

Dementia Action Week 16th-22nd May

Timetable of Dementia Friendly Events in Redcar & Cleveland

Mondays		
<p><u>The Bridge</u> <u>Guisborough</u></p> <p>Coffee morning 9.00am-11.30pm Sunnyfield House Guisborough</p>	<p><u>Whippet Up</u></p> <p>Mighty Mondays</p> <p>Art, Creativity and Wellbeing 11.00am-3.00pm every Monday at Kirkleatham Museum, Bellamy Pavilion.</p>	<p><u>Age UK Teesside</u></p> <p>Marske Walks</p> <p>Every Monday starting at 10:30am Meet near Cooplands, Marske Please contact Debbie Wilson on 07718125013 book a place. Email – debbie.wilson@ageukteesside.org.uk</p>
<p><u>Cineworld</u></p> <p>Singing in the rain</p> <p>Dementia Friendly showing At 11.30am. Doors open at 11.00</p> <p>Dementia Friendly Cinema is our popular screening programme for people with dementia, their families, and carers. Screenings are open to everyone, and we screen the films with the lights slightly raised and the sound down a touch.</p> <p>Relaxed atmosphere: Feel free to sing, dance or talk</p> <p>BOOKING: In-person at Box Office or at www.cineworld.co.uk</p>	<p><u>Age UK Teesside</u></p> <p>Marske Coffee & Chat</p> <p>The White House (opposite the hardware shop on the zebra crossing) Every Monday 11:00am– 12:00pm. For more information, please contact Debbie Wilson on 07718125013 Email – debbie.wilson@ageukteesside.org.uk</p>	<p><u>Age UK Teesside</u></p> <p>It's Just Not Cricket Social group</p> <p>Marske Cricket Club, Windy Hill Lane, TS11 7HB Every Monday from 2.00pm-4.00pm. For more information, please contact Debbie Wilson on 07718125013. Email – debbie.wilson@ageukteesside.org.uk</p>

Tuesday

Dementia UK (Admiral Nurse)

Deep Group

A group for people living with dementia and their family/carers. Every Tuesday 9.00am-1.00pm at Grangetown Library

Whippet Up

Tuesday Boosbeck Village Hall_Creativity and Wellbeing 12.00pm-3.00pm every Tuesday session includes free communal lunch!

CLEVEARC

Dementia Friendly Dance at Redcar & Cleveland College

Redcar, 1pm-3pm. If you would like to come along contact Brian or Marie on 07544 859951

Wednesday

Age UK Teesside

Coffee and chat

Come and make new friends over a brew

Morrisons Café, Guisborough

Every Wednesday from 10:30am-11:30am. For more information, please contact Debbie Wilson on 07718125013

Sunset Boulevard – Inclusive film

A screenwriter develops a dangerous relationship with a faded film star determined to make a triumphant return.

Starring Gloria Swanson and William Holden

Tickets £5 Essential Companions Free (Dementia Friendly)

Doors 1.30pm Screening 2pm

Age UK Teesside

Social Group

Holey Molies Leisure Complex,

Skelton Industrial Estate, Alum Way,

Skelton TS12 2LH. (5 minutes' walk from Asda)

Every Wednesday 1.30pm – 3.30pm

Contact Debbie : 07718 125013 Email – debbie.wilson@ageukteesside.org.uk

Thursday

Whippet Up

Seaside Special

Come and join us on Thursday 19th May as we journey to Saltburn for a creative afternoon with Whippet Up. Catch the 12.51pm train from Middlesbrough passing through Redcar (13.01) or Marske (13.10) for a musical journey to the Seaside. A cuppa in Saltburn and a bit of painting before heading back.

All for the price of a train ticket!

For more information contact info@whippetup.org.uk or Jane on 07771873057

Carers Together

The Preston Park Picnic and tour

11.00am-2.00pm. To book a place please call 01642 488977

Friday

Whippet Up

Guisborough Library

Wellbeing and Creativity – every Friday
10.00am-12.00pm

Age UK Teesside

Locke Park Walks

Every Friday 10.30am-12.00pm

Meet at the boating lake café.

Please contact

Debbie Wilson on 07718125013 to book a place.

Email – debbie.wilson@ageukteesside.org.uk

Carers Together

Dementia Support Group Lunch

With Staff from Reed Marsh House 12pm at
Wheatlands Farm, Redcar. Booking essential 01642
488977



Foundation



**Cleveland Alzheimers
Residential Centre Ltd**

