

PROGRAMME 2012

Jan 11 **Tai Chi**
gentle Chinese exercise
with Brian Davey
qualified instructor

Feb 8 **Creative Dance**
with Rebecca Seymour,
dance education specialist

March 14 **Chair Fit**
with Paula Sanford,
AWP physiotherapist

April 11 **Country Walk**
with Eric Windsor
AS trustee.



**Movement for the Mind is funded by
Melksham Rotary and the
Melksham Area Board
and is free to participants.**

For more information

Movement for the Mind meets at
Bowerhill Village Hall
Halifax Road, Bowerhill
Nr Melksham SN12 6QN



For more information or to book a
place, contact Stephany Bardzil at

Alzheimer's Support
Park House
1 Park Road
Trowbridge, Wiltshire
BA14 8HAQ

telephone: 01225 776481

stephanyb@alzheimerswiltshire.org.uk



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Movement for the Mind

**A physical activity club for
people with dementia and
their family carers**



What is Movement for the Mind?

Alzheimer's Support started Movement for the Mind in response to research showing the benefits of physical activity to those with memory and cognitive problems.



Taking part in a social group activity is stimulating and uplifting, and can enhance the wellbeing of people in the early to mid-stages of dementia, together with their family carers.



Our groups are led by experienced facilitators who are specialists in their field and trained in dementia awareness.

They are supported by trained volunteers.

What to expect at a group

We usually start seated in a circle or horseshoe shape, although this depends on the activity we are doing.

We start with a gentle warm-up which may involve some stretching, toe tapping or shoulder rolling.

Our facilitator will then take everyone through the activity, whether is it dance-based, exercise based or something completely different!

No-one is expected to do anything that they feel is too much for them. You do not have to be 'superfit' to take part and everyone is encouraged to build up gradually. People with restricted mobility and wheelchairs users are welcome to take part.

The session usually lasts for an hour, with a 'breather' half way through. At the end, coffee, tea and snacks are served during a social half hour before the group finishes at midday.

We welcome suggestions for activities and will be happy to repeat sessions by popular demand.

Our groups are friendly and inclusive, and we have plenty of laughter along the way.

Where we meet



We meet at Bowerhill Village Hall
Halifax Road, Bowerhill
nr Melksham SN12 6QN

We meet on the second
Wednesday of each month from
10.30am to 12 noon



What they say

"We've had a wonderful morning. It is so good to do something together like this in a group" - a carer

"We didn't leave our chairs but I feel as though I've had a good workout" - a carer