

# Memory Action Group

**We are a local charity, led by volunteers who are committed to supporting people and families living with dementia.**

Through activities, advice and awareness raising, we provide vital connections and support where it's needed most.

We run sessions every Wednesday and Friday afternoon at West Wakefield Methodist Church on Thornes Road.

We chat, have a cuppa, craft, play sports and musical bingo, amongst other things! We also run regular chair exercise sessions and sing-alongs.

We have fun!

**Together, we can create a more supportive and connected future for people living with dementia.**

To find out more, please contact Jan at [memoryactiongroup@gmail.com](mailto:memoryactiongroup@gmail.com) or call 07963 568892.

