

# Improving Your Brain Health Through *Creativity*

Therapeutic programmes tailored  
to help your mind, memory and  
mental health...

"Thank you so much for the wonderful art classes, I have really enjoyed them. It's helped me with my memory so much that my children have seen a change in me, I am more observant now than before and I feel alive now."

- Vidya

"I was literally lost for words and cannot tell you how empowered I feel in being given the time to be able to write down my thoughts and emotions."

- Elizabeth

"Individuals feel Unforgettable Experiences has had a massive impact on their life and mood state, while also feeling very connected at this strange time."

- Community  
Psychiatric Nurse

*Contact Us:*  
T: 01325 238007  
E: e.bryan3@nhs.net

[referrals@unforgettableexperiences.org.uk](mailto:referrals@unforgettableexperiences.org.uk)  
[www.unforgettableexperiences.org.uk](http://www.unforgettableexperiences.org.uk)



# How can Unforgettable Experiences help you?

Most healthy people experience a gradual decline in mental abilities as part of ageing. Adults can sometimes experience minor problems with their mental abilities such as memory, thinking and language which are worse than what would normally be expected for their age. Adults with mental health, Dementia and neurological conditions are strongly recommended to keep their minds active.

Unforgettable Experiences provides a variety of live, creative and interactive therapeutic programmes to adults across Tees Valley and County Durham. Participants have seen a 20% improvement in memory function, wellbeing and quality of life.



## SIGN UP FOR 12 FREE SESSIONS TODAY!

Unforgettable Experiences currently run 12 free sessions for adults aged 50+ across Tees Esk and Wear Valley. (25+ in Darlington & Middlesbrough.) You are welcome to self-refer or to ask your GP for a referral.

### Our service functions to:

- Improve your focus, attention and concentration.
- Improve or slow the decline of cognitive function.
- Create new memories, aid recall and inspire reminiscence.
- Improve communication and language.
- Increase your mood and confidence.
- Discover your creative side and learn new skills
- Meet like-minded people who share similar experiences and interests.

## What Happens Next?

Your GP and/or a health professional has recommended that our service would be helpful for you. A member of our Unforgettable Experiences team will be in touch to discuss our service and register you to take part.

Our qualified and experienced artists will work with you in small groups to help you to rediscover your love of arts, cultural and heritage through our bespoke creative therapeutic programme. Our technical team will be on hand to support you to get set up and access each and every session so you don't have to worry.

**Contact:**

**T: 01325 238007**

**E: e.bryan3@nhs.net**

**STEP 1 - We will organise a call to understand your needs and explain how we can help.**



**STEP 3 - Choose from:**  
Arts and Crafts  
Creative Writing  
History  
Music  
Film & Photography

