

# Memory Cafe Programme

Middle Street Resource Centre,  
Middle Street,  
Beeston NG9 2AR  
Tel: 07960 398 700

Email: [info@beestonmemorycafe.com](mailto:info@beestonmemorycafe.com)

Website: <http://beestonmemorycafe.com/>

Time: 2-4 pm	What will be we doing?
26 July	<b>Activity:</b> Barbecue in the garden at Middle Street Centre
28 July	<b>Beeston unites against Dementia – ECS Singers and Phoenix Signers Concert at BMC Chilwell Road at 7.30 p.m.</b>
2 August	<b>Fun &amp; Games: board games, craft and quizzes</b>
9 August	<b>Theme:</b> 1940s <b>Talk:</b> Sarah Clarkson, Trading Standards Dept. <b>Entertainment:</b> Musical entertainment by Jayne Darling <b>Reflexology &amp; Massage</b>
23 August	<b>Activity:</b> Exercise and Singing <b>Facilitator:</b> Mavrick
6 September	<b>Fun &amp; Games: board games, craft and quizzes</b>
13 September	<b>Theme:</b> Schooldays <b>Talk:</b> Police Community Support Officer, Rossetta Hare <b>Entertainment:</b> tba <b>Reflexology &amp; Massage</b>
20 September	<b>Tea Party funded by Broxtowe Borough Council in honour of supporters for those living with dementia in the community</b>
27 September	<b>Activity:</b> Story telling with Mike Payton
4 October	<b>Fun &amp; Games: board games, craft and quizzes</b>
11 October	<b>Theme: Goose Fair</b> <b>Entertainment:</b> Local Singers <b>Reflexology &amp; Massage</b>
18 October	<b>Welcome to our new 3<sup>rd</sup> Thursday sessions: Time to chat</b>
25 October	<b>Activity:</b> Sing Along With Songtime <b>Facilitators:</b> Songtime - Angela and Paul
1 November	<b>Fun &amp; Games: board games, craft and quizzes</b>
8 November	<b>Theme:</b> Bonfires <b>Talk:</b> Mary O’Riordan, Alzheimers Society <b>Entertainment:</b> tba <b>Reflexology &amp; Massage</b>
15 November	<b>Time to chat and Time for Music with Mary Hastings</b>

**Cost per session: £2 per person;**  
**(Maximum £4 per group of Cafe guest plus 1, 2 or 3 supporters)**

Beeston Dementia Friends: Registered Charity number: 1169865