

Happy New Year!



Hope you've had a great Christmas and
we look forward to seeing you in 2024

Welcome to your new-look newsletter!

After a year of trialling digital-only newsletters, you told us how much you missed having something to put on your fridge or noticeboard, so we're bringing back the paper version and we've included separate calendars for The DAC and Wellbeing Centre.

Tell us what you think!



Minibus transport

Just a polite reminder that, from January, the cost of transport on Silverline Memories' minibus is



per person per day

(regardless of the number of trips taken)

Transport enquiries and bookings can be made via The DAC

Introducing our new Wellbeing Centre!

The new Centre is just 2-shops along from the DAC and, from January, will host:

Dementia Carers Support Group

1-3pm on Mondays *and* 11am-1pm on Wednesdays

Ask Jacqui Dementia Advice & Information Drop-in






1-3pm on Tuesdays *and* Thursdays

(appointments are also available outside of those times)





We apologise in advance for any noise whilst work is carried out on the Wellbeing Centre. It won't take long, and will enable us to open our new

Sanctuary Room to anyone needing a quiet space to talk/relax.

CALENDAR: January 2024 at The DAC, 177b Kirkwood Drive

Mondays 	Tuesdays 	Wednesdays 	Thursdays 	Fridays 
1 st CLOSED	2 nd CLOSED	3 rd CLOSED	4 th CLOSED	5 th CLOSED
8 th 1-3pm Silverline Sings £5	9 th 1-3pm Dementia Choir £5	10 th 1-3pm Young Onset Group £5	11 th 12-3pm Picnic, Knit & Natter £5	12 th 1-3pm Feel Good Fridays £5
15 th 1-3pm Speaker: John Cragie, Guide Dogs £5	16 th 1-3pm Dementia Choir £5	17 th 1-3pm Young Onset Group £5	18 th 12-3pm Picnic, Knit & Natter £5	19 th 1-3pm Feel Good Fridays £5
22 nd 1-3pm Dementia Café £5	23 rd 1-3pm Dementia Choir £5	24 th 1-3pm Young Onset Group £5	25 th 12-3pm Picnic, Knit & Natter £5	26 th 1-3pm Feel Good Fridays £5
29 th 1-3pm Dementia Café £5	30 th 1-3pm Dementia Choir £5	31 st 1-3pm Young Onset Group £5	<h1>Happy New Year!</h1>	

CALENDAR: January 2024 at The WELLBEING CENTRE 175 Kirkwood Drive

Mondays 	Tuesdays 	Wednesdays 	Thursdays 	Fridays
1 st CLOSED	2 nd CLOSED	3 rd CLOSED	4 th CLOSED	5 th CLOSED
8 th 1-3pm Dementia Carers Support Group	9 th 1-3pm Ask Jacqui – Dementia advice and info	10 th 11am-1pm Dementia Carers Support Group	11 th 1-3pm Ask Jacqui – Dementia advice and info	12 th
15 th 1-3pm Dementia Carers Support Group	16 th 1-3pm Ask Jacqui – Dementia advice and info	17 th 11am-1pm Dementia Carers Support Group	18 th 1-3pm Ask Jacqui – Dementia advice and info	19 th
22 nd 1-3pm Dementia Carers Support Group	23 rd 1-3pm Ask Jacqui – Dementia advice and info	24 th 11am-1pm Dementia Carers Support Group	25 th 1-3pm Ask Jacqui – Dementia advice and info	26 th
29 th 1-3pm Dementia Carers Support Group	30 th 1-3pm Ask Jacqui – Dementia advice and info	31 st 11am-1pm Dementia Carers Support Group	<h1>Looking forward to seeing you in 2024!</h1>	