

CARERS SUPPORT GROUP

In conjunction with the
Older Adult Mental Health Team
Every Wednesday at Delancey Centre
2:00pm to 4:00pm



caring for carers

Guernsey Alzheimer's
Association LBG
The Centre, Rue des Monts,
Delancey, St. Sampson,
Guernsey GY2 4HU
Centre & Helpline
T. 01481 245121
E. info@alzheimers.gg
www.alzheimers.gg

June / July 2023	TOPIC SPEAKER
24th May	Musical Reminiscing
31st May	Trip & Falls – Kelly Marquis
7th June	Island Games – Amanda Hibbs
14th June	Tea & Tales – Patrick Ogier
21st June	Memories of the Bridge – Anne Kinch
28th June	Joan's Gentle Exercise
5th July	Nutrition for the Brain – Vivienne Robinson
12th July	Tea & Tales – Patrick Ogier
19th July	Seated Yoga & Boxing – Luke Graham
28th July	The Soil Farm – Sasha Marsh