

manorbrookmedicalcentre

Information Leaflet for Dementia Patients

www.manorbrook.co.uk

Dementia Carers - Peer Support Group

Dementia Carers runs two free meetings each month in Charlton and Eltham:

- The Charlton Group is for both the carer and the cared for, offering a singing together and social opportunity. The group is led by an experienced musician in singing familiar songs.. Held every 2nd Monday of the month at the Stables, Hornfair Road, Charlton, 11:45am to 1:15pm.
- The Eltham meeting is a support group, where dementia carers can come together, to share information and practical advice for their caring role. Held every 3rd Monday of the month at St Marys Community Centre, Eltham High Street, 10:30 to 12 Noon.

The meetings are free to attend. A donation is suggested for tea and coffee served.

Contact

Contact Name - Jennifer

Telephone - 07598 404 747

Website - www.dementiacarersgreenwich.btck.co.uk/



Forum Support Group

Do you or someone you know suffer from Dementia / Alzheimer's? The Forum at Greenwich holds a free drop in group for people with this illness..

Contact

Telephone - 020 8853 5212

Website – www.forumatgreenwich.org

Address – The Forum at Greenwich
Trafalgar Road, London

Knitting For Dementia

Knitting for Dementia run an interactive course during which participants will take away a knitted 'memory purse'. More details can be found on their website.

Contact

E-mail - dementia@royalgreenwich.gov.uk

Website – <http://dementiadialogue.co.uk/>

Address – The Library, Woolwich Centre, 35 Wellington Street, London

Mycenae House

Launching 10th July 2019

Mycenae House Reach out & Home Instead are proud to launch new free sessions for people with dementia, their family and carers. They will be held every other Wednesday between 1 and 3pm.

- Tea & Chat
- Meet a Friendly face
- Activities
- Family Support

Free - no need to book.

Telephone 020 8858 1749

E-mail mycenaehouse@gmail.com

Website – <http://www.mycenaehouse.co.uk/reachout.html>

