

Dementia and Carer groups

Age UK Teesside Dementia Advice Service are offering group sessions to those who have a diagnosis of Dementia/Alzheimer's and those who care for people with dementia/Alzheimer's. This gives the carers some much needed respite time to enjoy a cuppa and chat with those in a similar position while the person with a diagnosis enjoys activities and socialising in a secure environment.

September

Venue	Date and time
Woodside Dementia and Wellbeing Hub	Every Wednesday 10AM-12PM
Acklam Community Hub TS5 7AB	Thursday 1 st 1PM – 3PM
Central Library TS1 2AY	Thursday 8 th 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 15 th 1PM – 3PM
Central Library TS1 2AY	Thursday 22 nd 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 29 th 1PM – 3PM

October

Venue	Date and time
Woodside Dementia and Wellbeing Hub	Every Wednesday 10AM-12PM
Central Library TS1 2AY	Thursday 6 th 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 13 th 1PM – 3PM
Central Library TS1 2AY	Thursday 20 th 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 27 th 1PM – 3PM

November

Venue	Date and time
Woodside Dementia and Wellbeing Hub	Every Wednesday 10AM-12PM
Central Library TS1 2AY	Thursday 3 rd 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 10 th 1PM – 3PM
Central Library TS1 2AY	Thursday 17 th 1:15PM – 3:15PM
Acklam Community Hub TS5 7AB	Thursday 24 th 1PM – 3PM

Please contact Sophie Armstrong on 01642805500 or 07719029674 for further information or to confirm attendance.