

Dad really likes Friday Friends. Lovely to enjoy tea and cakes with others. Friday's outing seems to be one of the things he most likes!

He had become quite isolated with the pandemic and we were in the process of finding things that he could do to keep him stimulated. He is 92 and recently diagnosed with memory loss. It was great that he could go to Friday Friends without an official diagnosis as this took a while and without Friday Friends I don't think he would have stayed as optimistic as he has.

Even though many things are difficult for him, he has enjoyed the company offered at Friday Friends and always attempts the activities which have been varied and interesting. He especially enjoys the planting themes.

At Friday friends people are given the opportunity to try different activities in a non-judgemental, often humorous, and always welcoming environment.

Music and singing at the end are the added bonus which give an extra element with instruments where everyone can join in together. I would recommend it!!

