

# Dementia Action Week 2024

## Dementia Action Week 13-19 May 2024

We have lots of events and activities taking place across West Berkshire and Reading, including:

### Tues 14 May, 9am-4pm Thatcham Medical Practice

Drop-in for information about dementia and carers support. Call Kim on 07377 956484 for more info

### Tues 14 May, 10.30am-12pm The Bear Hotel, Hungerford

Pop along for the launch of a new Dementia Cafe, free refreshments

### Wed 15 May, 10am-3pm Newbury Town Centre

Come along to Northbrook St and Market Place for dementia info & support, seated exercise taster sessions, and songs from the dementia choir

### Wed 15 May, 2.30-4pm Falkland Grange Care Home

Join us for an afternoon party with music and refreshments. Dress code sparkly and colourful! Everyone welcome

### Thu 16 May, 10am-3pm Reading Football Club

Walk the pitch (10am-12pm), enjoy activities and refreshments and browse dementia-friendly stalls

### Fri 17 May, 9.30am-12.30pm Thatcham

Pop down to Jubilee Sensory Gardens for free art & mindfulness workshops and dementia talks, with live music and refreshments

## To find out more, call Age UK Berkshire on 0118 959 4242

These events are brought to you by Age UK Berkshire in association with a range of partners.

Did you know, Age UK Berkshire also offer information and advice, activities, befriending and other support?

Give us a call to find out more on 0118 959 4242 or visit [www.ageukberkshire.org.uk](http://www.ageukberkshire.org.uk).

