

Activities at Woodside Dementia and Wellbeing Hub for April 2024

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>10:00am – 1:00pm CARERS TOGETHER. Drop-in information and support session.</p> <p>10:00am – 12:00pm AGE UK, Noisy Wobblers Friendship group. Post MCST Group. <u>Pre book</u> by calling Carolyn on 07719 029 674.</p> <p>*****</p> <p>12:45pm – 1:45pm NUVO WELLBEING: Drop in seated dance for all abilities. Make friends and have a boogie.</p> <p>2:00pm – 3:00pm MINDFULNESS: Drop In mindfulness and wellbeing session with Terry Doyle.</p>	<p>10:30am – 12:00pm ALZHEIMER'S SOCIETY. Drop-In singing for the brain. Weekly singing session open to all.</p> <p>*****</p> <p>1:00pm – 3:00pm AGE UK, Knit and Natter: Drop-In session. Bring your knitting needles and join us for a cuppa and a chat.</p>	<p>10:00am – 12:00pm AGE UK: Woodside Wednesday activities group and carer peer support group. Please ring Carolyn on 07719 029 674 for information.</p> <p>*****</p>	<p>10:30am – 11:30am STRONGER TOGETHER SESSION. Delivered by Vixi Wellbeing Exercise session for people with dementia and frailty. <u>No Session on 25th April</u></p> <p>11:00am – 1:00pm Gardening Club: Drop-in sessions, planting, pruning and having fun.</p> <p>*****</p> <p>1:00pm – 4:00pm CARERS TOGETHER Drop-in session, information, and support and carer peer support session.</p> <p>1:00pm – 3:00pm AGE UK, MCST: Programme of 24 weekly sessions for those with mild to moderate dementia. <u>To discuss suitability and pre book call Carolyn on 07719 029 674.</u></p>	<p>10:30am – 12:00pm Creative Art Session with Zoe. Drop-In creativity session. Every fortnight. 26th April ONLY.</p> <p>10:30am – 12:00pm AGE UK: Singalong with Paula. 4th Friday of the month, 26th April.</p> <p>*****</p> <p>12:00pm – 2:00pm Social Prescribing Team Wellbeing Sessions. Drop-in for a catch up. Free refreshments and snacks. Quiet space is also available. Contact Michele Buck on 07566 90967 to confirm attendance. 26th April Only.</p> <p>1:00pm – 3:00pm GROUNDWORK NE & CUMBRIA: Green links programme. Award winning programme of 10 sessions for people with dementia and carers consisting of crafts, seasonal fun and cooking. <u>To confirm attendance</u> contact Georgia –07929 739024 12th and 26th April.</p>

Please contact the activity provider to book your place or to check the activities are taking place before attending.

There may be other events & activities available in your local area – Contact Carolyn Martell, Dementia Advisor on 07719 029 674 or Rucksana the Hub Co-ordinator on 01642 368945 for more information