

Mon 18 th	Tue 19 th	Wed 20 th	Thur 21 st	Fri 22 nd	Sat 23 rd	Sun 24 th
<p>The Bridge Coffee Morning Puzzles and Books 09:00 – 11:45 Sunnyfield House West Gate Guisborough Contact 01287 638771 for more information</p> <p>Footprints in the Community Reflections Dementia Group 09:30 – 11:30 Footprints Café High Street, Redcar Contact 01642 484842 for more information</p>	<p>Dementia Information Stall Guisborough Market. 9:00 – 16:00 Contact 01287 773322 / 773323 07925886011 for more information</p> <p>Carers Together Yoga 10:30 – 11:30 25k Centre, Redcar Contact 01642 488977 to book and for more information</p> <p>Age UK Digital Support Drop In 10:00 – 12:00 Lingdale Village Hall Contact 07577950137 for more information</p> <p>RCBC Low Level Activities Ormesby Library 10:30 – 11:30 Contact 01642 314716 for more information</p> <p>RCBC Low Level Activities South Bank Library 12:00 – 13:00 Please contact 01642 513699 for more information</p>	<p>Jade Lavan Independent Specialist Dementia Nurse Free Advice Drop In 10:00 – 13:00 Laburnum Library Laburnum Road Redcar East Contact 01287 773322 / 773323 07925886011 for more information</p> <p>Senses Wellbeing Seated Chair Fitness Class All abilities and ages 11:15 – 12:00 (class) 12:00 (refreshments) Contact 01287 650151 for more information</p> <p>Dementia Action Week Information Event: FREE Advice, information, support and signposting from a range of services. Refreshments 14:00 – 17:00 Civic Chambers Redcar Contact 01287 773322 / 773323 07925886011 for more information</p>	<p>Dementia Information Stall Guisborough Market. 9:00 – 16:00 Contact 01287 773322 / 773323 07925886011 for more information</p> <p>The Bridge Soup and A Roll. 10:30 – 13:00 The Methodist Church Guisborough Contact 01287 638771 for more information</p>	<p>Dementia Information Stall Redcar Market. Contact 01287 773322 / 773323 07925886011 for more information</p> <p>Carers Together Redcar Beacon Walk Meet at The Stray Café 13:30 – 15:00 Contact 01642 488977 to book (essential) and for more information</p> <p>The Link Charitable Trust Gentle exercise for over 60's (chair yoga, relaxation, meditation) 11:00 – 12:00 The Link Warm Space Palace Hub, Esplanade Redcar Contact 01642 989198 for more information</p> <p>Dementia and Older People Inclusive Social Dance Senses Wellbeing Free lunch and refreshments 12:15 – 14.45 Senses Wellbeing</p>	<p>Dementia Information Stall Guisborough Market. 9:00 – 16:00 Contact 01287 773322 / 773323 07925886011 for more information</p>	<p>The Weekenders Carer and Dementia Sunday Social Music and sing along with Toxic Sofa FREE drinks Two course lunch £15 10:00-16:00 Sleights Community Hub Guisborough, TS14 6TE Contact 01287 773322 / 773323 07925886011 for more information</p>

	<p>2nd Time Around Fun and Games for people living with dementia and their families 10:00 – 14:00 2nd Time Around Loftus High Street</p> <p>Dementia Friends Information Session Learn more about dementia with Jo Mead from RCBC Health Communities Team 14:00 – 15:00 South Bank Library Please contact 01642 513699 for more information</p>	<p>Carers Together Pub Lunch Stapylton Arms 12:30 – 14:00 Contact 01642 488977 to book and for more information</p>		<p>Skelton Industrial Estate Contact 01287 650151 for more information</p> <p>MIND Dementia Advisory Service Advice and Information 13:00 – 15:00 Morrisons Redcar Contact 01642 257020 for more information</p>		
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This timetable has been produced by Redcar and Cleveland Dementia Network

Address: Sleights Community Hub, Sleights Court Guisborough, TS14 6TE

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