

Dementia Action Week

16th - 20th May



Mon 16th

10am - 11am

Forget Me Not Stories and Rhymes Community Hub Central 01429 272631

From 10am

Free hair appointment for carers of those living with a dementia at Luminary Salon Hartlepool College of FE, working in partnership with Hartlepool Carers 01429 283825

11am - 11.45am

Low level chair circuits Brierton Sports Centre 01429 284864

11am - 1pm

Gym Inductions Brierton Sports Centre 01429 284864

12pm - 2pm

Sports Games such as table tennis, boccia, badminton Brierton Sports Centre 01429 284864

1pm - 3pm

Hospital of God Chapel - open to the public 01429 868587

1pm - 2pm

Forget Me Not Stories and Rhymes Community Hub Central 01429 272631

2pm - 3pm

Walking Football Brierton Sports Centre 01429 284864

2pm - 3:30pm

Dementia Friendly Afternoon Tea Community Hub South Healthwatch and HBC 01429 868587

Tue 17th

10am - 11am

Forget Me Not Stories and Rhymes Community Hub South 01429 272631

10am - 2pm

The Bridge Satellite with the Community Dementia Liaison Service at Community Hub Central 01429 272631

1:30pm - 2.30pm

Forget Me Not Stories and Rhymes Seaton Library 01429 269808

5pm - 7pm

Pie and Pea Supper Hartfields 01429 855070

Wed 18th

10am - 1pm

Coffee morning with the Community Dementia Liaison Service at Lilly Ann's Café 01429 728041

12pm - 2pm

Social Dance with a display of images of old Hartlepool to capture memories throughout the years

Borough Hall, Headland 01429 266269

1pm - 2pm

Cake and Coffee afternoon Hartlepool Carers 19A Lowthian Road 01429 283095

4:30pm - 5:30pm

Free Hair Appointment at The Luminary Salon Hartlepool College of FE 01429 283825

From 5.15pm

Free beauty appointments for carers of those living with a dementia at the Luminary Salon Hartlepool College of FE, working in partnership with Hartlepool Carers 01429 283825

Thu 19th

10am - 11am

Forget Me Not Stories and Rhymes Community Hub Central 01429 272631

10am - 11am

Walking Netball Brierton Sports Centre 01429 284864

10:30am - 12:30pm

Indoor Bowls Hartlepool and District Indoor Bowls Club, Mill House Site Raby Road, TS24 8AR 01429 260321

From 2pm

Afternoon Tea The Bridge 01429 868587

Fri 20th

From 9.15am

Free hair appointments at The Luminary Salon Hartlepool College of FE 01429 283825

10am - 11am

Forget Me Not Stories and Rhymes Headland Library 01429 268169

10.30am - 12.30pm

Indoor Bowls Hartlepool and District Indoor Bowls Club, Mill House Site Raby Road, TS24 8AR 01429 260321

10.30am - 11.30am

Free beauty appointments at The Luminary Salon Hartlepool College of FE working in partnership with Hartlepool Carers 01429 283825

1pm - 4pm

Explorer Dementia Friendly Quiz at Ward Jackson Park with gardening activities and games, plus live performances from Blue Rose Choir 01429 868587

From 1.15pm

Hair Appointment at The Luminary Salon Hartlepool College of FE working in partnership with Hartlepool Carers 01429 283825



HARTLEPOOL
COMMUNITY HUBS



HARTLEPOOL
BOROUGH COUNCIL



Get Hartlepool Active

HartlePower
supporting our community

