

REGULAR ACTIVITIES IN THE AREA



White Rose Dementia Support

White Rose Resource Centre, New Tredegar

Every Monday: 10 am - noon

FREE - teas and coffees provided

Croeso Cafe (Dementia Friendly)

St Gwladys Church Hall, Bargoed CF81 8RP

Every Thursday: 10 am - 11.30am

£1 per person - includes unlimited hot drinks and a slice of toast

Memory Issues Carers Group

ONLINE - via Zoom

Every third Friday of the month: 2 pm - 3.30 pm

Contact carers@caerphilly.gov.uk for link

DEMENTIA FRIENDS INFORMATION SESSIONS

General Public (all welcome) - FREE!

St Gwladys Church Hall, Bargoed CF81 8RP

Thursday 14th October: 12 noon - 2 pm [BOOK by clicking here](#)

General Public (all welcome) - FREE!

ONLINE - via Zoom

Friday 15th October: 10 am - 12 noon [BOOK by clicking here](#)

Young People's session - FREE!

ONLINE - via Teams

Wednesday 20th October: 6 pm - 7 pm

Contact kabzal@caerphilly.gov.uk for link