

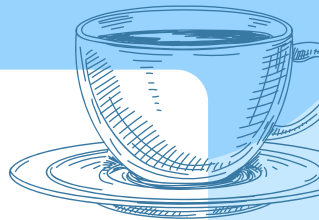
# THE TUESDAY CLUB

A new network of **memory cafes** in H&F running each week



The Tuesday Clubs are a place where people can find companionship in a relaxed environment away from the stresses of everyday life; the activity groups can improve wellbeing by:

- ✓ Providing interest and enjoyment
- ✓ Connecting with others
- ✓ Sharing experiences among peers
- ✓ Getting out into the community



**Nourish Hub** where communities come together to share food.

**NOURISH HUB**

Swanscombe House  
1 St Ann's Road  
London W11 4SS

(OPENS 4<sup>TH</sup> APRIL)

SUPPORTED BY

**DAA** Hammersmith & Fulham  
Dementia Action Alliance

FIRST  
TUESDAY OF  
THE MONTH  
11:00am -  
1:00pm

**Age UK Hammersmith & Fulham**  
Supported by **Visiting Angels**

105 Greyhound Road  
London W6 8NJ

(OPENS 11<sup>TH</sup> APRIL)

Hammersmith  
& Fulham  
**ageUK**

**Visiting Angels**  
QUALITY AT HOME CARE

SECOND  
TUESDAY OF  
THE MONTH  
11:00am -  
1:00pm

**Elgin Close Resource Centre**  
Supported by **Walfinch Home Care**

1-3 Elgin Close (off Goldhawk Road)  
London W12 9NH

(OPENS 18<sup>TH</sup> APRIL)

**Housing 21**

**Walfinch**  
INDEPENDENT HOME LIVING  
Hammersmith & Kensington

THIRD  
TUESDAY OF  
THE MONTH  
11:00am -  
1:00pm

**Alzheimer's Society Day Centre**

49 Queen Caroline Street  
(behind the Apollo Theatre)  
London W6 9QH

(OPENS 29<sup>TH</sup> APRIL)

**Alzheimer's Society**  
United Against Dementia

**PLEASE NOTE:**  
This event is held  
on a Saturday

LAST  
SATURDAY  
OF THE MONTH  
2:00pm -  
4:00pm

Look for a location near you! To sign up or ask questions, please call Peggy on 07775 784 520 or email [peggy@hfdaa.org](mailto:peggy@hfdaa.org)

