

FOR ADULTS WITH EARLY STAGE DEMENTIA AND THEIR CARERS

### **TUESDAY 10 MAY 2016**

10.30am - 12.30pm & 2.30pm - 4.30pm

#### **Arts Alive Wales**

The Old School Brecon Road, Crickhowell Powys NP8 1DG This free event is for adults living with a diagnosis of dementia, and the families and friends that support them. Numbers are limited so please contact by email or phone if you plan to join in, and we can discuss any support or mobility needs:

e: justine@artsalivewales.org.uk

t: **01873 811579** 











## ABOUT OUR ARTS AND DEMENTIA PROGRAMME

This group is for adults with an early stage dementia diagnosis and for those in a caring role, with the chance for everyone attending to enjoy and explore their own creativity in the relaxed, calm ambience of our Crickhowell studio.

NEW CLASSES

SUPPORTING PEOPLE LIVING WITH DEMENTIA

# **Art Workshops**

Starts:

Tuesday 24 May 2016 10.30<sup>am</sup> - 12.30<sup>pm</sup> Arts Alive Wales Studio

(Tuesdays 24, 31 May, 7, 14, 21, 5 July)

Workshops are **FREE** but numbers are limited so booking is essential.

### **Arts Alive Wales**

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Arts and Dementia research shows that creative activities have a major and positive impact on wellbeing, helping maintain motor and memory skills for those with cognitive impairment. Artist Tessa Waite will run the first six sessions with the support of volunteers.

