

Dementia Action Week May 2024

All activities are free unless costs are included below

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Drop in activities

(no booking required)

See page 2 for activities which need pre-booking

MONDAY

13th

Summerhill Walk

From 10am for 90 minutes
(Please arrive at Summerhill Visitors Centre carpark for 9.45am)

Launch of the new Reading Well Collection

Community Hub Central
Find out what resources are available from the library service to support those living with Dementia 10am - 1pm

Multi-generational Stories and Rhymes

Grandad's Hat & Forget me not crafts. All ages welcome.
Community Hub Central
10am - 11am and 1pm - 2pm

Local and Family History Reminiscence Event

Community Hub Central
2pm - 3pm

TUESDAY

14th

Parent and Toddler Memory Game

Community Hub Central
10am – 11.30am
£1.50 per child

Chat to The Bridge

Drop in for a chat with Dementia Specialists, ask any questions or discuss concerns
Community Hub Central
10am – 12noon

Chair Exercises

Centenary Bar
The Suit Direct Stadium
(Hartlepool Football Ground)
10am – 12noon

healthwatch
Hartlepool



WEDNESDAY

15th

REM Scrapbook Memories of Owton Manor

Read others memories and add your own. Free cake & cuppa.
Community Hub South
10am - 4pm

Launch of the new Reading Well Collection

Find out what resources are available from the library service to support those living with Dementia. Community Hub South 10am - 1pm

Chair Exercises

Light activity to some dancing tunes.
Community Hub South
10.30am – 11.15am

Multi-generational Dementia Awareness Event

Community Hub Central
5.30pm - 6.30pm

THURSDAY

16th

Dementia Friendly Object Handling Session

Come and explore our '1950's Homes from the Past' box, share your memories and enjoy a cup of tea at The Museum of Hartlepool, Maritime Avenue
10am - 12.30pm

Launch of the new Reading Well Collection

Find out what resources are available from the library service to support those living with Dementia
Community Hub Central
1pm - 3.30pm



FRIDAY

17th

Multi-generational Stories and Rhymes

Make a Forget me not craft
All ages welcome
Headland Library
10am - 11am

Reminiscence Coffee Afternoon

1.30pm – 3pm
Headland Library



JRHT JOSEPH ROWNTREE HOUSING TRUST



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Booking is essential for these activities

MONDAY

13th

Coffee morning and fun quiz

Everyone welcome!
Greenbank, Waldon Street,
Stranton, TS24 7QS.
10.30-11.30am
Booking is essential please call
The Bridge on 01429 868587

TUESDAY

14th

Music in Hospitals event

A charity that improves health
and wellbeing through the healing
power of live music.
The Heathers
2.30pm – 3.30pm
Booking is essential please call
The Bridge on 01429 868587

**For general enquiries
please contact Stephen Thomas**
stephen.thomas1234@yahoo.co.uk



Hartlepool Young Onset Group Sponsored Walk and Social Event

at Seaton Carew to raise group
funds. Everyone welcome,
meet at Larry's Lanes 14 The
Front for a 10am start, 11am
finish. Join us afterwards at Larry's
Lane's for a cuppa, sandwich and
game of bowls, £6 per person.
Booking is essential. Please
contact Lynn on 07725799532

Dementia Awareness Session

Would you like to know more about
dementia and how it can affect
someone? Join us for an informal
session where you will learn more about
dementia and small ways you can help.
10.30am - 11.30am
Greenbank, Waldon Street, Stranton,
TS24 7QS.
Booking is essential as spaces are
limited please call The Bridge on
01429 868587

WEDNESDAY

15TH

Mindfulness and Meditation

Activity
10.30am – 11.30am
Refreshments
11.30am – 12 noon
The Heathers, Heather Grove
Booking required please call
07768841306 or email
hubevents@hartlepool.gov.uk

Joseph Rowntree Housing Trust and Healthwatch Hartlepool Social Evening

including music, quiz, pie and pea
supper and lots of useful information!
5pm – 8pm
Hartfield Retirement Village, Bishop
Cuthbert, TS26 0US - £2 per person
Booking is essential please contact
Lynne on 01429 855076

For those registered with Hartlepool Carers only

We invite those supporting loved ones living with dementia to be pampered at the Luminary Salon – Hartlepool College of Further Education, as a special treat. Donations to Hartlepool Carers (optional) can be collected on the day. Hairdressing cut and blow dry or blow dry and conditioning treatment.
Booking is essential please call the Luminary Salon on 01429 293825

Appointments available Monday 13th, Wednesday 15th, Thursday 16th and Friday 17th May

Pastimes Collage Workshop

Fab Lab, Community Hub Central
3:30pm - 5pm
Book online by visiting:
Hartlepool.gov.uk/hubevents

THURSDAY

16th

Afternoon of Entertainment

Tickets available from The Bridge
(Greenbank) and The Heathers,
£4.50 per person.
Entertainment and buffet included
Ye Olde Durhams Social Club
1.30pm - 4pm
Organised by The Hospital of God

FRIDAY

17th



To register with Hartlepool
Carers please visit
[www.hartlepoolcarers.org.uk/
register](http://www.hartlepoolcarers.org.uk/register)

See page 1 for drop in activities