

Our Groups

Music & Singing with Joe - open to anyone affected by dementia and our wider over 60's community.

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

Dementia Friendly Gardening Group - open to anyone affected by dementia. **This group is full at the moment, please contact us if you would like to join the waiting list.**

Dementia Friendly Accessible Nature Walk
Fancy some fresh air with friendly faces? Join us for a gentle walk in nature. It's FREE to join, just book your place. Bring a little money if you'd like a drink or snack while we're out.

Laughter and Lunch Club - run in partnership with the Friends of Longridge Civic Hall. Open to anyone affected by dementia and our wider over 60's community.

£5 (carers are welcome to attend for free)

Open Door Thursday - A calm, welcoming space for family carers caring for a loved one with dementia to relax, chat and connect with others who understand.

£3 for carers (family member welcome to attend for free)

Young Onset Dementia Café - open to anyone UNDER the age of retirement affected by dementia. Includes a simple meal.

No set fee, pay as you can.

Friday Friends - open to anyone over the age of 60 affected by dementia. **This group is full at the moment, please contact us if you would like to join the waiting list.**



**Donna Rowe-Green
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With thanks to our funders and supporters



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*Cultivating
Memories in our
Local Community*



*What's On
in
November*

What's On In November

Monday Grimsargh Village Hall	Tuesday Longridge Library	Wednesday Friends of Longridge Civic Hall Group	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
3rd 1.30 - 3.30 Monday Music Singing with Joe	4th	5th 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona	6th	7th 1.30 - 3.30 Friday Friends Bingo
10th 1.30 - 3.30 Monday Music Singing and drumming with Joe	11th 1.30 - 3.30 Dementia Friendly Gardening Make A Bird Feeder	12th 11.00 - 1.30 Laughter and Lunch Club Seated Circle Dancing	13th 2.00 - 4.00 Open Door Thursday - Afternoon tea 4.30 - 6.30 Young Onset Café - Afternoon tea	14th 1.30 - 3.30 Friday Friends Seated Exercise with Fiona Christmas Jumpers Special
17th 1.30 - 3.30 Monday Music Singing with Joe	18th	19th 11.00 - 1.30 Laughter and Lunch Club Art with Dan	20th	21st 1.30 - 3.30 Friday Friends Singing with Joe
24th 1.30 - 3.30 Monday Music Singing and drumming with Joe	25th	26th 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona	27th 2.00 - 4.00 Open Door Thursday – Card making 4.30 - 6.30 Young Onset Café – Card Making	28th 1.30 - 3.30 Friday Friends Dominoes & Games
				 Friday 5th December  Winter Voices with Rosemary & Time  and Friends  7pm