



# Forget-me-not Café

Dementia friendly sport and physical activity programme for people living with dementia and their carers



Come and join us and access a range of Dementia Friendly activities including table tennis, mindful movement and dance and lots more, as well as access to a fully equipped gym and our Dementia Café.

**When:** Fridays

**From:** 1pm - 3pm

**Where:** Ormesby Table Tennis Club, Cargo Fleet Lane, Middlesbrough

**Cost:** FREE

For more information please contact Emma McInnes on 01642 728756 or Malcolm Muldoon on 07889 937056.

DEMENTIA FRIENDLY  
MIDDLESBROUGH

 Sanctuary  
Supported Living

In aid of  
 Alzheimer's  
Society  
United  
Against  
Dementia



[middlesbrough.gov.uk](http://middlesbrough.gov.uk)

  
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