

Dementia friendly activities in Redcar and Cleveland

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><u>Age UK Dementia Advice Service</u> Maintenance cognitive stimulation therapy session. Guisborough library 1pm – 3pm Please book by calling Age UK 01642 805500 or Glynis On 07928 274286.</p> <p><u>Age UK walk</u> Meet at Marske square for a short walk around the area 10.30am-11.00 01642 805500.</p> <p><u>Age UK Coffee morning</u> Whitehouse Marske – opposite St Marks Church Make some new friends and socialise – all welcome 11am-12.</p> <p><u>Age UK Social Group and Activity Afternoon</u> Marske cricket club 2pm – 4pm Games, quizzes, and entertainment.</p>	<p><u>Age UK Dementia benefit drop-in</u> Ormesby library 4th Tuesday of each month 10.30-12</p> <p><u>Age UK DAS Time for Tea</u> The Shed Café, Normanby 2-3.30pm on the 3rd Tuesday of each month. Join Age UK Dementia advice service for information, refreshments, and a chat.</p> <p><u>Dementia Engagement and Empowerment project & activity sessions - GENS</u> Grangetown Generation Centre & Library 9-1pm and 1.30 -4.30 pm at Laburnham Road Library. Jade Admiral nurse – Dementia UK 01642 573623 or Sue 07776478346 Age UK DAS</p>	<p><u>Age UK Coffee morning</u> – Morrisons Guisborough 10.30-11.30am all welcome</p> <p><u>Age UK Social and games afternoon</u>– Holey Molies Skelton 1.30pm -3pm Call Debbie on 01642 805500</p> <p><u>Age UK DAS Time for Tea</u> Singing for fun 1st Wednesday of each month 2 – 4pm Skelton Court Care Home Age UK 01642 805500 and 3rd Wednesday Singing for the brain with Alzheimer’s society- Kirsty Flynn 07738741318</p> <p><u>Age UK DAS Time for Tea</u> Lingdale village hall – Advice and activities. 3rd Wednesday of each month 1-3pm Age UK 01642 805500</p>	<p><u>Thursday Makers with Whippet Up</u> Wellbeing and creativity afternoon at Saltburn Community Hall 1-4pm</p> <p><u>Dementia Friendly Woodland Stroll</u> 11am on 3rd Thursday at Flatts Lane Country Park. Meet at visitor’s centre or call 01642 459629.</p> <p><u>Tea with a pony</u> Monthly afternoon with tea and cakes at Unicorn Riding for the Disabled Centre, Hemlington £5 Call Jackie 01642 576222 to book your space.</p> <p><u>Age UK DAS Time for tea</u> Ormesby library – Advice and activity session -1pm – 2.30 on the 1st Friday Call Age UK on 01642 805500</p> <p><u>Pubtastics Tea at the pub</u> Join others on the dementia journey for tea</p>	<p><u>Age UK Locke Park walk Redcar</u> 10.30am followed by a chat. Bring your own refreshments or visit the café.</p> <p><u>Age UK DAS Time for tea</u> Activity and advice session at Morrisons Community room Redcar Weekly 1 till 3pm Call Sue Rowe on 07776 478346 or Age UK on 01642 805500 or pop along.</p> <p><u>Older people’s social</u> Friday social afternoons, dementia dance and activity sessions at Senses Wellbeing Centre – Call Karen Winspear on 01287 650151</p> <p><u>Singalong</u> 2pm – 3pm Saltburn cricket club every other Friday Call</p>

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<p><u>Reflections Dementia café</u> Footprints Community Café, (café closed to general public) Cuppa, cake and chat with others on the dementia journey. Redcar 9.30am-11.30 01642 484842</p> <p><u>Mighty Mondays with Whippet Up</u> Art Creativity and wellbeing social group. Feel free to bring lunch or visit café. Kirkleatham Museum Redcar 11-3pm Whippet up – Jane 07771 873057</p>	<p><u>Dementia Dance Redcar</u> Dementia Action Teesside. Various locations in Redcar. Contact Marie Kerr 07544 859951 to book a place.</p> <p><u>Choosedays with Whippet Up</u> Activity and adult wellbeing social afternoon. Boosebeck Village Hall 12-3pm Contact Jane 07771 873057 or pop along.</p>	<p><u>MHA & Age UK Singing for the Brain.</u> 2nd Wednesday of 11-12.30am at Hinton court Guisborough Methodist homes Association – 01287 636719 & Age UK 01642 805500</p> <p><u>Music and Memories</u> Music and refreshments Last Wednesday of each month 1.45-3.15pm at St Paulinas Catholic Church Guisborough with The Bridge Association and Age UK. Contact Sue Rowe 07776478346 or just pop along.</p> <p><u>Senses Wellbeing CIC</u> Chair based exercise sessions, music, and fun. 11-15am till 12 Karen Winspear 01287 650151</p>	<p>with no washing up. Various venues across Redcar and Cleveland. 1st Thursday of each Month 5pm till 7pm.</p> <p><u>Weekenders</u> Activities and social group for some weekend fun with friends. 12-4pm at Redcar Rugby Club the last Saturday of each month. Marie Kerr – Dementia Action Teesside on 07544 859951 for Pubtastic or Weekenders info.</p> <p><u>Everyone is friendly</u> Everyone active Redcar leisure centre for free activities for anyone living with dementia, friends, and families. 1-2.30</p>	<p>Carers Together on 01642 488977</p> <p><u>Guisborough Library Activities</u> Whippet Up Wellbeing and creativity session. All welcome 10am-12 Contact Jane 07771873057 or pop in.</p> <p><u>Dementia drop-in</u> Pop along to Skelton Court the 2nd and 4th Friday of the month 10-12 for information and support from your local Alzheimer's support worker and other guests who can help all on the dementia journey.</p>
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***PLEASE CONTACT THE ACTIVITY PROVIDER TO BOOK YOUR PLACE OR TO CHECK THE ACTIVITIES ARE TAKING PLACE BEFORE ATTENDING*.**

THERE MAY BE OTHER EVENTS & ACTIVITIES AVAILABLE IN YOUR LOCAL AREA – CONTACT SUE ROWE THE DEMENTIA COORDINATOR ON **07776478346** FOR MORE INFORMATION OR CONTACT WOODSIDE WELLBEING HUB FOR MIDDLEBROUGH ACTIVITIES on **01642 368945**