



Forget-me-not Café

Dementia friendly sport and physical activity programme for people living with dementia and their carers



Come and join us and access a range of Dementia Friendly activities including table tennis, mindful movement and dance and lots more, as well as access to a fully equipped gym and our Dementia Café.

When: Fridays

From: 1pm - 3pm

Where: Ormesby Table Tennis Club, Cargo Fleet Lane, Middlesbrough

Cost: £2 per session

For more information please contact Emma McInnes on 01642 728756 or Malcolm Muldoon on 07889 937056.

DEMENTIA FRIENDLY
MIDDLESBROUGH

 Sanctuary
Supported Living

In aid of
 Alzheimer's
Society
United Kingdom
Against
Dementia

middlesbrough.gov.uk


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