






Dementia Action Week 16th – 22nd May 2022

	<p>Dementia Matters Here High Town, Hereford.</p>	<p>Monday 16th May – 9am – 4pm. CAMBUS – Raising awareness and reducing stigma regarding dementia across the county Provides a social space to share coffee and cake whilst also accessing a range of information and support for people experiencing memory issues, their families, and carers.</p>
	<p>Veteran Support Centre 19 West Street Hereford HR4 0BX</p>	<p>Monday 16th Wednesday 18th and Friday 20th.May. Between 9am and 5pm. Drop-in for Veterans and members of the public living with dementia. Come and view our Art exhibition.</p>
	<p>Yeleni - Nicky Heath. Contact 01432 342342. 2, Blackfriars St, Hereford, HR4 9HS or email info@yelenisupport.co.uk</p>	<p>Monday 16th May 10am to 2pm. 20-minute therapy sessions, booking essential. Please choose from the following options: Indian Head Massage, Reiki or Reflexology.</p>
	<p>Hereford Community Farm. 75 Breinton Road, Hereford, HR4 0JY.</p>	<p>Tuesday 17th May between 1pm and 3pm Bring your own picnic, light refreshments provided. Enjoy our large and small animals or make something simple in our Eco woodworking provision, whilst listening to relaxing music.</p>
	<p>Challenge Community Church. 40, Belmont Road, Hereford, HR2 7JW.</p>	<p>Tuesday 17th May -2am to 4 pm Come join our Arts and Crafts session and make new friends. Thursday 19th May to 10 am till 12 o'clock Coffee morning all welcome.</p>
	<p>St Martins Church. 89, Ross Road, Hereford, HR2 7RJ.</p>	<p>Tuesday 17th May 2 to 3.30pm. Coffee afternoon come along and meet our group, make new friends and enjoy the friendly atmosphere. Thursday 19th May 13.45 to 3pm - Young at Heart group With Dementia Friends Awareness Session.</p>

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 HEREFORD CATHEDRAL	Hereford Cathedral 5, College Cloisters, Cathedral Close, Hereford, HR1 2NG.	Tuesday 17th May. 10 to 11.30am and Thursday 19th of May Hereford Cathedral are inviting people living with dementia, and individuals or groups who support those living with dementia, to visit the tranquil Cathedral Cloisters during Dementia Action Week. Please book via the Website: https://www.herefordcathedral.org/Event/dementia-action-week-2022
 The Methodist Church St John's Methodist Hereford	St. Johns Methodist Church. St. Owen St, Hereford, HR1 2PR.	Tuesday 17th May 11 am to 3pm. Ross Meeting Centre is providing activities and information. Light refreshment available. Dementia Friends Awareness session 1.30pm. Session is approx. 45 minutes. All welcome.
 Alzheimer's Society	Alzheimer's Society. Saxon Hall, Hoarwithy Road, HEREFORD, HR2 6HE	Wednesday 18th of May. 10 am to 12 o'clock Singing for the Brain. All welcome.
 DEMENTIA MATTERS HEREfordshire Hereford City Council working for our city	Hereford City Town Hall, St. Owen Street, Hereford HR1 2PH	Thursday 19th May. 10 am to 4pm. Come along and learn about Dementia Friends at our 11am Dementia Friends Awareness session. Later in the afternoon get your feet tapping between 2pm and 4pm at our Tea Dance with Rachel Freeman.
 Art 4 Veterans	Art 4 Veterans. Hinton Community Centre, 21 Ross Road, Hereford HR2 7RJ	Thursday 19th May. 11am - 2pm. Paul and Karen - Art lessons/Exhibition, using acrylics /graffiti or drawing. Come and see what we do.
 Aspire Part of the Thera Group	Aspire Living. St. Owens Centre Symonds Street, Hereford HR1 2HA.	Saturday 21st May Between 10 am - 12 o'clock. Coffee morning. Come and join us for coffee and biscuits in our friendly hub.