



DEMENTIA ACTION WEEK 13th – 17th MAY 2024

MON 13TH MAY	TUES 14TH MAY	WEDS 15TH MAY	THURS 16TH MAY	FRI 17TH MAY
<p>Join Sarah at 10.30am – 11.30am for the Vintage Voices free Dementia Friendly singing group at Age UK, The Bradbury Independent Living Centre, Oxford Street, Workington. CA14 2AL.</p> <p>To book, call Georgia on 01900 844670.</p> <p>Music can be a powerful way to trigger positive feelings and connect with others</p>	<p>Come for a Dementia friendly walk in Maryport along the Promenade starting at 10.30am at The Aquarium, led by Christine one of our trained walk leaders. To book, call Georgia on 01900 844670.</p> <p>-----</p> <p>Copeland Age & Advice Service (CAAS) will hold their regular Memory Café 11am – 12.30pm Whitehaven RUFC, The Playground, Richmond Terrace, CA28 7QR.</p> <p>All welcome with songs and reminiscence from Ged Hagan.</p>		<p>Moira from Alzheimer’s Society will have her Dementia Adviser clinic 10am – 2pm at Castlegate & Derwent Health Centre, Isel Road, Cockermouth. CA13 9HT.</p>	<p>Join Cathy & David at 11am who will deliver a free one hour Dementia Friends awareness session at Age UK, The Bradbury Independent Living Centre, Oxford Street, Workington. CA14 2AL followed by free refreshments. To book, call Georgia on 01900 844670.</p>
<p>Cathy & David will deliver a free one hour Dementia Friends awareness session at 12 noon followed by free refreshments at the Senior Citizen’s Drop-in Centre, Heads Road, Keswick. CA12 5HA.</p> <p>To book, call Georgia on 01900 844670.</p>	<p>Anticipatory Grief awareness session, Caldbeck Village Hall 1.30pm - 3.30pm suitable for those living with Dementia and their carers plus activities will be available for those not able to take part in the training. Refreshments will also be available. For more info, contact: jackie.clayton@northernfellsgroup.org.uk</p>	<p>Annual Pigeon Race for everybody to watch and be involved with (bit of fun) and information and advice about Dementia and services will be available. Meet at the hub on the harbour at Whitehaven at 1pm.</p>	<p>Sebergham village hall – Dance and Sing session and a cuppa</p> <p>Monthly sessions starting on Thursday 16th May @ 2pm – 3.30pm. Pop along or more information contact jackie.clayton@northernfellsgroup.org.uk</p>	 <p>Cumberland Council</p>