

| Site | Address | Date/Time | Contact Numbers | Email Address |
|--------------------------------|--|--|--|--|
| Dementia Lounge | Trinity Hospice | Every 2nd Tuesday 10.30am-12.30pm | 01253 952610 | trinity.practice.development@nhs.net |
| Forget me knot Dementia café | Marton United Reform church | Wednesdays 10am-12pm | | |
| Lyrics & Lunch | Christ church community centre Thornton | Mondays 12pm-2pm | 01253 272372 Rev Damian Platt | judithkirkham@hotmail.com |
| Lyrics & Lunch | St.Oswalds Church Preesall | Every 2nd & 4th Friday 11am-1pm | | |
| Glendower Hotel | Alzheimers society | Every 2nd Wednesday 10am-12pm | 01253 696854 | northlancashire@alzheimers.org.uk |
| Singing for the brain | Poulton Methodist church | Tuesdays 10.30am-12pm | 07892 753189 Deborah | deborah.roberts@alzheimers.org.uk |
| Singing for the brain | Poulton Methodist church | Thursdays 2.30pm-4pm | | |
| Drop in Memory centre | Emmanuel at the Mount | Every 3rd Thursday 10am-12pm | 07708 568 123 Maurice | |
| Dementia Drop in/Carers centre | Beaverbrooks House Newton Dive | Thursdays 1.30pm-3pm | 01253 393748 | |
| Dementia education for carers | | Wednesdays | Bookable call Helena | |
| Garstang memory café | | | | sandradperkins@sky.com |
| Sporting Memories (For All) | The Grange | Thursdays 10.30am-12pm | | |
| Sporting Memories (For All) | The Grange | Fridays 1pm-2.30pm | 01253 348691 Rachel | Info@bfcct.co.uk |
| Embrace Day centre | Embrace Lodge 303 Whitegate Dr | Tuesdays & Thursdays 9.30am-11.30am | 01253 543443 | |
| Just Good Friends (For All) | | | bev.sykes@hotmail.co.uk | janet.poskett@gmail.com |
| Garstang memory café | Free Methodist Church Windsor Rd | Every 1st Monday 2pm-4pm | 07768 062349 Sandra Perkins | sandradperkins@sky.com |
| Garstang memory café | Free Methodist Church Windsor Rd | Every 3rd Wednesday 10am-12pm | | |
| Homecomforts | Homecomforts care company | Care companions | 07985 372987 Ann and Nigel | info@homecomfortservice.co.uk |

