

Tottington Library Dementia Cafe (1ST Tuesday of the month) 1-3pm

7th February: Fire safety/therapeutic hand/head massage

6th March: Memory Nurse

3rd April: Talk on Self direct Support (SDS)

1st May: Red Cross-first aid

5th June: CLOSED BANK HOLIDAY

3rd July: Music Reminiscence by tracing steps

7th August: bowel/breast screening talk

Heathlands Preswich (Last Thursday in the month 2-4pm)

29th March: Reminiscence workshop

26th April: Music for health

31st May: To be arranged

28th June: Talk on Self Directed Support (SDS)

26th July: To be arranged

30th August: To be arranged

Elms Community Centre dementia cafe-Whitefield (2nd Fri of the month)10.30-12

9th March: Musical reminiscence

13th April: Care link

11TH May: Music/gentle dance by tracing steps

8th June: Fire Safety Talk

13th July: Falls prevention talk/ music reminiscence

10th August: Red Cross-First aid



Come and join our dementia memory cafe

- **Want to enjoy a totally relaxed and informal environment**
- **Want to meet and talk to people in the same position as you?**
- **Want to ask the experts for advice or guidance?**
- **Want to understand more about dementia?**

Then this is for you.

If you would like more information or if you would like to become a volunteer, please contact Rachel Yates cafe coordinator on 0161 761 0362 or 07738148284 or visit www.makingspace.co.uk