



Activities and Social Groups in the Workington Area

Call the Helpline 08443 843 843

Old Customs House

West Strand

Whitehaven

Cumbria

CA28 7LR

Fax: 01946 591182

Email: info@ageukwestcumbria.org.uk

Website: www.ageukwestcumbria.org.uk

Reg. Charity no: 1122049



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System' supported by
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Council



This social diary provides information on opportunities in the local community and on a wide range of services. It is listed by days activities.

Arts and Crafts Clubs:

Art Class

Lamplugh Village Hall, Lamplugh, weekly Thursdays 3.00-5.30pm, Water colour and Drawing classes for all abilities, NEED TO BOOK. Contact Sandra Cooper: 01946 861416

Art Class

Harrington Youth Club, Church Road, weekly Thursdays 10.00am-12.00pm (term-time only). Contact Sheila Fielder: 01946 831199 or sheila@sheilafielder.co.uk

Art Class

Distington Community Centre, Church Road, Distington, weekly Tuesdays 6.15-8.15pm. Contact the centre: 01946 834297

Craft and Chat

The Oval Centre, Salterbeck. Everyone is welcome. Every Friday 11am –3:00pm. For more information contact Oval Centre: 01946 834713

Craft Club

Distington Community Centre, Church Road, Distington, weekly Tuesdays 1.00-3.00pm. Contact: Distington Community Centre: 01946 834297

Crafty Corner

Moorclose Library, Moorclose campus, Needham Drive, Workington, fortnightly alternate Tuesdays 2.00-4.00pm. Contact the Library: 01900 602736

Craft Night

Knitting, crochet, Helena Thompson Museum, Park End Road, Workington, monthly 1st Thursday of month 7.00-9.00pm, £3. Contact the Museum: 01900 64040

Social and Leisure Activities

- Access to a wide range of local social and activity groups
- Support to help develop new activities in your local community

Volunteering opportunities

- Opportunities to use your skills or develop new skills in supporting your community
- Wide variety of volunteering roles
- Full training and on-going support
- Work experience placements

Community befriending

- Linking you to friendship groups / other social activities
- Support to socialise, attend activity groups
- Support for those with hearing or visual impairments to join in local activities

Home from hospital support

- Short-term support on discharge from hospital
- Ensuring your home is warm on arrival
- Support with shopping, light food preparation
- Help to rebuild the confidence to resume daily living tasks

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Information and advice

- General information and advice on a wide range of issues
- Money information and advice on entitlements, benefits, debt, purchasing care services etc.
- Disability information and advice
- Local Information Resource Centres
- Rural advice sessions

Equipment to aid daily living

- Trusted assessor advice
- Prescription handling, equipment to purchase and for hire
- Advice and support to create dementia-friendly environments
- Access to advice on home adaptations

Practical support at home / with home safety

- Handyperson support for minor DIY tasks
- Home safety and energy efficiency checks
- Access to practical home support services (e.g. cleaning, shopping etc.)

Embroidery

Helena Thompson Museum, Park End Road, Workington, weekly Mondays 10.00am - 3.00pm. Contact The museum: 01900 64040

Knit & Natter

Moorclose Community Centre, Workington, weekly Monday 1.00-3.00pm, Social and crafts. Contact the Centre: 01900 871789

Knit & Natter

Distington Community Centre, Church Road, Distington, weekly Fridays 1.00-3.00pm. Contact the centre: 01946 834297

Lace makers

Helena Thompson Museum, Park End Road, Workington, fortnightly alternate Wednesdays, 10.00am-3.30pm, Learn to make lace or come and watch, Contact the Museum: 01900 64040 Please contact if interested

Dance Classes and Clubs:

Country Dancing

St Mary's Church Rooms, Westfield, Workington, 1st, 3rd and 5th Wednesday of month 7.30-9.30pm, Sept to May. Contact Robin Woodbury: 01900 871853

Dancing Feet MIND West Cumbria

Adult classes perfect for increasing fitness, learning new skills and encouraging social engagement, Carnegie Arts Centre, Finkle Street, Workington, weekly Thursdays 12.00-2.00pm. Contact MIND West Cumbria: 01900 66518

