



UPCOMING EVENTS



November 4th to November 9th

A selection of the Age Friendly & Dementia Supportive Activities available for Older people and those living with dementia, their carers, family and friends.

Monday, Tuesday, Wednesday, Thursday and Friday V C Gallery, Britannia Road Pembroke Dock, Arts & Crafts session 11-4pm contact 01646 685688 for more information. All welcome.

Tuesday and Thursday Free fitness sessions for Carers every Tues and Thurs with Strength Academy Wales 10.30 -11.30 at their fitness centre, at the Pembrokeshire Sports Village, next to the new Haverfordwest High School. For further information contact office@strengthacademy.wales

Tuesday and Thursday Goldies Cymru 11am. The SONG WORDS are on the screen so you can join in and Sing & Smile in your own homes. To join go to <https://www.goldieslive.com/>

Tuesday, Wednesday, Thursday, Friday An opportunity to enjoy the extensive Stackpole Gardens and to get your hands dirty with gardening activities 11 - 3pm. Booking essential please email angela.reid@pavs.org.uk

Tuesdays and Wednesdays Join in our Garden through Time Tenby Tuesday 10-12 and Wednesday 1-4pm to get involved contact stella-h@minister.com 01834 845398

Wednesday and Friday

Free dementia friendly fitness session 10.30 - 11.30 with Strength Academy Wales 10.30 -11.30 at their fitness centre, at the Pembrokeshire Sports Village, next to the new Haverfordwest High School. For further information call 01437 957949 email office@strengthacademy.wales

Monday

Cradle Choir 10.30 am -11.30, at the Torch Theatre, Milford Haven. A sing along session with the Cradle Choir hosted by Welsh National. To join please email Jennifer.hill@wno.org.uk

Games and chat at South Pems Golf Club 12.00—2pm Try your putting skills, have a game of Boccia or other activities. Enjoy a Tea or Coffee. Lunch is also available to order. For further information email secretary@southpembsgc.co.uk or call 01646 621453

Steps to Health. Gentle seated and standing dance to music. 9.15-10.15am at Hubberston Community Centre. For further details email Ashley@acgc.co.uk or call 07815 766892

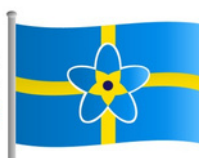
CRAFT afternoon at St Johns School Room, Warren St Tenby 2.00 -4.00 An opportunity to get crafting, socialise make new friends, catch up with old friends and enjoy a cuppa. Ring 01834 845398 for more information.

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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Dementia
Friendly
Pembrokeshire



Sir Benfro
Dementia
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Monday cont.

CRAFT Club at Augustus Community Hall Tenby 2.00 –4.00 An opportunity to get craft*ing, socialise make new friends, catch up with old friends and enjoy a cuppa. Ring 01834 842730 for more information.

Come and join us for a good old Sing along with Goldies Cymru at Holy Trinity Community Hall, Church Lane, Newcastle Emlyn 11.45am—12.45 pm. For further information email angela.reid@pavs.org.uk

Pennar Hall's Community Coffee, Chat and Connect 10-1pm contact Tony on 01646621942

Walk & Talk meet at Oriol y Parc, High Street, St Davids 1.45pm contact Amber Manning on amberm@pembrokeshirecost.org.uk All welcome

Cafe Cwtch, come and enjoy Tim's nearly world famous scones, meet new friends and have a fun time. Newport Memorial Hall at 10am - 12pm

Tuesday

Choirs for Good. 7pm. An opportunity to join in a fun evening of singing at Haver Hub, Haverfordwest. For further details call 07849 086009

Get together at Old Chapel Community Cafe, Lower Frog Street Tenby. 11am - 1pm. Refreshments by donation Contact Jo Brookman-Lloyd on 07595 192933 or email jo.brookman-lloyd@pavs.org.uk

Seated exercise class. Every Tuesday 2pm—3pm at the The Garden Room, Memorial Hall, Newport. To join email Reg Atkinson on 01239920527

V C Gallery Shared Lunch at 12.30. All welcome, it is a donation contribution. Contact VC Gallery on 01646 685688 for more information.

Bespoke Individuals, 1.45 - 3.45pm at the Tanyard, Commons Road, Pembroke SA71 4EA. A weekly peer support group for people with mobility issues and their carers. Variety of activities games, arts and crafts, cooking, Boccia and outings too. contact 07720 644600 or bindividuals@gmail.com

Simple Swing and Gentle Jive, retro dancing for all ages, no partner necessary. £5 per session or 5 for £20 Haverhub 2pm - 3.30 pm. Contact Andy on 07773 508032 or book online at www.haverhub.org.uk/events

Wednesday

Wellbeing Walk at Stepside 11.30am Meet at the Heritage Park car park and walk to Wisemans Bridge contact Jo on 07595 192933 or email jo.brookman-lloyd@pavs.org.uk

Young Onset Dementia day service at Uzmaston Hall, Haverfordwest 10am to 3pm. For further information please email pembsyoungonsetdementia@outlook.com. The group are having a Christmas table at one of the local Christmas fairs. If anyone is crafty in any way , knitting, pottery , cakes, cards they would be grateful if you could donate an item to help raise funds. Contact Gill andrew cwmwdig@aol.com or Cherry on cherryevans@outlook.com

St Davids Diners 12.30pm meet at the Harbour Pub in Solva. Contact Vivien on Vivienbaille@outlook.com or 07941261625 or Margaret on 01348 831640

