

COMMUNITY ACTIVITY GROUP



NORTHAMPTONSHIRE CARERS INVITES YOU TO ATTEND OUR NEW DEMENTIA FRIENDLY SUPPORT, SOCIAL AND INFORMATION GROUPS

REMINISCENCE GROUPS

A TRIP DOWN MEMORY LANE-
SHARING LIFE EXPERIENCES

ADVICE FROM PROFESSIONALS

SOLICITOR
FRAUD PREVENTION
FIRE SAFETY
& OTHERS

HEALTH & WELLBEING

HEALTHCARE PROFESSIONALS
GIVING INFORMATION AND ADVICE ON A
RANGE OF MEDICAL TOPICS

PEER SUPPORT

A RELAXED ENVIRONMENT TO MEET OTHERS
IN A SIMILAR SITUATION, MAKE FRIENDS
AND SHARE EXPERIENCES

OUTDOOR ACTIVITIES

NUMEROUS OUTINGS SUCH AS
WALKING AND BIRD WATCHING
GROUPS

SOCIAL ACTIVITIES

CRAFTS
GAMES
QUIZZES
& MUCH MORE

WHERE AND WHEN?

VOLUNTEERS NEEDED
CALL 01933 677907

The Doddridge Centre, 109 St James Road,
Northampton. NN5 5LD.

PLUS , SEATED
MUSIC AND
MOVEMENT GROUPS

Starting on Tuesday 11th January 2022.

2nd and 4th Tuesday of the month from 10.00-12.30.

Contact 01933 677907 for more information.



Northamptonshire Carers Association is a Registered Charity No 1061417
Registered Office: 123 Midland Road Wellingborough, NN8 1LU
Incorporated as a non-profit making company limited by guarantee No 3328459

