



**Longbarn
Residents' Association**

"Working together for our Community"

Registered Charity No. 1170309   

Longbarn



**FORGET ME NOT
CLUB**

ARE YOU LIVING WITH DEMENTIA?

Either as a person who has the condition, or a carer for someone who has, you are cordially invited to join our **Longbarn Forget Me Not Club**.

We'll be starting with our first session at Padgate Community Centre on Thursday, 16 May, which will run from 10.30am to 12.30pm.

During the session ~

- Trained experts will deliver a 9-week course of cognitive stimulation therapy (CST ~ which has been found to benefit the memory & thinking skills of people with dementia). At the same time,
- A carer's support group will be run in a different room. Please feel free to join us as a carer, whether or not you are bringing a friend or relative who has dementia.
- Refreshments will be provided.

We have plans to introduce

- a dementia-friendly activities, crafts, & games session for those with dementia & their carers, &
- a luncheon club for those with dementia & their carers, & elderly residents, in our community. The events will include dementia-friendly quizzes, games & bingo after lunch, giving out energy efficiency advice, & we'll invite guest speakers from the dementia community, too.

Before we introduce the additional 2 activities to our **Forget Me Not Club**, we'll first gauge interest in Longbarn Land by the take-up of our weekly CST session. So do please feel free to come along on Thursday 16 May ~ the future of our **Longbarn Forget Me Not Club** is in your hands.



Sponsored by

CHESHIRE
COMMUNITY
FOUNDATION

Supported by

WARRINGTON
Borough Council