Chair Yoga without Barriers at Hubberston and Haikin Community Centre 12pm - tea, coffee and healthy snacks available for free afterwards - Donations welcome. Contact Irena on Irenahathayoga@gmail.com or 07773269173

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St Davids Diners 12.30pm meet at the Harbour Pub in Solva. Contact Vivien on Vivienbaille@outlook.com or 07941261625 or Margaret on 01348 831640 to book your place

Arts 4 Wellbeing. 10.30 am to 1pm at the Coracle Hall, Llechryd. For further information email sara@arts4wellbeing.co.uk

Age Cymru, chair based exercise every Wednesday 11am - 12noon, at the VC Gallery Pembroke Dock SA72 6PD. £2.00 charge. For further information please contact Margaret on 07522 905426 or the VC Gallery on 01646 685688

Singing for the Brain. An opportunity to sing and dance along to music hosted by the Alzheimer's Society on zoom. To join please email Lorraine.king@alzheimers.org.uk

Llanrhian Social group 4pm to 6pm at Llanrhian Hall opposite the church. A lovely opportunity to socialise, and take part in fun activities including table tennis and snooker. For further information contact Gill by email andrewcwmwdig@aol.com or 01348 831434

Creative Craft Session, 3-5pm all aspects of crafting for Adult Carers, everyone welcome for join for a fun few hours. Jacks at the Longhouse, Fresh Water East

Warm Welcome at Pembroke Dock Community Hall, Church Street 2-4pm 01646 681962

Coffee and homemade Welsh Cakes at St Johns Church, School Room, Tenby 10-12 contact stella-H@minister.com or 01834 845398

Games morning at The Regency Hall Saundfoot, 11am - 1pm Contact John for more information information on 07528 794781 or twcpembs@gmail.com

Knit and Natter 2pm to 4pm at the Mosaic Café, Neyland. For further information email forgetmeknotpembs@gmail.com

Thursday

Carers Catch up online with Julie at 10.30 - contact Julie Campbell on 07595192937

Living Memories Group 1.30pm at Narberth Rugby Club, come along for a sing a long with The Elderly Brothers and a cuppa and chat. Contact Mary Adams on 01834 831219

Forget Me Not chorus. Opportunity to enjoy the experience of singing with others via zoom. For more information email rachel@forgetmenotchorus.com 07515 889523

No Fear Bridge. An opportunity for you to enjoy a game of Bridge, the group is suitable for people who would like to learn how to play, and those more experienced bridge players. Stay for breakfast too. The group meet at the Neyland Hub, John Street. 9.45—12 contact Adrian Wheeler on 07891 352604

Come and join us for a good old Sing along with Goldies Cymru at Maes Mwldan, Cardigan 2pm—3pm. For further contact Cheryl Davies on 07860 944410

Golden Cymru online 11-12pm contact 07860 944410

Knit and Natter 2-4pm Lamphey Village Hall, come along for a cuppa and a chat.

LIFT Gentle Exercise Classes at Pater Hall, Pembroke Dock 10.30am £2 inc a drink. Contact 01646 672258

Warm Welcome at Bethel Church, Bush Street, Pembroke Dock 10-1pm contact 01646 680432

Knit and Natter at Pembroke Library at 2-4pm Do you knit or crochet? Is it something you would like to learn. Come along and have a natter in great company while learning a new skill. Contact Mia on 07595192931

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Friday

Friendly Friday in Warrior Warm Room, Pater Hall, Pembroke Dock 11am to 2pm. Free tea, coffee, lunch and Wi-Fi. For further information email paterhalltrust@gmail.com 01646 622788
St Marys Haverfordwest is a 'dementia-friendly' church and holds a weekly dementia friendly service (Fridays at 11am). For further information email neilhook@cinw.org.uk
Breathing, meditation and movement at The Centre, Simpson Cross SA62 6EF. Contact Irena Smith 07773269173

The Friday Club 2 –4pm at the Community Clubhouse, Solva AFC, Maes y Mor. An opportunity to socialise and take part in fun activities. For further information email contact@solvacare.co.uk or call Lena on 07805 717556

Span Arts, Remote Choir. 10am to 11am via zoom. A singing project for older people. For further information email nia@span-arts.org.uk or call 01834 869323.

Arts & Crafters 3pm to 4pm via zoom. For those interested in arts and craft. To join please contact Jo.brookman-lloyd@pavs.org.uk

Prize Bingo 1.30pm All welcome. VC Gallery Pembroke Dock SA72 6PD. £3.00 charge. Contact The VC Gallery on 01646 685688

The Dabblers, an on Zoom weekly art class 3-4.30pm. We can do a practice Zoom to get you started. Crafts are generally from household materials or you can bring your own project. Contact Julie.campbell@pavs.org.uk for zoom link

Saturday

Joy of Movement. 9.30am -10.00am To improve balance, strength and confidence. Standing Poses. To join please email helen@thejoyofmovement.uk

Joy of Movement. 10.00am -10.45am. A relaxing chair based movement session via zoom. "Join stressed leave relaxed"

please email helen@thejoyofmovement.uk

Forget-me-knots Neyland Old Church email forgetmeknotpembs@gmail.com

Saturday Club 10am—2pm offers quality care and fun activities to people with any type of memory loss and a break for their carers at Crossroads House, Haverfordwest. Booking essential, to book a place and more information please contact Penny 01437 764639

Sunday

On Line Church of St David Zoom Service. Sunday 11 am reference 853409065367

Password - Churches. A warm welcome to join whenever you would like. Contact Gill Leese by email andrewcwmwdig@aol.com

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