

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?

10.00-12.30.

1st and 3rd Thursday of the Month.

Starting 18th November.

John Whites Golf Club, Bedford Road,
Rushden, Northants. NN10 0SA.

PLUS , SEATED MUSIC
AND
MOVEMENT GROUPS