

Activity Group

Maintaining an active social life is the key to remaining healthier and more motivated. Come and join us for coffee, chat and fun. We offer a structured programme of activities for people with memory loss and their carers.

Thursdays, 1pm to 2.30pm

Cosham Baptist Church, The Link
48 Havant Rd, Portsmouth, PO6 2QZ

Please call Remind on

033 0332 4030