



**PEACE OF MIND DEMENTIA CAFÉ
ST ANDREW'S MISSION HALL GARSWOOD
TIME: 1.30pm – 3.00pm**

A FREE COMMUNITY CAFÉ, SET UP TO SUPPORT THOSE AMONGST US LIVING WITH DEMENTIA, THEIR CARERS, FAMILY AND FRIENDS ARE WELCOME TOO.

JOIN US ON THE LAST WEDNESDAY OF THE MONTH, FOR A CUPPA, CAKE, ACTIVITIES, A NATTER AND A TRIP DOWN MEMORY LANE!

SESSION DATES FOR 2018:

31st October 2018 – Armchair Aerobics & Bingo

28th November 2018 – “Christmas in a Can” Arrangements

19th December 2018 – Spectrum Choir Christmas Concert

 **facebook. St Andrews Mission Hall – Garswood**

Contact: Rosalyn 07981 201386 Denise 07962 392999 Gail 07341 266544