



Supporting you through  
your dementia journey

# Free memory groups

Our memory groups are based on the principles of cognitive stimulation therapy (CST), which is proven to help people with memory loss.

Activities, fun and laughter provide mental stimulation and help increase confidence over 14 weeks.

**For more information, please call  
Remind on 0239 421 7404**





Supporting you through  
your dementia journey

# Free activity group

Maintaining an active social life is the key to remaining healthier and more motivated.

Come and join us for tea, biscuits, chat and fun on Mondays and Thursdays.

We offer a structured programme of entertaining and stimulating activities for people with memory loss and their carers, including games, quizzes, music and more.

**For more information, please call  
Remind on 0239 421 7404**

