



East Cheshire
Hospice
Where people come to live

Dementia Activities What's on

Poynton

Free regular sessions held **Thursdays** Poynton
Civic Hall Park Lane by referral only

Mornings

Dementia Carers Wellbeing Programme: 8 weeks for carers

Cognitive Stimulation Therapy Programme: upto 16 weeks for patients, carer must have done the Carers Wellbeing Programme

Afternoons

Love to Move: cognitive stimulating exercise for patient and carer
1st and 3rd Thursday each month 2pm-3.30pm

Singing for the Soul: for patient and carer
2nd Thursday each month 2pm-3.30pm

Mindful Motion Tai Chi: simplified seated tai chi for both
4th Thursday each month 2pm-3.30pm

To access self refer or professional by
completing our referral form at
[www.eastcheshirehospice.org.uk/
dementia-support/](http://www.eastcheshirehospice.org.uk/dementia-support/)

or call **01625 666990**

more services at other locations

