



From singing and gardening to tea dances, crafts and games, there's something for everyone at Beamish this week.

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Fun for all at Beamish, during Dementia Awareness Week

Why not join in Dementia Awareness Week activities at Beamish this week? There's something for everyone. And if you go on a Go North East bus you can get 25% off the admission fee.

From singing and gardening to tea dances, crafts and games, everyone's invited to Dementia Awareness Week activities at Beamish Museum.

From 16th to 21st May, visitors of all ages can join in sessions at Beamish to

mark Dementia Awareness Week.

Beamish is committed to becoming an official Dementia Friendly Community and already has about 175 'Dementia Friends' among its staff and volunteers.

Different activities will take place each day during Dementia Awareness Week, which is an Alzheimer's Society initiative. Beamish is working with several partner organisations on the event, including the Alzheimer's Society, The Abbeyfield Society, Arthritis Care, Music in Hospitals, Big Lottery and Go North East.

Michelle Kindleysides, Beamish's Health & Wellbeing Co-ordinator, said: "This year's Dementia Awareness Week at Beamish is the biggest and best yet. We've teamed up with some great partners and it's fantastic to be able to offer such a variety of activities throughout the week.

"These activities are not just for people living with dementia, they're suitable for everyone so come along and join us."

Programme of Dementia Awareness Week activities:

All week - Art exhibition, Golden Gallery Art & Soul, by residents of the Abbeyfield Society, in the school and band hall in The Pit Village.

Tues 17 May - Canny Craft & Chat: Try traditional crafts and art inspired by the Abbeyfield exhibition, 11am-4pm in Hetton Band Hall.

Wed 18 May – Tea Dances: Come and join in the tea dance, courtesy of Music in Hospitals, with entertainment from the Charleston Charlies, 11.30am-12.30pm & 2pm-3pm in Hetton Band Hall.

Meet the pit ponies in The Pit Village from 12pm.

Thurs 19 May – Beamish's Big Dig: Help the Gardening Team with planting in The Pit Village gardens.

Also, Dementia Friends Workshops: Join the 1.5million Dementia Friends nationwide and find out how you can make a difference, in The Pit Village

school. Arthritis Care will also be on hand with information.

Both activities take place throughout the day.

Fri 20 May – Beamish’s Music Makers: Join us for this friendly singalong, 10.30am-12pm & 1pm-2.30pm, Hetton Band Hall.

Also, Walking for Wellbeing at Beamish – Enjoy a stroll around Beamish and discover some new areas and stories about the museum, 10.30am & 1pm. A new walking group, which will meet weekly on Friday mornings, is being launched.

Sat 21 May – 1950s Games & Music: Enjoy some 50s games and tunes in the 1950s living room, No.6 Ravensworth Terrace, in The 1900s Town, all day. Find out about support and services from the Alzheimers’ Society and Arthritis Care.

Also during Dementia Awareness Week, Beamish has teamed up with the Alzheimer’s Society and Go North East to support a group of service users and their families to travel to the museum from Darlington.

For more information on Dementia Awareness Week activities at Beamish, visit www.beamish.org.uk.

Getting there:

Get a Go North East bus to Beamish and you will get 25% off entry to the museum.

For information on buses that go to Beamish, including timetables, click [here](#).

If you’ve never been to Beamish before and want to read a review of what it’s like to take your family there, read this [article](#) by award-winning blogger Samantha Rickelton from North East Family Fun.

[Go North East website](#)