

**Free  
Event**



# The Memory Lane Group

23rd February 2023

13:30 - 15:30 pm

Tesco Community Room Havant



# The Memory Lane Group

## What to expect

- ▶ Welcome & Registration
- ▶ Ukulele Band
- ▶ Sit down exercises
- ▶ Cognitive Therapy Sessions
- ▶ Sharing photos of the local area over the years
- ▶ Tea, Coffee & Biscuits



**Friendship . Support . Network**



The Memory Lane Group provides a chance for people living with Dementia and their CareGivers to get together and enjoy some activities for the mind and body, reminisce on times gone by in the local area and indulge in a biscuit or two with a cup of tea.

## Friendship . Support . Network

Join us for a great afternoon packed with stimulating activities and a warm, friendly environment. All undertaken by Dementia Friendly trained volunteers.

Feel free to bring some photos along to share of your memories of Havant and the local area with the group.

For more info please call Right at Home Havant & Petersfield on **02393 8787 77**

