



A Friendship That Crossed Borders

Finding Friendship at Bright Memories

At Age UK Cheshire, our Bright Memories service provides a welcoming and supportive day activity group for people living with memory loss or the early stages of dementia. Through a range of stimulating activities, conversation and companionship, members can enjoy meaningful experiences while building confidence and social connections. For Luis, joining the group was the start of an unexpected friendship.

A Nervous Beginning

When Luis first attended Bright Memories, he was understandably feeling a little nervous. Like many people attending for the first time, he didn't know anyone and wasn't sure what to expect.

Our team introduced him to Tony, another member of the group, hoping a friendly conversation might help him feel more at ease.

An Instant Connection



It didn't take long for the two to hit it off.

Luis, who is originally from Spain, was delighted to discover that Tony, who is Italian, speaks several languages, including Spanish. Within minutes, they were chatting, laughing and sharing stories in Spanish as though they had known each other for years.

That simple introduction helped Luis relax and settle into the group, turning any first-day nerves into smiles and conversation.

A Lasting Friendship



Since that first meeting, Tony and Luis have developed a wonderful friendship. They now always choose to sit together during activities and at lunchtime, chatting, laughing and enjoying each other's company. Their friendship has become a valued part of their Bright Memories experience, showing just how important companionship can be.

More Than Activities

Bright Memories is about much more than the activities on offer. While members enjoy arts and crafts, quizzes, music, games and reminiscence sessions designed to support cognitive wellbeing, it is often the friendships that make the biggest difference.

For people living with memory loss or the early stages of dementia, having a safe, welcoming place where they can connect with others, feel included and simply enjoy each other's company can have a positive impact on confidence and wellbeing. The groups also provide valuable respite for carers, knowing their loved one is spending time in a supportive and engaging environment.

Tony and Luis's story is a wonderful reminder that friendship has no barriers. Sometimes, all it takes is a warm welcome and a shared conversation for a meaningful connection to begin.

Why not give it a try?



First taster session just £10.



Macclesfield – Mondays 10am – 3pm



Northwich – Mondays, Tuesdays, Wednesdays & Thursdays 10am – 3pm



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