

Dementia friendly activities in Middlesbrough

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>CARERS TOGETHER. Drop-in information and support session. 10:00am – 1:00pm Woodside Dementia & Well-being Hub</p> <p>AGE UK: Noisy Wobblers Friendship group. Post MCST Group. Last Monday of month is breakfast at Toby Carvery (£3 per person). <u>Pre book</u> by calling Carolyn on 07719 029 674. 10:00am – 12:00pm Woodside Dementia & Well-being Hub</p> <p>NUVO WELLBEING. Drop in seated dance for all abilities. Make friends and have a boogie. 12:45pm – 1:45pm Woodside Dementia & Well-being Hub</p> <p>MINDFULNESS. Drop In mindfulness and wellbeing session with Terry Doyle. 2:00pm – 3:00pm Woodside Dementia & Well-being Hub</p> <p>MUSIC FOR THE MIND. Drop in for tea and biscuits followed by fun and enjoyment. Every second Monday in the month. 2:00pm – 3:30pm St Mary's Cathedral Hall For further details call 01642 710179</p>	<p>Dementia Engagement and Empowerment project & activity sessions - GENS Grangetown Generation Centre & Library (no booking required) 9:00am - 1:00pm and 1:30pm – 4:30pm Laburnham Road Library. Jade Admiral nurse – Dementia UK 01642 573623</p> <p>ALZHEIMER'S SOCIETY. Drop-In singing for the brain. Bi-weekly sessions. 10:30am – 12:00pm Woodside Dementia & Well-being Hub</p> <p>WOMBATS. Drop-In for a cuppa, chat, and crafts. Bi-weekly sessions 10:30am – 12:00pm Woodside Dementia & Well-being Hub</p> <p>AGE UK: Knit and Natter. Drop-In session. Bring your knitting needles and join us for a cuppa and a chat. 1:00pm – 3:00pm Woodside Dementia & Well-being Hub</p>	<p>AGE UK: Woodside Wednesday activities group. Games, quizzes, and entertainment. 10:00am – 12:00pm Woodside Dementia & Well-being Hub Please ring Carolyn on 07719 029 674</p> <p>AGE UK: Carer peer support group. 10:00am – 12:00pm Woodside Dementia & Well-being Hub Please ring Carolyn on 07719 029 674</p> <p>ADMIRAL NURSE: JADE LAVAN. One hour, one to one slot with a dementia specialist nurse. Please <u>book in advance</u> on 01642 368945. 2:00pm – 4:00pm Woodside Dementia & Well-being Hub</p> <p>DEMENTIA ACTION TEESSIDE: Dance 12:45pm – 2:45pm Weekly dance at various locations please call 07544 859951 to book.</p>	<p>AGE UK: Drop-in session for dementia advice 9:30am – 11:30am 1st Thursday of the month at Hemlington Library 3rd Thursday of the month at Newport Hub.</p> <p>NUVO WELLBEING. Drop-in games sessions for all abilities helping people feel positive, be active and live well. 10:00am – 11:00am Woodside Dementia & Well-being Hub</p> <p>CARER PEER SUPPORT. Drop in carers coffee and chat group. 10:00am – 11:00am Woodside Dementia & Well-being Hub</p> <p>AGE UK: Gardening Club. Drop-in sessions, planting, pruning and having fun. 10:00am – 11:00am Woodside Dementia & Well-being Hub</p> <p>AGE UK: Drop-in session 10:00am – 12:00pm 4th Thursday of the month at Marton Community Centre</p> <p>CARERS TOGETHER. Drop-in information and support session. 11:00am – 2:00pm Woodside Dementia & Well-being Hub</p> <p>AGE UK: Lovely Jubbly Club. Drop-in sessions with games, quizzes, and chats. 11:00am – 2:00pm Acklam Library</p> <p>AGE UK: MCST. Programme of 24 weekly sessions for those with mild to moderate dementia. To discuss suitability and <u>pre-book call Carolyn 07719 029 674.</u> 1:00pm – 3:00pm Woodside Dementia & Well-being Hub</p> <p>The Club. Drop-in session for laughing, making and doing. 1:30pm – 3:00pm MIMA, Centre Square.</p> <p>TEA WITH A PONY. Monthly afternoon with tea and cakes at Unicorn Riding for the Disabled Centre, Hemlington £5 each for tea, homemade cake and time with our resident ponies. Call Jackie 01642 576222 for more information and to book your space</p>	<p>ALZHEIMER'S SOCIETY. Drop in for advice and support. 3rd Friday of the month. 10:00am – 12:00pm Woodside Dementia & Well-being Hub</p> <p>AGE UK: Singalong with Paula. Drop in singing session, last Friday of the month. 10:30am – 12:00pm Woodside Dementia & Well-being Hub</p> <p>DEMENTIA ACTION TEESSIDE: Drop-in music and memories singalong. Monthly singing session on last Friday of the month. Open to anyone living with dementia and their carers. 11:00am – 12:00pm Dressers Tea Room, Dorman Museum</p> <p>AGE UK. Drop in for advice, activities, and a cuppa. 12:30pm – 2:30pm Holiday Inn reception area, Cleveland Centre</p>

Please contact the activity provider to book your place or check the activity is taking place before attending.