



Dementia Connections

Cuppa Club

Cuppa Club is a friendly social group for people living with dementia, their family, and their carers.

Join us for refreshments and a chat every **Wednesday** at **Howdon Hub** from **10:30 to 11:30**.

To find out more, call us on **0191 287 7014** or email **enquiries@ageuknorthtyneside.org.uk**