Information on activities taking place across Middlesbrough during Dementia Awareness Week

SUNDAY 14 - SATURDAY 20 MAY 2017
The following activities are taking place across Middlesbrough during Dementia Awareness Week

**SUNDAY 14 MAY**

**Dementia Friendly activities**
Take part in a range of activities including new age bowls, a guided walk and chair based exercise
Middlesbrough Sports Village, Marton Road, Middlesbrough
10am - 1pm

**MONDAY 15 MAY**

**Dementia Friendly Screening - The King and I**
Cineworld Middlesbrough
Film starts 11am (doors open 10.30am)

**Dementia Awareness Session**
Central Library, Middlesbrough
2:30pm - 3:30pm

**Read Well - Dementia Books on prescription**
Central Library, Middlesbrough
2:30pm

**TUESDAY 16 MAY**

**Advice & Information Stalls**
Plus street performances by Lesley Tart and Trish McLean
Dundas Arcade, Middlesbrough
10am - 4pm

**Read Well - Dementia Books on prescription**
The Live Well Centre, Dundas Arcade, Middlesbrough
10am

If you would like further information or would like to book on any of the events please contact Emma McInnes on 01642 728756 or emma_mcinnes@middlesbrough.gov.uk or Brian Rowcroft on 01642 611110 or browcroft@clevearc.com
WEDNESDAY 17 MAY

The Big Sing for Dementia Awareness
No musical experience needed, just come and enjoy singing with others. Everyone is welcome
St Mary’s Church Hall, Green Lane, Acklam
From 2:30pm

Dementia Café
If you have dementia, or are caring for someone with dementia please come along
Central Library, Middlesbrough
1pm - 3pm

THURSDAY 18 MAY

Sanctuary Dementia Advisor Service trip to Beamish Museum
10am • Call 01642 223 544 and speak to Lianne, Karen or Amy to book your place

Business Engagement Event
Join us for a free forget me not cocktail and information on how to join the Dementia Friendly Middlesbrough Project
Bar Zero, Linthorpe Road, Middlesbrough
11am - 2:30pm

FRIDAY 19 MAY

Dementia Friendly tour of Middlesbrough Football Club
Riverside Stadium, Middlesbrough
10:30am - 11:30am

Carers Together Coffee Afternoon
Grove Hill Methodist Church, Corner of Marton and Farndale Road, Middlesbrough
1pm - 3pm

Dementia Awareness Session
Central Library
2:30pm - 3:30pm

Dementia Friendly Cream Tea Afternoon
Goodbodies Eaterie, Albert Road, Middlesbrough
2pm

Age UK - World’s Largest Waltz Record Breaker
Join in the celebration of ‘Loving Later Life.’ All ages and abilities welcome
Promenade and Pier, Saltburn
10am
Let’s Unite for Dementia Awareness Week
14–20 May

Unite with us today at alzheimers.org.uk

Every three minutes a person in the UK will develop dementia. And so many are facing it alone. But we can urgently find a cure, improve care, and offer help and understanding if we stand united against dementia.

If you’re worried about dementia, talk to your GP today or visit alzheimers.org.uk

To find out more about activities taking place in Middlesbrough during Dementia Awareness Week visit lovemiddlesbrough.com/dementia

To find out how you can become a Dementia Friend visit dementiafriends.org.uk

If your business would like to support Middlesbrough being a Dementia Friendly Town visit dementiafriendlymiddlesbrough.co.uk

Dementia Friendly Middlesbrough

Sanctuary Supported Living
Carers Together
everyone active

The Live Well Centre

Middlesbrough moving forward