Sequence Dancing,

Crooklands Community Centre, High Harrington, Workington, weekly Tuesdays 8.00-10.00pm. Contact Muriel Johnstone: 01946 831509

Singing and Music Groups:

Carnegie Singers

Carnegie Arts Centre, Finkle Street, Workington, weekly Wednesdays 7.30-9.30pm. Contact Mrs Thelma Colder: 01900 815775, 07759020775

Keep Fit/Exercise Classes/Sport Clubs:

Aerobics

Workington Leisure Centre, Griffin Street, Workington. Weekly Wednesdays 10.30-11.30am. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

Adults Only Swimming

Workington Leisure Centre, Griffin Street, Workington. Weekly Mondays 6.30-8.00am, 12.00-1.00pm, 3.00-4.00pm and 9.00-9.45pm. Tuesdays 6.30-8.00am, 11.30-12.00, 12.00-1.00pm, 2.30-4.00pm and 9.00-9.45pm. Wednesdays 6.30-8.00am, 11.30-12.00, 12.00-1.00pm and 9.00-9.45pm. Thursdays 6.30-8.00am, 12.30-1.30pm and 9.00-9.45pm. Fridays 6.30-8.00am, 11.30-12.00, 12.00-1.00pm, 3.00-4.00pm and 9.00-9.45pm. Saturdays 4.00-5.00pm and Sundays 9.00-10.00am. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

Boxercise

The Oval Centre, Salterbeck. Every Thursday 6.00-7.00pm and Friday 6.00-7.00pm. For more information contact Oval Centre: 01946 834713

Women's Institutes:

Bookaneers, Seaton Library, Main Road, Seaton, 2nd Monday of month 7.30pm. Contact Seaton Library: 01900 68441

Dean, Kirkstile Community Centre, 3rd Tuesday of month, 7.30pm. Contact Mrs J Brown: 01900 602895

Dovenby, Dovenby School, 2nd Thursday of the month, 7.30pm. Contact Mrs Colquitt: 01900 825216

Greysouthen, Village Hall, 3rd Tuesday of the month, 7.30 pm. Contact Mrs Mansergh: 01900 825216

Haven Sent, Cricket Club, Whitehaven first Wednesday of month 19.30 (May, August & October 2015 are visits/trips out). Contact Leeanne Harding: 07828442141, <http://havensentwi.weebly.com/>, or Facebook - search Haven Sent. We welcome new members who can come along & try out activities

Lamplugh, Village Hall, 2nd Tuesday of the month, 7.00 pm. Contact Mrs King: 01946 861494

Local Libraries:

(all with internet access for public use)

Distington Library, Church Road, Distington, open Mondays, Tuesdays, Thursdays and Fridays 10.00am-2.00pm. Contact: 01946 506400

Moorclose Library, Moorclose Campus, Needham Drive, Workington, open Mondays, Fridays 9.30am-12.00pm and 12.30-5.00pm, Tuesdays 1.00-5.00pm, Thursdays 9.30am-6.00pm and Saturdays 9.30am-12.00pm. Contact: 01900 602736

Seaton Library, Main Road, Seaton, open Mondays 2.00-5.30pm, Tuesdays, Thursdays 10.00am-12.00pm and 2.00-5.00pm, Fridays 2.00-4.30pm and Saturdays 10.00am-12.00pm. Contact: 01900 68441

Workington Library, Vulcans Lane, open Mondays and Wednesdays 9.00am-6.00pm, Tuesdays, Thursdays and Fridays 9.00am-5.00pm and Saturdays 9.00am-2.00pm. Contact: 01900 706170

Mobile Libraries, Mondays; Mitchell Avenue Northside, 16 Wetheriggs Road Salterbeck, 8 Springfield Avenue Harrington, Kings Avenue Seaton, Bus Terminus Harrington. Tuesdays; Nepgill Chalet Park Bridgefoot, Fell View Little Clifton, Chapel Brow Little Clifton, Post Office Great Broughton, 23 Clifton Lodge Great Clifton, 20 Green Garth Great Clifton, 61 Riverside Great Clifton, Briery Acres Stainburn. Wednesdays; 34 Rowrah opposite Edgars garage, High Leys Cottages Rowrah, Cross House Lamplugh, Felldyke Lamplugh, Main Road Asby. For more information on dates and times contact Workington Library: 01900 706170 or 01900 706173

