

## Frequently Asked Questions

### Who are these support sessions for?

For people diagnosed with a memory condition including Mild Cognitive Impairment and dementia. We are able to support people with mild-to-moderate dementia. Loved ones are also welcome to come along to any of the support sessions.

### How much do the support sessions cost?

They are FREE for everyone. Donations of any size appreciated!

### Can I drop-in without booking?

No, space is limited so please secure your place by booking in advance.

### What is included in the support sessions?

There are a range of themes focusing on the wellbeing of people with dementia and carers. Activities include movement, trying new skills, team games and crafting. Groups are small, informal and friendly with no experience of any activities necessary.

### Contact:

 [www.reminduk.org](http://www.reminduk.org)  01225 476420

 [info@reminduk.org](mailto:info@reminduk.org)

# Free Support Calendar 2025



 Registered with  
**FUNDRAISING  
REGULATOR**  
Registered as a charity in  
England and Wales (No. 1042559)

**ReMind<sup>UK</sup>**  
Getting ahead of dementia

## January

### 10-week Wellbeing Programme

ReMind UK Centre  
13th Jan – 17th Mar  
Mondays, 10.00am – 12 noon

### Museum Trip

The Holburne Museum  
Weds 15th Jan  
10.30am – 12.30 noon

### Carers Information Day

ReMind UK Centre  
Fri 31st Jan  
9.45am – 1.00pm

## March

### 10-week Wellbeing Programme

Keynsham  
5th Mar – 18th Jun  
Wednesdays, 10.30am – 12.30 noon

### Carers Information Day

Chilcompton Sports  
Tues 18th Mar  
10.00am – 1.00pm

### Spring Nature Walk

Midsomer Norton  
Fri 21st Mar  
10.30am

### 10-week Wellbeing Programme for 'early-onset dementia'

Twerton  
25th Mar – 15th July  
Tuesdays, 10.00am – 12.00 noon

### Carers Information Day

Winsley  
Fri 28th Mar  
10.00am – 1.00pm

## May

### Sydney Gardens Trip

The Holburne Museum  
Weds 7th May

## June

### Poetry and Play

Keynsham  
Fri 13th Jun  
11.00am

## September

### 10-week Wellbeing Programme

Midsomer Norton  
12th Sept – 12th Dec  
Fridays, 11.00am – 1.00pm

### Tree Trail Walk

ReMind UK Centre  
Mon 15th Sept

### 10-week Wellbeing Programme

Southdown and Whiteway  
23rd Sept – 2nd Dec  
Tuesdays, 10.00am – 12 noon

### Carers Information Day

ReMind UK Centre  
Fri 26th Sept  
9.45am – 1.00pm

## October

### Carers Information Day

ReMind UK Centre  
Fri 17th Oct  
9.45am – 1.00pm

## November



### Carers Information Day


ReMind UK Centre  
Mon 24th Nov  
10.00am – 1.00pm

### Team Games

Twerton Village Hall  
Fri 28th Nov  
10.30am – 12.30 noon

**Book your free place:**

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