

Our Groups

Music & Singing with Joe

Open to anyone affected by dementia
and our wider over 60's community.

£3 per person
(Carers welcome for free)

Dementia Friendly Gardening

Open to anyone affected by dementia.

**This group is full at the moment,
please contact us if you would like to
join our waiting list.**

Young Onset Dementia Café

Open to anyone

UNDER the age of retirement
affected by dementia.

**Includes an activity followed by a
simple meal together.**

No set fee, pay as you can.

Friday Friends

Open to anyone over the age of 60
affected by dementia.

£3 per person
(Carers welcome for free)



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With thanks to our funders and supporters



**Donations can be made
via this QR Code.**
Thank you.



*Cultivating
Memories in our
Local Community*



*What's On in
October*

What's On In October

Monday Grimsargh Village Hall	Tuesday Longridge Library	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
		1st	2nd 1.30 - 3.30 Friday Friends Games & Dominoes
5th 1.30 - 3.30 Monday Music Singing with Joe	6th	8th 4.30 - 6.30 Young Onset Dementia Cafe Relaxation with Helen	9th 1.30 - 3.30 Friday Friends Bingo
12th 1.30 - 3.30 Monday Music Singing and drumming with Joe	13th 1.30 - 3.00 Dementia Friendly Spring bulb planting	15th	16th 1.30 - 3.30 Friday Friends Music & Singing with Joe
19th 1.30 - 3.30 Monday Music Singing with Joe	20th	22nd 4.30 - 6.30 Young Onset Dementia Cafe Games night	23rd 1.30 - 3.30 Friday Friends Getting to know you
26th 1.30 - 3.30 Monday Music Singing and drumming with Joe	27th	29th	30th 1.30 - 3.30 Friday Friends Seated Exercise

Subheading