

Dementia Action Week 18th - 22nd May 2026



Monday 18th

Dementia Awareness Session

Raising people's understanding of Dementia and how it can affect a person.

10:30am - 11:30am, The Bridge, Greenbank, Waldon Street, Stranton

Book: Call 01429 868587

Tuesday 19th

Parent & Toddler Memory Game

Bright pictures and simple matching to help young children build concentration, language, and early thinking skills.

For under 2's and their families

10am - 11.30am

Community Hub Central, York Road

No booking required - £1.50 per child

The Dementia Friendly Choir

Musical event featuring the Hartlepool Dementia Friendly Choir

10:30am - 12:00pm

The Headland Baptist Church, Baptist Street

Lost and Found: The McLaren Diaries of Thorpe Thewles

Film screening - Documentary about the discovery of these historical diaries, their content, and the life of David McLaren.

1.30pm - 3pm, Seaton Community Hub, Station Lane, Seaton Carew

Book: www.hartlepool.gov.uk/CommunityHubs

Wednesday 20th

Memories in Tune

Live music, you can sing along to popular tunes, have a little dance, relax, and have some fun, buffet provided.

10:30am - 11:30am

St Joseph's Parish Hall, Hutton Avenue

Book: Call The Bridge Office
01429 969587

Tickets are £2.50

Forget Me Not: The Letter in the headboard

Author talk and book signing with Michael Anthony Booth.

2pm - 3pm, Seaton Community Hub, Station Lane, Seaton Carew

Book: www.hartlepool.gov.uk/CommunityHubs

Thursday 21st

Dementia Advice and Information Station

Dementia advisors from The Bridge, staff from Healthwatch Hartlepool and Hartlepool Carers will be available for advice and information or a friendly chat.

10am - 1pm

Middleton Grange Shopping Centre, (Near B&M)

Friday 22nd

Where Memories Meet

Evening event with food, live music and a quiz.

5pm - 8pm

Hartfields Restaurant, Hartfields Retirement Village, Osprey Way, Bishop Cuthbert

Book: Tickets are £5.00

Available from Hartfields Reception*

*Tickets are offered on a first-come first-served basis

Our House

Make and decorate a small house while reminiscing about the past.

11am - 1pm

Community Hub Central, York Road

Book: www.hartlepool.gov.uk/CommunityHubs

Time for a Cuppa

Drop in for cake and a cuppa, and have a chat with our Community Navigators about what support is available in the town.

1pm - 3pm

Community Hub Central, York Road

Activities for all ages!

Free unless otherwise stated

Booking essential for some activities

All week

Stories and Rhymes: Grandad's Hat

A story designed to help children learn about the symptoms of dementia in a positive and engaging way. Plus Forget Me Not craft. For under 5's and their families.

Monday 10am - 11am & 1pm - 2pm
Community Hub Central, York Road

Tuesday 10am - 11am
Community Hub South, Wynyard Road

Wednesday 10am - 11:30am
Throston Library, Wiltshire Way

Thursday 10am - 11am,
Community Hub Central, York Road
10:30am-11:30am Seaton Community Hub,
Station Lane, Seaton Carew

Friday 10am - 11am
Headland Library, Middlegate, Headland

Hair & Beauty for Carers

Relax and be pampered. Carer can take the cared for person who would also like to be able to have hair/beauty treatment*.

Tuesday, Wednesday & Friday
Time to be arranged when calling to book
The Luminary Salon
Hartlepool College of FE, Stockton Street

Book: Call 01429 283825

Donation only to Hartlepool Carers

*Carers must be registered with Hartlepool Carers to enjoy sessions at Luminary Salon