

Stay Active and Connected

May 2016

Hadleigh Dementia Action Alliance is the first town in Suffolk to be recognised as working towards creating a dementia friendly community. Our community research tells us that there are 173 people registered with dementia in Hadleigh and with greater understanding and support as a community we aim to help others to live well with dementia. These activities are to keep us active and connected in later life and are welcoming of people with dementia and their carers.

Suffolk Mind | 0300 111 6000

Get up and Grow

Ecotherapy Allotment project accessible to all, come and get involved.

Friday – Weekly| 10am | Bridge Street Allotments, Hadleigh

sarah.savine@suffolkmind.org.uk

United Reformed Church | 01473 823413

Come in for coffee

Join us for a cup of tea or coffee and a chat. Everyone is welcome

Tuesday - Weekly 10.30am - 11.30am | Donations welcomed

St Mary's Church | 01473 527499

Living with Loss

Support, understanding and care from others living with loss

2nd Wednesday of each month | 2.30pm - 4.00pm | FREE

Café Church

Join us for just drinks, Breakfast or Brunch and read the newspapers.

Friday - Weekly, farmers market on the 1st Friday | 9.30am - 12.00pm | Donations welcome

Joycewillis26@gmail.com - 01473 823165

Hadleigh Pool & Leisure | 01473 823470

Otago

Anyone that would benefit from falls prevention - great for improving balance and stability

Tuesday - Weekly | 1.30pm - 2.30pm | £3.20

Ping Pong

A fun game of ping pong followed by coffee and a chat

Wednesday | 10.30am - 11.30am | £2.00

Together Tuesday*

Come and join us for two hours of enjoyable activity spending time together or apart in a relaxed and supportive environment. Sessions will include singing, music mirrors, activity, Otago and so much more. Meet and socialise with others while enjoying a cup of tea

Every Tuesday (Term Time only) Supporting you live with dementia | £2.10

Tuesday | 2pm - 4pm

DAA

Hadleigh Dementia
Action Alliance



Ansell Centre | www.ansellcc.org.uk

Craft Club

Anyone is welcome. Those requiring 1-2-1 support should be accompanied by a friend. We cover a range of craft activities, sometimes instructor led, on other occasions we teach each other new skills or work on our own projects.

Tuesday - Weekly | 10.00am - 12.00pm | £3.00

sandra.smithson@tiscali.co.uk

Wednesday Lunch Club

The club welcomes seniors from Hadleigh and the surrounding areas especially those who live alone and who would enjoy the fellowship of other members of the club to enjoy a nutritious two course lunch.

3rd Wednesday of the month | 12.15pm - 1.45pm | £4.00 per meal

Maggie Nicholls, 01473 827415

Sue Ryder Synergy Café

Join us and enjoy spending time in a relaxed and supportive environment. The Synergy Café provides the opportunity to receive education and information about dementia.

Thursday - Weekly | 11.00am - 3.00pm

www.sueryder.org

Hollywood in Hadleigh

A Digital Cinema experience for those of all ages

Friday - Dates online and in Community News | 7.30pm | £3.50

www.ansellcc.org.uk

Ansell Lunch Club

The club welcomes seniors from Hadleigh and the surrounding areas especially those who live alone and who would enjoy the fellowship of other members of the club to enjoy a nutritious two course lunch

1st Friday of the month | 12.15pm - 1.45pm | £4.00 per meal

Joycewillis26@gmail.com - 01473 823165

Baptist Church | 01473 829602

Womens Group

Faith based meeting with refreshments to follow for women of all ages

Tuesday - Fortnightly | 2.15pm | FREE

Come Dine with us

A lunch club for single people of all ages that would normally dine alone on a Sunday

Sunday - Monthly

Oasis

Tea, coffee, gorgeous cake, friendship and an opportunity to choose some favourite songs and listen to a talk, open to people of all ages

Three Sundays a year | 4.30pm - 7.00pm | FREE