Circuits

Workington Leisure Centre, Griffin Street, Workington. Weekly Thursdays 6.00-7.00pm. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

The Oval Centre, Salterbeck. Every Wednesday 6.00-7.00pm. For more information contact Oval Centre: 01946 834713

DRU Yoga

Helena Thompson Museum, Park End Road, Workington. For all ability, Thursday 7:00-8:30pm. Contact the Museum: 01900 64040 for more information (All talks and social nights are always advertised in the Times and Star - see for more details)

Fit 4 Life Gentle Exercise Classes

The Bradbury Independent Living Centre, Oxford Street, Workington, weekly Fridays 11.30am-12.30pm, £2.50. Contact Age UK: 01900 844670

Harrington Youth Club, 26 Church Rd, weekly Tuesdays 11.30am-12.30pm, £3 Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Seaton Village Hall, Seaton, weekly Fridays 1.00-2.00pm, £3. Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Fit 4 Life Gentle Exercise on Referral Class

The Oval Centre, Salterbeck, Workington, weekly Tuesdays and Thursdays 9.00-10.00am and 10.00-11.00am. If you have a condition or health problems or think you would be suitable for a referral please contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Healthy Heart Club

The Oval Centre, Salterbeck. Great Workout and run by our personal trainer. Every Tuesdays 1.00-2.00pm and Thursday 2.00-3.00pm. For more information contact Oval Centre: 01946 834713

Indoor Bowls

St John's Parish Rooms, Washington Street, Workington, weekly Mondays 2.00-4.00pm, Everyone welcome. Contact Jean Gordon: 01900 267305

Karate, beginners all ages

Carnegie Theatre, Workington, weekly Thursdays 5.30-6.20pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Karate, yellow to blue belts all ages

Carnegie Theatre, Workington, weekly Thursdays 6.30-7.30pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Karate, purple belts and above all ages

Carnegie Theatre, Workington, weekly Thursdays 6.30-8.00pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Kettlebells

The Oval Centre, Workington, weekly Wednesdays 6.30-7.30pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Ladies Only Swimming

Workington Leisure Centre, Griffin Street, Workington. Weekly Mondays 7.00-8.00pm and Thursdays 7.00-8.00pm. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

Moky Fit

Banklands Hall, Banklands, Workington, weekly Mondays 6.30-7.30pm, St Joseph's Catholic High School, Workington, weekly Tuesdays 6.30-7.30pm, Seaton Village Hall, Seaton, weekly Thursdays 6.30-7.30pm. Contact Rachel Falcon: 0793511294

Support and Advice Groups:**Citizens Advice Bureau Drop in Sessions**

Allerdale Citizens Advice, Town Hall, Oxford Street, Workington, weekly Mondays, Wednesdays and Fridays 09.30am-12.30pm and Tuesdays 4.30-6.00pm. Contact 01900 604735

Credit Union

Moorclose Community Centre, Workington, weekly Fridays 9.00-10.00am. Contact: 01900 871789

Link Up and Laugh

Social afternoon with a chat, activities and reminiscence. Refreshments provided. The Bradbury Independent Living Centre, Oxford Street, Workington, weekly Thursdays 1.00-3.00pm. Contact Bradbury Independent Living Centre: 01900 844670

Royal British Legion Advice Days

For those who are serving, have served, their carers and dependants. Workington Library, Vulcans Lane, Workington, monthly last Friday of month 9.30-11.30am. Advice and information on mobility, benefits, war pensions, training and employability. Contact Helpline: 0808 802 8080 or the Library: 01900 706170

Support and advice for people with hearing loss

Drop in sessions United Reformed Church, South William Street, Workington, 4th Tuesday of month 9.30am-12.00pm. Contact Caritas Care: 01228 595937

