

**Activities at Woodside Dementia and Wellbeing Hub for October 2024**

<b><i>Mondays</i></b>	<b><i>Tuesdays</i></b>	<b><i>Wednesdays</i></b>	<b><i>Thursdays</i></b>	<b><i>Fridays</i></b>
<p><b>10:00am – 1:00pm</b> <b>CARERS TOGETHER.</b> Drop-in information and support session.</p> <p><b>10:00am – 12:00pm</b> <b>AGE UK: Noisy Wobblers Friendship group.</b> Post MCST Group. <u>Pre book</u> by calling Carolyn on 07719 029 674.</p> <p align="center">*****</p> <p><b>12:45pm – 1:45pm</b> <b>NUVO WELLBEING:</b> Drop in seated dance for all abilities. Make friends and have a boogie.</p> <p><b>2:00pm – 3:00pm</b> <b>MINDFULNESS:</b> Drop In mindfulness and wellbeing session with Terry Doyle.</p>	<p><b>10:30am – 12:00pm</b> <b>ALZHEIMER’S SOCIETY.</b> Drop-In singing for the brain. Weekly singing session open to all.</p> <p align="center">*****</p> <p><b>1:00pm – 3:00pm</b> <b>AGE UK, Knit and Natter:</b> Drop-In session. Bring your knitting needles and join us for a cuppa and a chat.</p>	<p><b>10:00am – 12:00pm</b> <b>AGE UK: Woodside Wednesday activities group and carer peer support group.</b> Please ring Carolyn on 07719 029 674 for information.</p> <p align="center">*****</p> <p><b>1:00pm – 3:00pm</b> <b>AGE UK: Learning from living with dementia.</b> 2-week training course for care givers of those affected by dementia. Please phone Carolyn on 07719 029 674 for more information and booking.</p>	<p><b>10:30am – 11:30am</b> <b>STRONGER TOGETHER SESSION.</b> Delivered by Vixi Wellbeing weekly exercise session for people with dementia and frailty.</p> <p><b>11:00am – 1:00pm Gardening Club:</b> Drop-in weekly sessions, planting, pruning and having fun, weather permitting.</p> <p align="center">*****</p> <p><b>1:00pm – 4:00pm</b> <b>CARERS TOGETHER</b> Drop-in session, information, and support and carer peer support session.</p> <p><b>1:00pm – 3:00pm</b> <b>AGE UK, MCST:</b> Programme of 24 weekly sessions for those with mild to moderate dementia. <b><u>To discuss suitability and pre book call Carolyn on 07719 029 674.</u></b></p>	<p><b>10:30am – 12:00pm</b> <b>AGE UK: Singalong with Paula.</b> 4<sup>th</sup> Friday of the month. <b>23<sup>rd</sup> August.</b></p> <p><b>10:30am – 12:00pm</b> <b>Creative Art Session.</b> Weekly drop-In creativity session. 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup></p> <p><b>10:30am – 1:30pm</b> <b>GROUNDWORK NE &amp; CUMBRIA: Green links programme.</b> Pumpkin cooking and decorating. <b><u>To confirm attendance</u></b> contact Rucksana – 01642 368945 <b>18<sup>th</sup> October only.</b></p> <p align="center">*****</p> <p><b>1:00pm – 2:30pm</b> <b>MIDDLESBROUGH ENVIRONMENTAL CITY &amp; HOPE FOUNDATION.</b> Healthy cooking with air fryer and slow cooker. <b><u>To confirm attendance,</u></b> contact Rucksana – 01642 368945 <b>25<sup>th</sup> October only</b></p>

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 Carolyn Martell, Dementia Advisor on 07719 029 674 or Rucksana the Hub Co-ordinator on 01642 368945 for more information.