



An activity and social group for people with memory problems or a dementia.

The group are supported and encouraged to take part in a range of activities that promote creativity, cognitive stimulation and physical activity, as well as engaging socially with other group members.

£2 per person

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| Every Monday (Except Bank Holidays) | St John's Church, Durham Road, Stockton , TS19 0JE | 10am-11:30am |
| Every Monday (Except Bank Holidays) | Old Community Centre East Avenue, Billingham , TS23 1BY | 1pm-2:30pm |
| Every Tuesday | LiveWell Hub, Thorntree Road, Thornaby , TS17 8AP | 2pm-3:30pm |
| Every Friday | Haresfield Way, Ingleby Barwick , TS17 0YL | 10am-11:30am |

www.facebook.com/YoungAtHeartULO

For more information contact Alison Watson on
07590 535 448

'In Our Shoes' is a carers support and social group for carers of people with dementia.



The group welcomes carers who are currently caring for someone, or have previously cared for someone, who wish to support and socialise with fellow carers.

£2 per person

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