

Events Calendar

December 2018

"My Time"

4th



10:00 – 15:00 The Carers Support Group
For anyone who supports another person with their daily life. Open sessions: chat, good company, advice, information and coffee & cake. All in a relaxed atmosphere. EVERY 1st TUESDAY of each month!
Fee: donations only

4th



13:30 – 15:00 The "Brain Ticking" Group
New and excellent opportunity to get together with others, enjoy different board games, crosswords and many other options for cognitive stimulation. Making new friendships and keeping the brain ticking! FORTNIGHTLY ON TUESDAYS!
Fee: £3.00 / session

& 18th

5th



13:30 – 15:00 The STEP AHEAD Group
Really friendly group for carers of people with memory problems. Always opened to anyone who wants to share their experience, build friendships and learn of each other. EVERY 1st WEDNESDAY of the month.

6st



11:00 – 12:00 Moving Gently Together
Excellent opportunity for anyone in the Third Youth to get together for this session of relaxation and movement whilst socialising and enjoying company of others. TAKING PLACE WEEKLY ON THURSDAY'S *Fee: £4.20*

13th, 20th

7th



10:00 – 12:00 The Remembering Tree Café
Session for people affected by memory loss and their carers. Offering: safe and engaging place, activities, conversations, sharing of experiences and enjoying tea, cake and company. FORTNIGHTLY ON FRIDAYS.
Fee: £7.50 (one fee for both participants)

&
21st

13th



14:00 – 16:00 The Knit and Knatter Club
For anyone who likes knitting, crocheting, sewing or embroidering, as well as spending quality time with others. EVERY 2nd THURSDAY of each month.
Fee: donations for tea and biscuits

1st



10:00 – 13:00 Weekend Friends Social Group
Excellent opportunity for people with learning disabilities to get together, enjoy creative activities, socialise as well as prepare and eat lunch together. EVERY 2nd SATURDAY.
Fee: £6.00 / session.

& 15th

Other news!



Tis the season!

THE CONNECT CAFÉ
Tricuro Blandford Connect

CHRISTMAS LUNCH
Come and join us for a delicious 2 course lunch with all the trimmings!

19th December
Only £8.00 pp
From 12:30 to 1:30pm

Booking is Essential!
Please call us to book your place!

Blandford Connect | Heddington Drive | Blandford Forum
Dorset | DT11 7TP | www.tricuro.co.uk | 01258 480762

GET IN TOUCH

Visit us: [Heddington Drive, Blandford, DT11 7TP](https://www.tricuro.co.uk)

Call us: **01258 480 762.**

Email: S.james@tricuro.co.uk

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**Tricuro Blandford
Connect**

Heddington Drive
Blandford Forum DT11 7TP



improving lives, building independence

**December
2018**