

Dementia Action Week 13th – 19th May 2024
What's on in Middlesbrough

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<p>10:00am – 1:00pm Carers Together</p> <p>Drop-in information and support session. Location: Dementia and Wellbeing Hub, Cavendish Road TS4 3EB.</p> <p>10:00am – 12:00pm Age UK, Noisy Wobblers Friendship Group</p> <p>Post MCST Group</p> <p>Location: Dementia and Wellbeing Hub, Cavendish Road TS43EB Pre <u>book</u> by calling Carolyn on 07719 029 674.</p> <p>10:00am -11:00am Dementia Friends (Dementia Awareness Session)</p> <p>Location: The Live Well Centre, Dundas Arcade Middlesbrough. Contact Emma McInnes for more details and to book on 728756</p> <p>12:45pm – 1:45pm Nuvo Wellbeing</p> <p>Drop in seated dance for all abilities. Make friends and have a boogie. Location: Dementia and Wellbeing Hub, Cavendish Road TS4 3EB.</p> <p>2:00pm – 3:00pm Mindfulness</p> <p>Drop In mindfulness and wellbeing session with Terry Doyle. Location: Dementia and Wellbeing Hub, Cavendish Road TS4 3EB.</p> <p>2:00pm- 3.30pm Music for the Mind Sing along with live music.</p> <p>Location: St Mary's Cathedral Hall, Coulby Newham. Live streamed on You Tube (Diocese of Middlesbrough)</p> <p>5.30pm-6:30pm Dementia Friends (Dementia Awareness Session)</p> <p>Location: Grove Hill Methodist Church. Contact Dementia Action Teesside to book a place 07544859951.</p>	<p>10:00 – 2:00pm Dementia Support Services Information Stalls</p> <p>Location: South Tees NHS Hospital Trust (Atrium area).</p> <p>10:30 – 12pm Singing for the Brain</p> <p>Location: Dementia and Wellbeing Hub, Cavendish Road TS4 3EB no booking needed.</p> <p>1:00 – 4:00 Age UK Knit and Natter</p> <p>Drop in for a cuppa and information about dementia services. Location: Dementia and Wellbeing Hub, Cavendish Road TS4 3EB.</p>	<p>10:00am – 12:00pm Age UK: Woodside Wednesday Activities Group and Carer Peer Support Group</p> <p>Ring Carolyn on 07719 029 674 for information.</p> <p>1:00 – 3:00pm Dementia Friendly Dance</p> <p>MFC Legends Lounge.To enquire contact Marie Kerr on Tel: 07544 859 951</p> <p>1:00-3:00pm Pottery Session</p> <p>Spaces limited. Call 07738741318 or 01642 368945 for details and booking.</p> <p>Location: Cavendish Road, Middlesbrough, TS4 3EB.</p>	<p>10:00-2:00pm Dementia Support Services Information Stalls</p> <p>Location: Parkway Centre Coulby Newham.</p> <p>10:30am – 11:30am Stronger Together Session</p> <p>Delivered by Vixi Wellbeing Exercise session for people with dementia and frailty. Location: Cavendish Road, Middlesbrough, TS4 3EB.</p> <p>11:00am – 1:00pm Gardening Club</p> <p>Drop-in sessions, planting, pruning and having fun. Location: Cavendish Road, Middlesbrough, TS4 3EB.</p> <p>1:00pm – 4:00pm Cares Together Drop-in session, information, and support and carer peer support session.</p> <p>Location: Cavendish Road, Middlesbrough, TS4 3EB.</p> <p>1:00pm – 3:00pm AGE UK, MCST: Programme of 24 weekly sessions for those with mild to moderate dementia.</p> <p>Location: Cavendish Road, Middlesbrough, TS4 3EB. For suitability and pre book call Carolyn on 07719 029 674.</p> <p>Tea with a Pony Meet the ponies and enjoy tea and cake!</p> <p>Location: RDA Unicorn Centre, Hemlington.</p> <p>£5 per person. Contact 01642 576222 for further info.</p>	<p>10:00-2:00pm Dementia Services Information Stalls</p> <p>Location: Hill Street Centre (outside Superdrug). Includes Performance from Grassroots Music</p>