



Charity Shop, Dementia Activity Centre and Wellbeing Centre  
Office: 175 Kirkwood Drive, Kenton Retail, NE3 3BE **Tel:** 0191 603 0095  
**Email:** hello@silverlinememories.com **Website:** www.silverlinememories.com

**Newsletter – March 2024**

## Silverline Memories' Dementia Carer's Support Group



**Calling all  
Carers!**

Meets at our Wellbeing Centre,  
175 Kirkwood Drive, on  
Mondays 1-3pm and  
Wednesdays 11am-1pm  
*Meet together over a cuppa in a warm  
and welcoming environment.*

Need information or advice about Dementia ?  
Got a question about Dementia ?

Pop into our Wellbeing Centre  
**Ask Jacqui Drop-in sessions**

10am-12noon on Tuesdays and Thursdays

**No appointment necessary, just pop-in!**

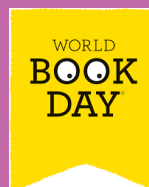
You are warmly invited to join us for...

## Silverline Memories 10<sup>th</sup> Anniversary Ball!

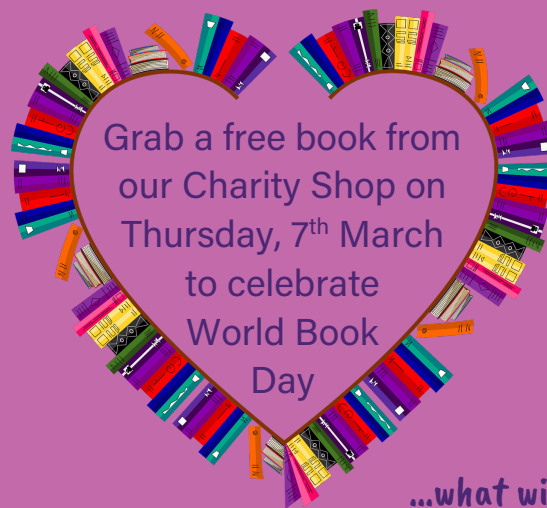
**Saturday, 11<sup>th</sup> May, from 6.30pm**  
**Grand Hotel, Gosforth Park, NE3 5HN**

Tickets available via our website: [www.silverlinememories.com](http://www.silverlinememories.com)

**Book early to avoid disappointment!**








Grab a free book from  
our Charity Shop on  
Thursday, 7<sup>th</sup> March  
to celebrate  
World Book  
Day








*...what will you choose?*

For further details, contact us: **Tel:** 0191 603 0095 **Email:** hello@silverlinememories.com **Web:** www.silverlinememories.com or follow us on Facebook

## CALENDAR: March 2024 at The DAC, 177b Kirkwood Drive

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays 
				1-3pm Feel Good Friday £5 1 <sup>st</sup> Fruit fest – try some fruit you’ve never tried before!
4 <sup>th</sup> 1-3pm Silverline Sings £5	5 <sup>th</sup> 1-3pm Dementia Choir £5 “Mamma Mia the Dementia Way”	6 <sup>th</sup> 1-3pm Young Onset Peer Support Group £5	7 <sup>th</sup> 12-3pm Picnic, Knit & Natter – World Book Day – free books in our shop! £5	8 <sup>th</sup> 1-3pm Feel Good Friday £5 International Women’s Day
11 <sup>th</sup> 1-3pm Dementia Cafe Mother’s Day £5	12 <sup>th</sup> 1-3pm Dementia Choir £5	13 <sup>th</sup> 1-3pm Young Onset Peer Support Group - walk in Jesmond Dene £5	14 <sup>th</sup> 12-3pm Picnic, Knit & Natter £5	15 <sup>th</sup> 1-3pm Feel Good Friday £5 Red Nose Day – do something funny for money!
18 <sup>th</sup> 1-3pm Dementia Café Memory Lane – Sweeties! £5	19 <sup>th</sup> 1-3pm Dementia Choir £5	20 <sup>th</sup> 1-3pm Young Onset Peer Support Group £5	21 <sup>st</sup> 12-3pm Picnic, Knit & Natter £5	22 <sup>nd</sup> 1-3pm Feel Good Friday £5
25 <sup>th</sup> 1-3pm Dementia Café Funny Fitness Hour £5	26 <sup>th</sup> 1-3pm Dementia Choir £5	27 <sup>th</sup> 1-3pm Young Onset Peer Support Group £5	28 <sup>th</sup> 12-3pm Picnic, Knit & Natter £5	29 <sup>th</sup> 1-3pm Feel Good Friday £5

## CALENDAR: March 2024 at The WELLBEING CENTRE 175 Kirkwood Drive

Mondays 	Tuesdays 	Wednesdays 	Thursdays 	<p>And finally...</p>  <p>Don't forget that clocks go forward by 1-hour on 31st March!</p>
4 <sup>th</sup> 1-3pm Dementia Carers Support Group	5 <sup>th</sup> 10am-12noon Ask Jacqui – Dementia advice and info	6 <sup>th</sup> 11am-1pm Dementia Carers Support Group	7 <sup>th</sup> 10am-12noon Ask Jacqui – Dementia advice and info	
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