

Leominster Dementia Action Week – Free Events



Grange Court, Leominster, HR6 8NL

Monday 23rd August to Saturday 28th August 2021

Monday 23 rd August	Tuesday 24 th August	Wednesday 25 th August	Thursday 26 th August	Friday 27 th August	Saturday 28 th August
<p>11am to 12 noon</p> <p>Memory Café with Dementia Matters Here Coffee, cake, quiz</p>	<p>11.30am to 12.30pm</p> <p>Dementia Friends session – learn more about dementia and what actions you can take to become a dementia friend</p>	<p>11am to 12 noon</p> <p>Chair Based Exercise and Wellbeing session with Elizabeth Scremin</p>	<p>11am to 12 noon</p> <p>Carers Session with Cheryl Poole</p>	<p>8.30am to 12 noon</p> <p>Market Stall – Leominster Market Information, nice things to buy and friendly faces</p>	<p>Family Fun Day</p> <p>Bar, refreshments, face painting, craft corner, decorating biscuits, entertainment, music, giant board games, pat a dog, miniature ponies, ice creams, and much more!</p>
<p>2pm to 3pm</p> <p>English Symphony Orchestra – Wind Section 4pm to 5pm</p> <p>Leominster Heritage Pathfinders with Tim Senior</p>	<p>2pm to 4pm</p> <p>Digital support – need help with your laptop or phone? Bring it along and we can help</p>	<p>4pm to 7pm</p> <p>Cheese and Wine Business Evening Event Shaw Health Care My Care My Home Harrison Clarke Rickerby Carers Links Dementia Friendly Environments</p>	<p>2pm to 3pm</p> <p>Memory Café with Dementia Matters Here Coffee, cake, quiz</p>		

Please email dementiamattershere@gmail.com to book sessions and further information