



BARGOED

Working to become
**Dementia
Friendly**

Dementia Action Week

FREE ACTIVITIES — OPEN TO ALL

Monday 17 May <i>10 am - 11 am</i>	PRE-WALK 'PICK THE PARK' SESSION <i>with Keep Wales Tidy</i>	Bargoed Park <i>Meet by main gates</i>
Tuesday 18 May <i>10 am - 11 am</i>	BECOME A DEMENTIA FRIEND: Dementia Friends Session	Online - Zoom <u>Click for link</u>
Wednesday 19 May <i>10 am - noon</i>	DEMENTIA AWARENESS WALK	Bargoed Park <i>Meet by main gates</i>
Thursday 20 May <i>11 am - noon</i>	DEMENTIA COFFEE MORNING <i>Dementia Awareness and Reminiscence</i>	Online - Zoom <u>Click for link</u>
Friday 21 May <i>2 pm - 3 pm</i>	MEMORY ISSUES CARERS GROUP SESSION	Online - Zoom <u>Click for link</u>
Saturday 22 May <i>10 am - 11 am</i>	BECOME A DEMENTIA FRIEND: Dementia Friends Session	Online - Zoom <u>Click for link</u>

OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE: FULL DETAILS AT

www.iwngwent.wales/dementiafriendlybargoed