

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.

Mondays 10.30 am -12pm

St Judes

Kent Rd

Southsea

PO5 3EL

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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