

Dementia Friendly Keighley's A little **R**espite & **R**eminiscence



For carers of people with dementia -
Let us spend some time with your loved
one for an hour or two whilst you do a
bit of shopping or enjoy a quiet coffee

Venue:
DFK Office
Airedale Shopping Centre
Keighley

Day/Time:
Every Thursday
10:00am-12:30pm
and 1:30pm-4:00pm



For bookings and further information:

info@dementiafriendlykeighley.org.uk

07452 773788

Dementia Friendly Keighley (DFK) offers a friendly and professional service free of charge so that carers of people with dementia can enjoy a well-deserved break.

A variety of stimulating and enjoyable activities will be provided so that people with dementia can enjoy social time with us and with each other whilst their main carer is away doing a little shopping or enjoying a quiet coffee nearby.

Sessions run for up to 2.5 hours and may include:

- **Reminiscence**
- **Simple quizzes, games & jigsaws**
- **Arts & crafts**
- **Singing & music**
- **Gentle seated exercise**
- **Classic films/comedy on DVD**

Refreshments are served on arrival and half way through

Carers must be contactable on a mobile phone and remain within 20 minutes of the DFK office

This is a free service but donations are 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

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Visit our office in:

The Airedale Shopping Centre, Keighley

Registered Charity Number: 1171003