

# Cecelia's Café - Islington

## Dementia Health, Wellbeing & Connection

Join us at Cecelia's Café, a welcoming space for carers and people living with Dementia, where you can enjoy fun, friendly activities designed to support your health and confidence.

### 🌟 Upcoming Events

#### 📅 Wednesday 7 January – Quizzes and Chair-Based Exercise

- Gentle Exercise

#### 📅 Wednesday 21 January – SingFit Prime, Blume Health

- Listening and singing to music to therapeutic music to improve cognitive impairment skilled music

#### 📅 Wednesday 4 February – Quizzes and Art

#### 📅 Wednesday 18 February – Royal Chelsea Pensioners Visit

- Talk by Royal Chelsea Pensioners & Reminisce

#### 📅 Wednesday 4 March – Quizzes and Chair-Based Exercise

- Gentle Exercise

#### 📅 Wednesday 18 March – Spring Activity

- Quizzes & Craft Work

- 🕒 Time: 1:30pm – 4:00pm

- 📍 Location: Harry Rice Hall, 2 – 74 Hargrave Park Road, Archway, London, N19 5JN. Map and directions are on the back of the flyer!

- 🍷 Refreshments available
- 😊 Friendly faces guaranteed

- If you would like more information or to book a place, please contact: –
- Alzheimer's Society Islington on 07484 089543 (9am – 5pm Monday to Friday)
- Email [islington@alzheimers.org.uk](mailto:islington@alzheimers.org.uk)

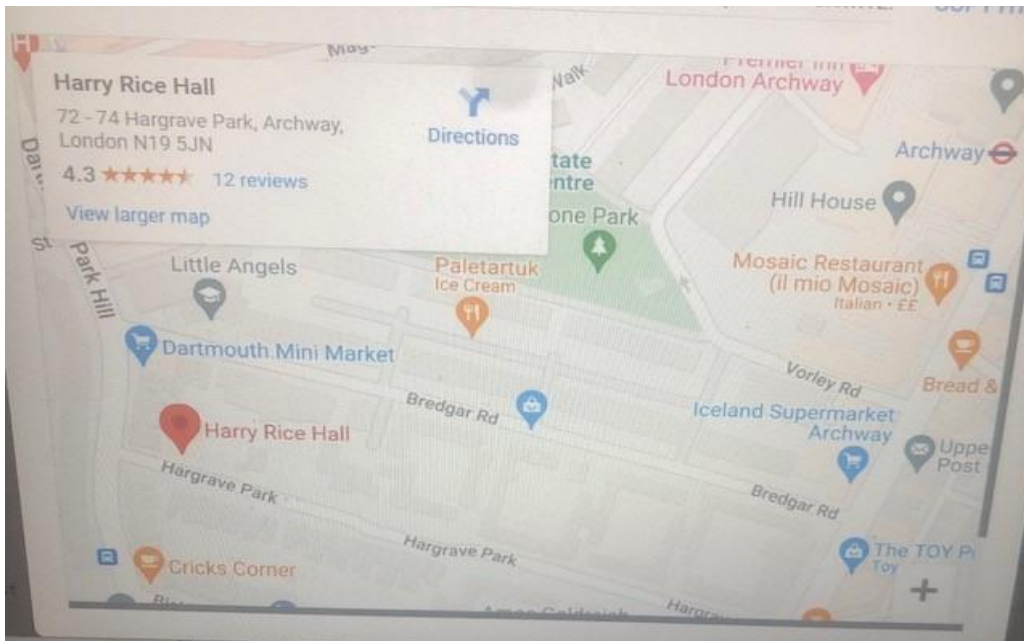


Alzheimer's  
Society

Together we are help & hope  
for everyone living with dementia

# Harry Rice Hall

**72 - 74 Hargrave Park Road, Archway, London, N19 5JW**



## Buses

Bus stops are a 10-minute walk away (Junction Road or Holloway Road)

Bus services are from. Brent Cross, North Finchley, Tottenham Court Road, Kensington, London Bridge, Waterloo, Tottenham Hale and Lambeth.

Routes: 390, 134, 143, W5, C11, 41 stop on or near Junction Road

Routes: 263, 271, 43, 17 stop on Holloway Road

Routes: 4 runs along Dartmouth Road

## Underground

Nearest Underground Station is Archway which is a 10-minute walk away and is served by the Northern Line. Upper Holloway station is also a 10-minute walk away.

## Parking

There are meters on Hargrave Park Road

## London Taxicard

The 'Taxicard' scheme offers subsidised taxi fares for people with mobility or sight impairment, who live in the London boroughs ([www.taxicard.org.uk](http://www.taxicard.org.uk) or call 0207 934 9791) for an application form.