

### Week 1

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ST DENYS MEMORY CAFÉ, St Denys Church Centre, SO17 2ND at 2 - 4pm on Tuesday 05/03/2024 for Craft & Games and an Admiral Nurse scheduled to attend

THORNHILL MEMORY CAFÉ, Medwell Ct. Community Centre, SO19 6JS, at 2 - 4pm on Tuesday 05/03/2024 for Friendly Chit Chat with the Solent Admiral Nursing Team

LORDSWOOD MEMORY CAFÉ, King's Church, 414 Coxford Road, SO16 5LL at 2 - 4pm on Wednesday 06/03/2024. Ribbons with Eleanor and an Admiral Nurse scheduled to attend

WESTON MEMORY CAFÉ, Hope Centre, SO19 9JN at 2 - 4pm on Wednesday 06/03/2024 for a Friendly Chit Chat and Games with Sian and the nurseplus team

### Week 2

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BITTERNE MEMORY CAFÉ, Ascension Church Café, at 2.30 - 4.30pm on Wednesday 13/03/2024. This Session: Ribbons with Eleanor to music with the usual Chat, Craft & Games

LORDS HILL MEMORY CAFÉ, Lords Hill Church, at 1.30-3pm on Thursday 14/03/2024. To receive a postcard from...The Tudors from Bea from Sea City & Tudor House Museums

### Week 3

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SHIRLEY MEMORY CAFÉ, Make & Brew Café, at 2 - 4pm on Monday 18/03/2024 for Moving & Music with FolkActive

ASIAN FAMILY MATTERS, Vedic Society Temple Hall, SO14 0PS at 1pm to 3pm on Monday 18/03/2024 for a Friendly catch-up and advice from Kate Hough - Hearing Loss & Brain Health

ST DENYS MEMORY CAFÉ, St Denys Church Centre, SO17 2ND at 2 - 4pm on Tuesday 19/03/2024. Take a walk down Memory Lane where we visit our Gardens memory box, alongside the usual craft & activities and our Carers Corner

MAYBUSH MEMORY CAFÉ, Potters Court, SO16 4JA, at 2 - 4pm on Tuesday 19/03/2024 for a Spring Party with live music from Brian Budden

### Week 4

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SHOLING MEMORY CAFÉ, St Marys Church, at 1.-3pm on Monday 25/03/2024 for gentle exercise with Senior Saints

BITTERNE MEMORY CAFÉ, Ascension Church Café, at 2.30 - 4.30pm on Wednesday 27/03/2024. Moving & Music with FolkActive and an Admiral Nurse scheduled to attend

LORDS HILL MEMORY CAFÉ, Lords Hill Church, at 1.30-3pm on Thursday 28/03/2024 for Singing Fun

For more details contact Caraway on: T: 07535 164014 or E: [caraway@caraway.uk.com](mailto:caraway@caraway.uk.com)



Our Memory Cafés supported by Caraway & the National Lottery

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FUND

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