



Dementia Action Week

May 18-24, 2026

Dementia Action Week – what's going on?

DEMENTIA Action Week 2026 runs from Monday, May 18, to Friday, May 22.

It's a special week designed to raise awareness about dementia, as well as promote the support, advice and activities and events available for people with dementia and their carers.

There are lots of events happening during the week in the West Berkshire area, including an art workshop, tea parties, dancing, and information fairs.

The highlight of the week is a special Dementia Information Fair, which takes place from 1pm-3pm on Monday, May 18, at the Waterside Centre in Newbury.

The afternoon will be fun and informative, with advice, information, support and guidance available from a variety of local organisations.

Dementia Action Week in West Berkshire is being organised by Dementia Friendly West



Berkshire (DFWB), which exists to raise awareness and promote understanding of dementia.

DFWB is formed by a range of local businesses and organisations who are committed to making West Berkshire a better, more understanding and supportive

place for people with dementia and their carers to live, work and spend time.

DFWB is delivered by Age UK Berkshire, which offers a wide range of services, activities and events to older people locally and across the whole of Berkshire.



From seated exercise to dementia cafés, there are lots of groups and events to participate in so you need never feel isolated or bored!

Services offered either free or at a very low cost include information and advice, a befriending service, help with ordering grocery shopping, a home help service, a handyperson service, one-to-one dementia respite support and support for carers.

If you'd like to find out more about the events going on in Dementia Action Week or any of the events, activities and

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services offered year-round by Dementia Friendly West Berkshire and Age UK Berkshire, get in touch.

You can telephone (0118) 959 4242, email DFWBerkshire@ageukberkshire.org.uk or visit www.ageukberkshire.org.uk

We look forward to seeing you at one of our events – everyone's welcome!



**18-22
MAY
2026**



Monday 18th May

10-11.45am: Forget-me-not Blue Art Workshop
at City Arts, Newbury

1-3pm: Dementia Information Fair
at the Waterside Centre, Newbury

Thursday 21st May

11am-1pm: Tea Party
at Thatcham Town Council, Thatcham

11am: Dancing for Dementia
3pm: Forget-me-not Tea Party
both at Falkland Grange, Newbury

Friday 22nd May

12-3pm: Dementia Information Fair
at Thatcham Garden Centre, Thatcham

DEMENTIA ACTION WEEK

**What's on in
West Berkshire**

**Special
Event!**

**Please call us for
more information:**

0118 959 4242

**Berkshire
ageUK**
Let's change how we age