



DAA
Hammersmith & Fulham
Dementia Action Alliance



Housing 21

NHS

h&f
hammersmith & fulham



Local wellbeing activities for improving health

Join our fully inclusive and dementia friendly walking group and singing sessions, every Thursday from 11am

Singing Group

Starts Thursday 18th January
Ravenscourt Park Glasshouses,
London, W6 OUL
11am – 12.30pm

Walking Group

Starts Thursday 25th January
Meet at Loftus Road Stadium, W12 7PJ
11am – 12.30pm
Ends with a social session and refreshments at
Elgin Close Resource Centre, Goldhawk Road

Activities will alternate each week. Please be sure to wear appropriate clothing and to bring drinking water. Walkers go at their own pace.

Part of the Active Minds wellbeing programme for 18+

To register your interest please contact Sinead Friel
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