

Dementia

Club UK

Est. 2015

Caring for the community

Sponsored by Saracens



2024 Programme



<https://go2.dementiaclub.uk>

Every Session at each of our venues includes some fun exercises and musical entertainment, provided by professional instructors and music entertainers.



There are quizzes, singalongs and Bingo in which everyone takes part and other social activities.



Tea/coffee and cakes are provided.



For further information please contact Lisa on **07956 858 913** or email lisa.rutter@dementiaclubuk.org.uk

All our sessions are FREE. If you wish to make a donation, please visit:

<https://go2.dementiaclub.uk/m/donations>

Please always check your DCUK Calendar to confirm session times. If in doubt please contact Lisa.

Mondays

FIRST Monday of every month
2pm to 4pm

Sha'arei Tsedek Synagogue
120 Oakleigh Road North
Whetstone, London N20 9EZ



SECOND Monday of every month
2pm to 4pm

The Hendon Golf Club
Ashley Walk,
Devonshire road
Mill Hill, NW7 1DG



THIRD Monday of every month
2pm to 4pm

Friend in Need
East Barnet Baptist Church
Community Hall, Crescent Road
Barnet EN4 8PS



Tuesdays

FIRST Tuesday of every month
2pm to 4pm

Eversfield Centre
11 Eversfield Gardens, Mill Hill
London NW7 2AE

SECOND Tuesday of every month
1.30pm to 3.30pm

Barnet Copthall Leisure Centre
Champions Way
Hendon,
London NW4 1PX



THIRD & FOURTH Tuesday of every month
1pm to 3pm

Barnet Copthall Leisure Centre
Forget Me Not FC
1pm in the Sports Hall
2pm in the café



WEEKLY Tuesday Evening
7pm to 8.30pm

Carers Group Meeting
Time for carers and families to ask questions and share any concerns and challenges. Talk to professionals, our Trustee and retired GP for information and advice on any medical concerns and Lisa Rutter the Chairman on any other matters.



Wednesdays

WEEKLY Wednesday
2pm to 4pm

Finchley Memorial Hospital
Granville Road,
North Finchley,
London N12 0JE

Please arrive on time to secure your seat.

Please make sure you register your car registration number even if you have a disabled badge.