

Forget Me Not Friday

A new warm and welcoming group for people living with dementia and their carers.

Join us for a cuppa and a chat, get to know the team, share your thoughts and find out more.

We're facilitating two groups at the same time, so everyone has the space they need.

Two dedicated spaces:

- Separate meeting space for carers.
- Activity area for people living with dementia.

Enjoy a welcoming space with light refreshments, opportunities to connect with others, fun activities, and useful information shared by guest speakers.

Last updated: September 1, 2026