

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 1-2.30pm
Cosham Baptist Church
The Link
48 Havant Rd
Portsmouth
PO6 2QZ

**Please call Remind on
033 0332 4030**



Remind is delivered in partnership:



Charity Reg. No. 1081116
www.solentmind.org.uk



Charity Reg. No. 299731
www.rowanshospice.co.uk

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