



Support with
Confidence
PLYMOUTH CITY COUNCIL

Age UK Plymouth offers a wide range of services and activities which are available to anyone Over 50 and carers of older people

We are your starting point to find out what support is available to you

What we offer

- Free Information & Advice
- Benefit Checks
- Day Care
- Dementia Care Services
- Volunteering Opportunities
- Carers Support
- Talks & Presentations
- Help at Home
- Chiropody
- Room Hire
- Lunches & Coffee Shop
- Free Computer Training
- Exercise & Keep Fit
- Social Activities
- Handyman
- Gardening



Programme Two
Start Date: 17 January 2019

Free Cognitive Stimulation Therapy for the Memory



Venue: Moxon Room, Central Library,
City Centre. PL1 1HZ

www.ageukplymouth.org.uk

Description of Group

A friendly, interactive and inclusive group of individuals who may benefit from support to help them build confidence and maintain social skills

Aims & Objectives

To provide an interesting and enjoyable experience
To stimulate thinking, communication and memory
To provide lots of social interaction and engagement

Who is Running the Group?

Our specially trained and experienced members of staff will run the group

Tammy Walker – Project Manager

Kelly Hobbs – Lead Facilitator

Julie Hamley

Stacey Hext

Carol Walton

Emma Lintern

How Many Sessions?

There will be 7 x 2 hour weekly sessions
Time: 2pm – 4pm

How Do I Book a Place?

Telephone us on (01752) 256020 or email enquiries@ageukplymouth.org.uk

Dates & Programme of Activities

17 January: Physical Games & Sounds

24 January: Childhood & Food

31 January: Current affairs & Faces/ scenes

7 February: Word association & Being creative

14 February: Categorising objects & Orientation

21 February: Using money & Number games

28 February: Word games & Team quiz

**Plymouth Central Library is located on
Armada Way.**

Full disabled access and facilities.