Workington Stroke Support Group

Helena Thompson Museum, Park End Road, Workington, fortnightly alternate Tuesdays 1:30-3:30, social, talks and day trips. Contact Claire Lowrey (life after stroke coordinator): 07739746095 or the Museum: 01900 64040

Moorclose Library, Needham Drive, Workington, monthly Mondays
3.00-4.00pm. Contact library for details of next meeting: 01900 602736

Seaton Library, Main Road, Seaton, monthly 3rd Wednesday of month
7.00-8.00pm. Contact library: 01900 68441

Workington Library, Vulcans Lane, Workington, monthly 1st Tuesday of
month 6.00-7.00pm. Contact library: 01900 706170

Shared Reading Group U3A

Seaton Library, Main Road, Seaton, monthly 1st Tuesday of month
3.45-5.00pm. Contact Seaton Library: 01900 68441

Computer Classes and Drop in Sessions:

Computer Club

Lamplugh Village Hall, Lamplugh, fortnightly - Monday Evening at
7.30pm, Improve your computing skills, whatever your current level,
through a mixture of formal teaching and learning. Contact Bob
Marshall: 01946 861493

IT Drop In,

The Bradbury Independent Living Centre, Oxford Street, Workington,
weekly Mondays 10.00am-12.00pm. Contact Bradbury Independent
Living Centre: 01900 844670

Positive Futures

Impact Housing, Nook Street, Workington. Helps teach people how to
use laptops and iPads. Weekly Wednesdays 1.00pm-3.00pm. For
more information contact Oval Centre: 01946 834713 or
www.impacthousing.org.uk

Seaton Digipals

Seaton Library, Main Road, Seaton, Workington, fortnightly alternate
Thursdays 2.00-3.30pm. Need to book a session. Contact the Library:
01900 68441

Positive Steps Club

Bridge Centre, (Christ Central), Central Square, Workington. Improve
balance & confidence with light exercise, weekly Thursdays 10.30am -
12.00pm. Contact Age UK; 01900 844670

Water Workout

Workington Leisure Centre, Griffin Street, Workington. Weekly
Tuesdays 7.00-8.00pm, Wednesdays 7.00-8.00pm and Thursdays
11.30-12.30. For more information contact Leisure Centre: 01900
878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

West Cumbria Taekwondo

St Josephs School, Harrington Road, Workington, weekly Thursdays
6.45-7.45pm. Contact West Cumbria Taekwondo (Stuart Dowell):
016973 26201, 07825215431, westcumbriatkd@aol.com or
www.westcumbriataekwondo.co.uk

Yoga For All

Bolton Street Community Hall, Workington, weekly Mondays 6.15-
7.45pm. Contact Neil Ivison: 07814806489 or sirniff@yahoo.co.uk

Yoga and Mindfulness

St Michaels Parish Church Hall, Dean Street, Workington, weekly
Tuesdays 6.00-7.30pm. Contact Linda Allam: 01900 829075 or
lindaallam888@hotmail.com

Yoga Mixed Ability

Bolton Street Community Hall, Workington, weekly Wednesdays 6.15-
7.45pm. Contact Neil Ivison: 07814806489 or sirniff@yahoo.co.uk

Zumba

Seaton Village Hall, Seaton, weekly Tuesdays 6.00-7.00pm, High Harrington Scout Hut, East Avenue, High Harrington, Workington, weekly Fridays 6.00-7.00pm, The Parish of Westfield Workington, St Marys Westfield, Workington, weekly Thursdays 7.00-8.00pm. Contact Mandy Cook: 07796201901

St Marys Hall, Rectory Close, High Harrington Hill, Workington, weekly Tuesdays 7.00-8.00pm. Contact Karen Marie Gyles: 07882462950

The Oval Centre, Salterbeck Drive, Salterbeck, Workington, weekly Fridays 5.00-6.00pm. Contact Danielle Smith: 01900 827394 or 07975521789.

Workington Leisure Centre, Griffin Street, Workington. Weekly Fridays 11.15-12.15. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

50+ Swimming

Workington Leisure Centre, Griffin Street, Workington. Weekly Wednesdays 8.00-9.30pm. For more information contact Leisure Centre: 01900 878718 or <http://www.better.org.uk/leisure-centre/allerdale/workington-leisure-centre>

Health and Dieting Support:

Slimming World

Masonic Hall, Gordon Street, Workington. Weekly Mondays 3.00pm, 5.00pm and 7.00pm. Contact Lisa: 07973568819.

