



# WORCESTERSHIRE FA



## Connections Cafe

Monday: 10:30am - 12:30pm

Friday: 12:30pm - 14:30pm

Do you know someone with Alzheimer's, Dementia, or memory loss? Bring them along to our new, inclusive Connections Cafe (carers, family, and friends welcome)!

### MIXED ACTIVITIES INCLUDING:

- Music and dancing
- Football
- Table football
- Dominos
- Puzzles
- Crafts and games
- Books/Magazines
- Football memorabilia
- Guest speakers

### HOW THIS CAN HELP:

- Keep active, keep social and feel more confident
- Share experiences
- Facilitate informal conversation to create new friendships
- Respite for carers and quiet areas for sharing conversation
- Relive footballing memories

Contact Anna-Maria Konstantinides for more information at  
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