

Carers Information Session

Games for the brain



Wednesday 31st July 2pm – 3pm

The Heathers, Heather Grove, TS24 8QZ

Hosted by Kath Carling from The Community
Mental Health Team

The session will include lots of different ideas and suggestion for brain stimulating activities, ideas on how you can do these at home and how to keep the mind active. This session is full of fun and laughter. Come along and put your mind to work!



To book contact The Bridge on 01429 868587
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