Seaton Rugby Club, Seaton, weekly Thursdays 5.00pm and 7.00pm. Contact Louise: 07557737382

Weight Watchers

Workington Royal British Legion Club, Saint Johns Court, Workington, weekly Tuesdays 10.00am, 12.30pm, 5.30pm and Thursday 09.30am. Contact Anne Quayle: 07900553344

Tuesday Club Disco

A fun evening get-together with a game of bingo followed by a disco for adults with learning disabilities, Carnegie Theatre, Finkle Street, Workington, weekly Tuesdays 7.00-8.30pm. Contact Tony Ardron: 01900 381469 or 07873510300

Tuesday Group

The Bradbury Independent Living Centre, Oxford Street, For people affected by memory loss, weekly Tuesdays 1.30pm - 3.30pm. Workington. Contact Bradbury Independent Living Centre: 01900 844670

Visually Impaired Club

The Bradbury Independent Living Centre, Oxford Street, Workington. First Thursday of the month 10.00am-12.00pm. Contact Bradbury Independent Living Centre: 01900 844670

Workington Day Care

Salisbury Court, Salisbury Street. Workington, weekly Mondays 10.00am-3.00pm, Contact Age UK: 08443 843 843
Laybourne House, Moorclose, Workington, weekly Wednesdays and Fridays 10.00am-3.00pm. Contact Age UK: 08443 843 843

Writing, Reading and Library Groups:

Book Club

Lamplugh Village Hall, Lamplugh, monthly 2nd Monday of the Month 2.00pm - 4.00pm. Contact: Mary Ross on 01946 861728

Creative Writing Group

Harrington Youth Club, Church Road, Workington, 1st and 3rd Tuesday of month 10.00am-12.00pm, £2. Contact Sheila Fielder: 01946 831199 or sheila@sheilafielder.co.uk

Reading Group

Distington Community Centre, Church Road, monthly 2nd Monday of month 2.30pm. Contact the centre: 01946 834297

Men In Sheds

Distington Community Centre, Church Road, Distington, DIY & a cuppa, weekly Wednesdays 1.00- 3.00pm. Contact Age UK: 01900 844670, 08443 843 843

MIND West Cumbria Drop in Sessions

Carnegie Theatre, Workington, weekly Tuesdays 10.00am-12.00pm. Contact MIND West Cumbria: 01900 66518

Best Life Building, Oxford Street, Workington, weekly Wednesdays 10.00am-12.00pm. Contact MIND West Cumbria: 01900 66518

Masonic Hall, Gordon Street, Workington, weekly Thursdays 12.00-2.00pm. Contact MIND West Cumbria: 01900 66518

Town Hall, Workington. Weekly Thursdays 11.00am-1.00pm. Contact MIND West Cumbria: 01900 66518

Museum Talks

Helena Thompson Museum, Park End Road, Workington. Monthly Sunday afternoon, £3. Contact the Museum: 01900 64040 (All talks and social nights are always advertised in the Times and Star - see for more details)

Radio Club

Helena Thompson Museum, Park End Road, Workington, alternate Mondays 7.00-9.00pm, Radio hams talking to the rest of the world. Contact the Museum: 01900 64040

Social Events held at Helena Thompson Museum

Helena Thompson Museum, Park End Road, Workington. Held monthly, everyone welcome. Contact the Museum: 01900 64040 for more information (All talks and social nights are always advertised in the Times and Star - see for more details)

Thursday Club

Ullock Village Hall, Ullock, monthly last Thursday of month 2.00-4.00pm. Oral history, speakers, film, bingo, occasionally have day trips. Contact Eleanor Gate: 01900 872568 or Pat Newlove: 01946 861378

Morning Coffees and Lunch Clubs:

Coffee Morning

Come and join us for a chat with coffee, tea and cake, Lamplugh Village Hall, 3rd Monday of the month 10.00am-11.30am. Contact Sandra Cooper 01946 861416

