



# Memory Cafe

*A relaxed informal drop-in providing support for people with memory difficulties and their carers.*



*We provide companionship, activities (including seated exercises) and the opportunity to chat in a relaxed atmosphere.*

Brierfield Library  
Colne Road  
Brierfield  
BB9 5HW

**Fortnightly 1pm – 2:30pm Monday's**

## Upcoming Dates 2025

6<sup>th</sup> & 20<sup>th</sup> January

3<sup>rd</sup> & 17<sup>th</sup> February

3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> March

14<sup>th</sup> & 28<sup>th</sup> April

12<sup>th</sup> May

9<sup>th</sup> & 23<sup>rd</sup> June

7<sup>th</sup> & 21<sup>st</sup> July

**For more information: - Contact Sarah on 01282 804998**

