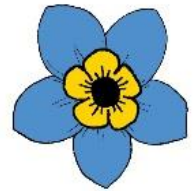
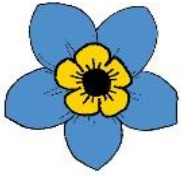


Dementia Action Week

20-25 May 2019

Day:	Time:	Activity:	Location:	Contact Details:
Monday 20th	10:30am – 12	Romsey Memory Walk Finishing with...	Marie Louise House, Newton Lane.	Marianne 07899 664209
	12 – 2pm	Refreshments	Romsey Library	
	12:45pm – 2:45pm	Cheerleading £4 per person	Abbey United Reformed Church Hall, Romsey	Sarah Sarah.maidment@mha.org.uk 07973 853150
Tuesday 21st	11am - 12	Steady & Strong To improve strength, balance and coordination £4.50 per person	Romsey Rapids Sports Complex	Romsey Rapids 01794 835550 To book a place
	1:30 – 3:30pm	Kitbags Live On Reminiscing activities for armed forces veterans	Crosfield Hall, Romsey	Admiral Nurses 023 8202 5787
Wednesday 22nd	10:30am – 12	Music to Unlock Memories Free session	Crosfield Hall, Romsey	Alzheimer's Society 02380 610159
	1pm – 3pm	Sporting Memories Network, Sporting trivia, games and memorabilia £1.50 per person	Romsey Rapids Sports Complex	Angie angie@sportingmemoriesnetwork.com 07563 117116
Thursday 23rd	9:45 – 11am	North Baddesley Memory Walk	Sports Pavilion, Sandy Lane, North Baddesley	Marianne 07899 664209
	9:30 – 10:30am	Zumba Gold Lower intensity Zumba moves for balance, motion and coordination £5 per person	Nursling & Rownhams Village Hall, Nursling Street, Southampton	Berni zumbaberni@gmail.com 07979 152594
	2 – 4pm	Memory Café Fun & refreshments	Abbey United Reformed Church Hall, Romsey	Di, to book your place admin@romdag.co.uk
Friday 24th	10 – 11am	Hymns & Praise Sing your favourite hymns, followed by refreshments	Abbey United Reformed Church, Romsey	Di admin@romdag.co.uk
Saturday 25th	10am – 4pm	Dementia Arts Festival. Exhibition of local art Including art workshops... 10.30am or 2.30pm	Abbotswood Court Care Home, Minchin Road, Abbotswood, Romsey	01794 528700 For information and to book workshop places



Dementia Action Week

20-25 May 2019

Dementia Awareness Sessions:

Tuesday 21 st	Romsey Library	1 – 2pm
Wednesday 22 nd	Romsey Library	10 – 11am
Thursday 23 rd	Romsey Library	6 – 7pm
Friday 24 th	Abbey United Reformed Church Lounge	1 – 2pm

These hour-long sessions are **free** to anyone interested in learning more about dementia and how they can help the people around them.

Whether you're a carer, family member or just wanting to understand how to support your customers, please email us at admin@romdag.co.uk to book your place.

Can't make any of these dates? Contact us now to arrange your own session. Why not make up a group of friends, family or work colleagues to share the experience! Works best with about 10-12 people.

For more information about these sessions and much, much more, please visit our website or find us on Facebook and Twitter.