Wellbeing Hub

The Wellbeing Hub is a drop-in session where people can get information, take part in gentle activities and spend time with others in a supportive setting. During the session, people can talk with staff and volunteers, find out about local support and enjoy structured or informal wellbeing activities.

The Hub is for people living with dementia, their carers and family members.

People may want to attend to access support in one place, reduce social isolation and spend time in a welcoming, dementia-friendly environment.

This service is free and runs Monday to Friday.

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