

Dementia Friendly Keighley Drop-In



Venue: DFK Office, 29 Brunswick Arcade,
Airedale Shopping Centre, Keighley BD21 3QB

Day/Time: Thursdays (2 sessions)
10:00am-12:30pm and 1:30pm-4:00pm



To find out more, book a place or make a referral
contact Dementia Friendly Keighley on:

dropin@dementiafriendlykeighley.org.uk

07452 773788

Dementia Friendly Keighley (DFK) offers a “free” appointments-based, friendly & professional service where a person living with dementia can be left in our care leaving their carer free to do important tasks such as attend an eye appointment, hair appointment or do some shopping to name but a few.

Being able to book an appointment means the carer can plan to do whatever they need to do during their time away.

During their visit a variety of stimulating & fun activities will be provided by our Drop in Co-ordinator & team of dedicated and experienced volunteers giving the carer peace of mind that their loved one is in safe hands. The 2½ hour session consists of 1 hour activity, ½ an hour refreshment break and 1 hour activity.

Typical activities may include:

- **Reminiscence & stimulating memory activities**
- **Quizzes, puzzles & communal jigsaws**
- **Arts & Crafts**
- **Gentle seated exercise**
- **Watching classic films on DVD or listening to relaxing music**
- **Tea, coffee & biscuits**

This service is free of charge (voluntary contributions welcome).



To find out more about Dementia Friendly Keighley and the other services and activities they provide contact:

info@dementiafriendlykeighley.org.uk

www.dementiafriendlykeighley.org.uk

07452 773788

Visit our office at:

29 Brunswick Arcade, The Airedale Shopping Centre, Keighley BD21 3QB

Registered Charity Number: 1171003