess whether the group will be suitable for you. We sometimes, request you to check your physical fitness with your GP prior to commencing with the group.

# Forget-me-nots



**Come and join our memory choir**

**First Tuesday of every month 2-4 pm  
At Braddan Church, Douglas, Isle of Man  
Please contact 642879**



# Memory group Café

**2<sup>nd</sup> Tuesday of the month**

**10am – 12 noon**

**St. Anthony's Church Hall**

**Onchan**

**Tel: 642879**

**MANX**  
**DECAF**  
DEMENTIA CAFE

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**Douglas Golf Club, Pulrose**

The last Tuesday of each month - 2.30-4.30 pm

**Port St Mary Golf Pavilion**

2nd Wednesday of each month - 2.00-4.00 pm

**Ramsey Town Hall**

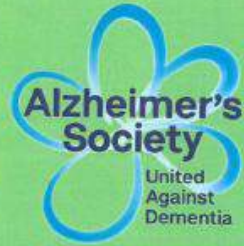
**Function Room, 2nd Floor**

2nd Thursday of each month - 2.00-4.00 pm



For further information, please call: 642879

# Active4Life

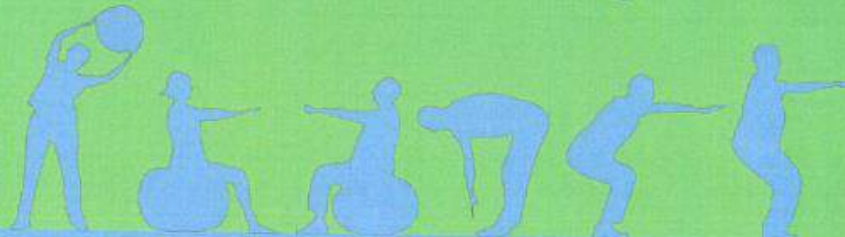


An activity session for people with dementia  
and their carers

National Sports Centre  
1st Wednesday of every month  
between 2pm and 4pm  
Funded by donations - no charge

Tel: 613181 to enquire

Promotes fitness, social skills and helps to  
maintain cognitive function for people living with dementia



# Northern carer group

3<sup>rd</sup> Thursday of the month

Lunch or teatime social meet up

Contact: Maria Clinton

Tel: 642879