

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
<p>10am – 1pm – CARERS TOGETHER. Drop-in information and support session.</p> <p>10am – 12pm – AGE UK, Noisy Wobblers Friendship group. Post MCST Group. Last Monday of month is breakfast at Toby Carvery (£3 per person). <u>Pre book</u> by calling Carolyn on 07719 029 674. *****</p> <p>12:45pm – 1:45pm NUVO WELLBEING: Drop in seated dance for all abilities. Make friends and have a boogie.</p> <p>2pm – 3pm MINDFULNESS: Drop In mindfulness and wellbeing session with Terry Doyle.</p>	<p>10:30am – 12pm ALZHEIMER'S SOCIETY. Drop-In singing for the brain and crafts activities session.</p> <p>Bi-weekly sessions: 2nd, 16th & 30th May. *****</p> <p>1pm – 3pm – STAYING PUT AGENCY. Drop-in social session with a variety of activities.</p> <p>1:30pm – 3:30pm AGE UK, Knit and Natter. Drop-In session with Bethany and Christine. Bring your knitting needles and join us for a cuppa and a chat.</p>	<p>10am – 12pm – AGE UK: WOODSIDE WEDNESDAY ACTIVITIES GROUP AND CARER PEER SUPPORT GROUP. Please ring Carolyn on 07719 029 674</p> <p>10am - 3pm – ADMIRAL NURSE, JADE LAVAN. One hour, one to one slot. Please <u>book in advance</u> by calling the dementia hub on 01642 368945 *****</p> <p>2pm – 4pm - AGE UK, MCST, a programme of 24 weekly sessions for those with mild to moderate dementia.</p> <p><u>To discuss suitability and pre book</u> call Carolyn on 07719 029 674.</p>	<p>10am – 11am – NUVO WELLBEING: Drop-in games sessions for all abilities helping people feel positive, be active and live well.</p> <p>10am – 11am – PEER SUPPORT: Carers Coffee and chat group. *****</p> <p>1pm – 4pm – CARERS TOGETHER: Drop-in session, information and support</p> <p>1pm – 3pm – AGE UK, MCST a programme of 24 weekly sessions for those with mild to moderate dementia.</p> <p><u>To discuss suitability and pre book</u> call Karen on 07704 446 631.</p>	<p>10am – 12pm – ALZHEIMER'S SOCIETY, Drop in. Advice and support.</p> <p>10:30 – 12pm – SINGALONG WITH PAULA: 26th May, last Friday of the month.</p> <p>11am – 1pm – AGE UK, Drop-In Advice. Drop in advice for those with Dementia and their Carers. No appointment needed. *****</p> <p>1pm – 3pm – AGE UK, Friday Friends: Coffee afternoon social gathering.</p> <p><u>To discuss suitability and pre- book</u> call Tina 01642 805500</p>

Activities at Woodside Dementia and Wellbeing Hub for May 2023

Please contact the activity provider to book your place or to check the activities are taking place before attending.

There may be other events & activities available in your local area – Contact CAROLYN MARTELL, DEMENTIA ADVISOR on 07719 029 674 or the Hub on 01642 368945 for more information.