

DEMENTIA

ACTION WEEK 2026



timetable
of
events










18th -24th May

Middlesbrough






 **RAISING AWARENESS** of dementia
  **CHALLENGING STIGMA** and misconceptions
  **ENCOURAGING ACTION** in our community

Small actions, big difference. 

Monday 18th 		 Parkway Centre, Coulby Newham	Information stall with Age UK Teesside and other local support
	10.00 am-3.30 pm	 JCUH Touchpoint (Costa area) Community Touchpoint	Information stall in James Cook University Hospital
	2.00 pm-3.30 pm	 St Barnabas Church Linthorpe	Forget-me-not Café Tea, coffee, cakes & singing

Tuesday 19th 	10.00 am-12.30 pm	 Woodside Dementia Hub	Singing for the Brain Group singing session
	12.00pm-2.00 pm	 Longlands Social Club	Young Onset Dementia Group Social activities, games & support
	2.00pm-4.00 pm	 Central Library	Dementia Café Drop-in with refreshments

Wednesday 20th 	11.00am-12.30 pm	 North Ormesby Resource Centre	Cake & Bake Sale Community awareness event
	12.30pm-onwards	 Dormans Social Club	Good Vibes Social Afternoon Food, bingo & entertainment (£5)
	12.45pm-2.45 pm	 Acklam Green Centre	Dementia Dance with Dementia Action Teesside (booking required- tel 07544 859951)

Friday 22nd 	10.00pm-12.00 pm	 Linthorpe Community Centre	John Dalton Dementia Café Safe, welcoming social space & advice
	11.00 am	 Grove Hill Methodist Church	Friendly morning with tea, coffee and information
	10.00pm-2.00 pm	 James Cook Hospital Atrium	Information stall in James Cook University Hospital
	10.00pm-3.30 pm	 JCUH Touchpoint (Costa area) Community Touchpoint	Information stall in James Cook University Hospital

Together

We can support people affected by dementia to live well in our community.



For more information on this week and the support available

