

Dementia Action Week

18-24 May 2026



Find out about local support, information and activities during Dementia Action Week for people affected by dementia and carers.

What's On

Monday 18 May

Information & Advice Drop-In

Newham University Hospital
Main Reception (St. Andrew's Wing)
from 10am-3pm

The Newham Dementia Team and Bart's Health volunteers will be sharing information, advice and support. Plus free Vitamin D supplements to residents aged 65+

Monday 18 May

Dementia Friends Training

Stratford Library 3 The Grove
Stratford, E15 1EL from 1pm-2:30pm

A Dementia Friend is somebody that learns about dementia, how it can affect someone and the small ways you can make a difference in your community.

Join a free, friendly session delivered by a Dementia Friends Ambassador with a Q&A at the end.

Tuesday 19 May

Lemonade Days Dementia Club

St. Mark's Centre, 218 Tollgate Road,
E6 5YA from 11am-2:30pm

For people living with dementia, their care partners, and anyone interested in learning and making connections. Come along for free activities, games and refreshments.

Tuesday 19 May

Sing and Stretch

The WELLcome Hub,
35 Vicarage Lane, E6 6DQ
from 1:30pm-3:30pm

Join a free joyful dementia friendly afternoon of singing and chair-based yoga for people living with dementia and their carers.

Wednesday 20 May

Admiral Nurse Information Session

East Ham Care Centre, Ground Floor, Shrewsbury Road, E7 8QP
from 10am – 1pm

Find out how Admiral Nurses provide specialist support to people living with dementia and their families and carers.

Thursday 21 May

Newham Dementia Service

Team Open Day

Resource Centre, 200 Chargeable Lane, E13 8DW from 10am - 2pm

For people living with dementia, friends, families and local businesses
Drop in to:

- Get to know the Newham Dementia Service team
- Take part in a crafts and jewellery making
- Listen to talks from people with lived experience of dementia
- Learn about adult social care services including Client Affairs, Telecare and Direct Payments.

Friday 22 May

Coffee morning at Stratford Library

3 The Grove Stratford, E15 1EL
from 11am - 12:30pm

Explore what dementia is, how it affects daily life and the simple ways we can support someone living with it. Everyone welcome.

Led by Queen Mary University of London.

Friday 22 May

Living with Dementia: The Power of Music

Stratford Library, 3 The Grove
Stratford, E15 1EL from
2pm-3:30pm

You are invited to a tea and cake session to learn how to create a music playlist for life, remember your favourite songs and music and get information on how to live well with dementia.

Led by Newham New Deal Partnership.

A Poem About Dementia

My eyes do see
My ears to hear
I am still me so let's be clear
My memory may fade
My walk may be slow
I am me inside, so don't let me go.

For more information about Dementia and local support

Visit

www.newham.gov.uk/dementia

Contact

Newham Council's Access to Adult Social Care team on:

020 8430 2000

Textphone: 18001