

MILFORD'S BEST KEPT SECRET

The Clockhouse Community Centre

Dementia Therapy Support Groups:

PAUSE FOR THOUGHT Monday 11.00am – 12.30pm. Open to people with any type of dementia diagnosis or with mild cognitive impairment, these sessions help maintain memory and mental functioning. Trained staff, supported by volunteers deliver the Maintenance Cognitive Stimulation Therapy (MCST) sessions in a fun and supportive environment. A fee applies.

BUTTERFLY MORNING Friday 10.30am -12.30pm. A safe, relaxing and dementia friendly environment. Attendees can be dropped off by family members or caregivers who can choose to have a few hours quality time elsewhere. We find out what activities people like (music, games) and include these in the sessions. Please come and try us out.

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Charity No: 1036450

The
Clockhouse
is also a
Warm Hub

