

## Would you like to volunteer?

We couldn't run our Lights Up project without the help of our fantastic volunteers.

Volunteers can help in many different ways: driving people and their carers to the project, actively support with the various activities and outings, offering emotional support, making tea and coffee...and much more.

### Eligibility

- Age 18+ (some volunteer opportunities also available for 16+)
- No prior training or experience required. Training and support provided

To find out more please contact

Kelly Gough

kgough@guideposts.org.uk

01993 893560



## Contact us to find out more

To find out more about Lights Up please get in touch in one of the following ways:



01993 893560



lightsup@guideposts.org.uk



www.guideposts.org.uk



Lights Up

Guideposts

Willow Tree House

Two Rivers Industrial Estate

Station Lane

Witney

Oxfordshire

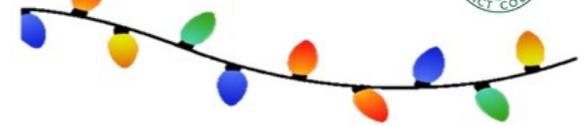


Guideposts  
Here for You

Guideposts Trust Limited Registered in England No1282361  
Registered Charity No272619

Lights Up

With support from



*Living well with Dementia*



**Arts & Memory  
Club**



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## What is Lights Up ?

Lights Up was established in 2012 to give people with dementia living in West Oxfordshire, and their carers a chance to engage in stimulating activities filled with laughter and fun.

Activities include:

- Painting and seasonal craft making
- Music, singing, drama & dance
- Reminiscence;
- Reading and poetry
- Social outings (e.g. theatre, cinema)

Lights Up also offers specialist dementia information, advice, and guidance.

Sessions are led by dementia specialists and dementia trained local artists.

All sessions conclude with a nice chat, refreshments & cake!



## How can Lights Up help?

People who come to Lights up tell us that it helps them in many ways:

- Reduced stress & anxiety
- Reduced loneliness & social isolation
- Regained confidence & self-esteem
- Shared enjoyment with family & friends
- New skills and experiences
- Opportunity for self-expression
- Peer support

*“Good entertainment and exercising the brain. It breaks the monotony and it is something to look forward to.”*

*“It’s the company, knowing a lot of people in the same boat and the exercise.”*

*“The activities, the company and friendliness and getting out of the house.”*

*“It is the interaction, the different artists. I love it all and the tea ladies make a lovely cup of tea!”*

## Where does Lights Up Run?

### Chipping Norton

The Highlands  
73 Burford Road  
Chipping Norton  
OX7 5EE

2nd & 4th Tuesday  
of the month  
10.30 am - 12.30 pm

### Carterton

Blenheim Court  
Sycamore Drive  
Carterton  
OX18 3BX

2nd & 4th Thursday of the month  
10.30 am - 12.30 pm



*Our plan is to develop the project in new venues soon. Please don't hesitate to contact us to find out more.*