

Leominster Dementia Action Week – Free Events



Grange Court, Leominster, HR6 8NL

Monday 23rd August to Saturday 28th August 2021

Monday 23 rd August	Tuesday 24 th August	Wednesday 25 th August	Thursday 26 th August	Friday 27 th August	Saturday 28 th August
11am to 12 noon Memory Café with Dementia Matters Here Coffee, cake, quiz	11.30am to 12.30pm Dementia Friends session – learn more about dementia and what actions you can take to become a dementia friend	11am to 12 noon Chair Based Exercise and Wellbeing session with Elizabeth Scremin	11am to 12 noon Carers Session with Cheryl Poole	8.30am to 12 noon Market Stall – Leominster Market Information, nice things to buy and friendly faces	Family Fun Day Bar, refreshments, face painting, craft corner, decorating biscuits, entertainment, music, giant board games, pat a dog, miniature ponies, ice creams, and much more!
2pm to 3pm English Symphony Orchestra – Wind Section 4pm to 5pm Leominster Heritage Pathfinders with Tim Senior	2pm to 4pm Digital support – need help with your laptop or phone? Bring it along and we can help	4pm to 7pm Cheese and Wine Business Evening Event Shaw Health Care My Care My Home Harrison Clarke Rickerby Carers Links Dementia Friendly Environments	2pm to 3pm Memory Café with Dementia Matters Here Coffee, cake, quiz		

Please email dementiamattershere@gmail.com to book sessions and further information