

SUGGESTED ACTIVITIES

ENGLISH HERITAGE

Membership gives you unlimited access to over 400 historic places for a whole year, where you can stand in the places history happened.

£ 46 per year, carers visit for free

http://www.english-heritage.org.uk/join/?nst=0&utm_source=Google&utm_medium=PPC&gclid=EAlaIqobChMIzKPQ4_Sd2QIVKCjTCh2MIwNfEAAYASAAEgLR_fD_BwE

NATIONAL TRUST

Membership gives you unlimited access to over 500 places of interest

£ 48 per year, carers visit for free

<https://www.nationaltrust.org.uk/days-out>

For film and TV lovers

<https://www.nationaltrust.org.uk/for-film-and-tv-lovers>

AGE UK Hertfordshire for free daily events

<https://www.ageuk.org.uk/hertfordshire/activities-and-events/>

Extend

T 01582 832760

E admin@extend.org.uk

W www.extend.org.uk

Provides gentle exercise to music for older people and for anyone of any age with a disability.

Jabadao

T 01473 328330

E info@jabadao.org

W www.jabadao.org

Offers courses to enhance the wellbeing of people with dementia, using dance-type movement.

Keep Fit Association (KFA)

T 01403 266000

E kfa@emdp.org

W www.keepfit.org.uk

Membership association offering people the opportunity to meet in a spirit of fun to exercise together. Offers a range of classes, including dedicated classes to people over 50, across the UK.

Walk 4 Life

W www.walk4life.info

Part of the NHS's Change 4 Life initiative. Offers information about walking, and details of walks and walking groups in your area.

Walking for Health

T 020 7339 8541

W www.walkingforhealth.org.uk

www.walkingforhealth.org.uk/contact (contact form)

Encourages people to become physically active in their local communities. Walks are free and particularly aimed at people who don't take much exercise.

Arts 4 Dementia

T 020 7520 1492

E info@arts4dementia.org.uk

W www.arts4dementia.org.uk

A charity that works with arts organisations to facilitate workshops on subjects such as art, drama, dance and music.

ASA Dementia Friendly Swimming Hub

T 01509 618 700 (general ASA number)

E dementiafriendly@swimming.org

W www.swimming.org/dementiafriendly

A project run by the Amateur Swimming Association (ASA) to create a network of dementia-friendly swimming pools across England, by improving facilities and removing barriers for people with dementia and their carers.

Creative Dementia Arts Network

T 07801 509993

W www.creativedementia.org

A network that promotes the health and wellbeing of people with dementia through creative arts.

Dementia Adventure

T 01245 237548

E info@dementiaadventure.co.uk

W www.dementiaadventure.co.uk

Specialises in designing and delivering small group short breaks and holidays for people living with dementia, their partners, family, friends or carer to enjoy together.

Mind for you

Tel. 07788292938 info@mindforyou.co.uk

www.mindforyou.co.uk

Company that offers supported holidays for people with dementia and their carers together, throughout the UK.

Tourism for All UK

Tel. 0845 124 9971 info@tourismforall.org.uk

www.tourismforall.org.uk

Holiday and travel information service for disabled and older people and their carers.

Broxbourne Arts Forum –

Offers arts-related activities and events within the Borough of Broxbourne.

<http://www.broxbournearts.org.uk/page8.html>

Lee Valley Regional Park

Whether you like walking, wildlife, birds, gardens, sport, kids' activities or boat trips there is something for you.

<http://www.leevalleypark.org.uk/en/whatson//>

University of the Third Age

Self-help, self – managed lifelong cooperatives for older people no longer in full time work

<https://www.u3a.org.uk/events>