



Forget Me Knot Café - Chinnor Village Centre

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Our Monday morning Café is to provide information, peer support and fun activities which are aimed to help with co-ordination, brain stimulation, and general health and wellbeing, for people suffering with dementia, mental health issues, old age or isolation. All welcome - come along with your carer, we would love to meet you.

We meet twice monthly 10.30-12.30pm at Chinnor Village Centre. You will be welcomed with a cup of tea and biscuit. We start with fun seated exercises, followed by our visiting expert. At the end of the session, we play parachute games , juggling, throwing balls, flat football, floor netball, finishing the session with a poem, lyrical or a reading.

Programme of events Sept – December 2015

7 Sept— Music therapist – Ellie Ruddock

21 September – Chinnor Crumblies - Songs from the Shows

5 October – Music for Health – Dororthy Howlett

19 October – Singing for Health and Wellbeing – Julia Hollander

2 November— Singing/Drumming for Health with Jan Stansfeld

16 November- Music therapist – Ellie Ruddock -

30 November – Tea Dance – sing along and dance if you feel like it Mick Sayers

14 December – Christmas Carols – sing along with mince pies and mulled wine

For further information please contact us 01844 353733 chinnorvc@hotmail.co.uk or

Michele on 01844 353154/07779732097 info@holisticmassageuk.co.uk to find out more, we would love to hear from you

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