

# Balham Library

## Forget-Me-Not Group

# Transforming Libraries into Dementia Friendly Spaces

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**Post-COVID, our local community needed more from their local library than the latest bestseller.**

**Isolated individuals needed social interaction, connection and care.**

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Inspired by personal experience, I began researching dementia support locally.

My Grandmother's 'Dementia Journey' lasted 5 years.

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**Finding a lack of regular, free, informal and accessible support for those with memory loss.**

**How could we help?**

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# A Dementia Café in the library?

Connecting with local stakeholders  
and organisations.



Safe, welcoming, and  
community-driven.

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# Launch - July 2023

## The Dementia Café opens its doors offering puzzles, art, singing, music, conversation and plenty of cake!



**socialability**  
Dementia | Learning Disability | Rehabilitation

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**Dementia is isolating. Our group offers connection, support, and joy.**



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# Carers find respite, advice, and peer support in a relaxed setting.



**Attendance grew steadily:  
Local marketing opportunities,  
word-of-mouth,  
referrals, and trust.**

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# Volunteers, families, and young people bridging generations.

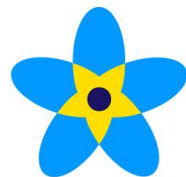


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Library staff lead with empathy,  
compassion, creativity, and care.



**Dementia  
Friends**

An Alzheimer's Society initiative

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# Bronze accreditation: Mayor of London Dementia Friendly Venues.



Planning to work towards  
Gold accreditation in future.

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Local business approached, for  
sponsorship - sustainability secured.



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# July 2025 - Relaunched as The Forget-Me-Not Group, symbolising memory and care.



Group Banner designed, sewn and constructed by members along side volunteers from our Knit & Natter group.

Material donated by The London  
Curtain & Blind Co.

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# Music, art, games & puzzles stimulating memory, lifting spirits.



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Sensory-friendly sessions,  
cognitive stimulation, and  
belonging  
by design.



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From quiet space to vibrant wellbeing hub.



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**Impact:**

**Improved wellbeing,  
reduced isolation,  
sense of community.**

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**Public Libraries everywhere can  
lead in social wellbeing innovation.**

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# The Forget-Me-Not Group:

Where memory meets  
compassion, and  
libraries become  
lifelines.



**Dementia Journey & Friends**

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