

# MIND Active

**Where quality of life is as important as care**

If you, or someone you know, supports a person with **dementia** in their own home, then this could be for you

We provide monthly community days at Bedlington Station (Tuesdays) and Blyth (Thursdays) to enable loved ones to enjoy a special day together and make new friends

**Free Trial Day (£1 per monthly visit thereafter):**

**11:00am- 2:00pm Includes lunch & musical entertainment**

**Tired of feeling alone to cope and being stuck in a rut? Let us help you share some quality time together along with likeminded others. Nothing ventured, nothing gained. You don't have to live here, if you can get here**



**Contact Janet on: 01670 820461 - [mindactive@tisacali.co.uk](mailto:mindactive@tisacali.co.uk)**

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