Coffee Morning Social Group

Little Clifton Village Hall, Workington, fortnightly alternate Thursdays 10.30am. All welcome. Contact Simon Thompson: 07544487161

Coffee, Cake and Crack

Moorclose Library, Needham Drive, Workington, every 6 weeks Thursdays 3.00-4.00pm. Contact the library for more details on the next meeting: 01900 602736

Lunch Club

The Bridge Centre (Christ Central), Central Square, Workington. Last Thursday of month 12.00-2.00pm, £4.00 for 2 courses. Transport can be provided within the Workington area. For further details contact Karen Carbert: 01900 873042, 07951132586

Lunch Club

St Marys Church Rooms, Westfield, Workington, monthly 1st Wednesday of the month 10.30am-3.00pm. Lunch and social, including Bingo and occasionally entertainment £5.00 for 2 course lunch. Trips out once a year. Contact Mr Roper: 01946 832457

Bingo and Games:

Bingo

Moorclose Community Centre, Workington, weekly Mondays, Wednesdays Fridays and Sundays 7.30-8.45pm. Contact the Centre: 01900 871789

Bingo

The Oval Centre, Salterbeck, Workington, weekly Tuesdays and Thursday 7.00-9.00pm. Bar open for refreshments when this is running. Contact the Centre: 01946 834713

Bridge Club

3 Banklands, Workington, Monday, Wednesday & Thursday 7.00pm
Beginners and experienced players. Contact Alan or Carol 01900 61192 if beginner please contact to find out when beginners sessions are.

Old Games Afternoon

Helena Thompson Museum, Park End Road, Workington, last Friday of the month 1.00-3.00pm, £2. Contact the Museum: 01900 64040

Social Groups and Clubs:

Buddhist Meditation

Helena Thompson Museum, Park End Road, Workington, weekly Tuesdays 7.00-8.30pm. Contact the Museum: 01900 64040

Dementia Café

Workington Alzheimer's Society, Oxford Street, Workington, monthly last Wednesday of month 10.30am-12.30pm. Contact Alzheimer's Society: 01900 607280

Evergreens

Distington Community Centre, Church Road, Distington, weekly Thursdays 1.00-3.00pm. Contact the centre: 01946 834297

Flower Club

Masonic Hall, Gordon Street, Workington, monthly last Wednesday of month 7.00pm, flower club and demonstrations. Contact Helen Wilkinson: 01900 64000 or workington@flowersnorthwest.net

Friend's of the Helena Thompson Museum

Social get together, Helena Thompson Museum, Park End Road, Workington, monthly 3rd Tuesday of month 7.00- 9.00pm, meetings, talks, lectures, visitors welcome. Contact the Museum: 01900 64040

Friendship Group

Social get-together, Ullock Village Hall, Ullock, monthly 2nd Thursday 2.00-4.00pm (summer months) and 12.30-2.30pm (winter months). Contact Claire Chittenden: 01946 861089 or Eleanor Gate: 01900 872568

Harrington Ladies Club

Community Centre, Crooklands Ave, High Harrington, Workington, Social, talks and trips, weekly Tuesdays 2.00-3.30pm. Contact Muriel Johnstone: 01946 831509

Harrington WAGS

Harrington Sailing Club, Harbour Ho/Northside, Harrington, Workington, 2nd and last Monday in month 1.00-3.00pm, Bingo, social and speakers. Contact Christine: 01946 830600

History Society

Distington Community Centre, Church Road, Distington, monthly 1st Monday of month 6.00-7.00pm and 3rd Tuesday of month 7.00-9.00pm, Just come along! Contact the centre: 01946 834297

History Society

Helena Thompson Museum, Park End Road, Workington, 1st Tuesday of month 7.00-9.00pm, talks, lectures, film show, visitors welcome. Contact the Museum: 01900 64040

Jubilee Club

Activities & lunch for people living with memory loss. Bradbury Independent Living Centre, Oxford Street, weekly Fridays 10.30am-1.30pm. There's a charge for this service. Please contact Age UK if you are interested in attending: 08443 843 843 or 01900 844670