



Enfield Dementia Network and ICAN Invite you



Living well with dementia

A day full of inspiration and innovation suitable for all

Wednesday 30th October 2024

10am- 3:30pm

(please arrive at 9:30am for registration)

**Park Avenue Resource Centre,
65c Park Avenue,
Enfield, EN1 2HL**

Bus stops: W8, 329 or 192 (6 minute walk)

Overground: Bush Hill Park Station (10 min walk)

Parking is available on resident streets for free



Booking is essential.

Book your place and lunch today!

Call **0208 375 4120** or

Email: referrals@ageukenfield.org.uk

Morning session 9.30am - 12.15pm

- 9.30am Registration & Meet Stall Holders
- 10.00am Opening Welcome - Enfield Dementia Network
- 10.10am Ageing Well & Brain Health - Enfield Age Well lead.
- 10.30am The importance of a diagnosis - Alzheimer's Society
- 10.45am The importance of staying active - BETTER
- 11.00am Hip Hop Taster Session - The Blair Academy
- 11.45am Q&A session with morning presenters

Optional lunch sessions 12.15pm - 1.30pm

- 12.20pm Become a dementia friend - Janice Nunn (30 mins)
- 12.30pm Healthy Eating Awareness - Community Dietician
- 1.25pm Brain Health Activities - Michelle Reshaf DPUK
- Visit Middlesex Association for the Blind Virtual Bus - Blood Pressure checks- Meet Stall holders & speak to professionals*

Afternoon session 1.30pm - 3pm

MUSEUM of BRANDS

- 1.30pm Welcome Back - Join us for an afternoon of innovation
- 1.35pm The Montessori approach to dementia - Romy Pikoos, Founder
- 1.55pm Birdie Box - Rebecca Bird, Founder
- 2.15pm Elder Trace - James Barker, Founder
- 2.35pm Sporting Memories Taster Session - Stephen, Headway Sports
- 2.55pm Final questions to afternoon panel

