

Activities
could include;

Table Tennis

Walking
Netball

Bowls, table
games & more



Get Out
Get  Active

D.A.S.H

Dementia Activity & Support Hub

First
Session
Free

Third Thursday of every month 11am-1pm
@ Mellish Sports Centre, Bulwell, NG69FH

A session aimed at people with Dementia and their carers to come along and keep physically active whilst making new friends and accessing a network of support. Tea and Coffee provided, first session free (usually £2*)

First session: THURSDAY 18th OCTOBER 2018

For more information please contact **Helen** on **07803505131**

* Carer goes free with a paying adult.



Nottingham

