

Whats on at D-Café

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**D-CAFE EVERY MONDAY AND FRIDAY 10AM - 1PM AND
ALTERNATE SATURDAYS**

**BRAIN GYM 9.45AM - 12.45PM + 1.15PM - 4.15PM THURSDAYS
STARTING 14TH NOVEMBER**

Friday 1st November - Ear Clinic with Kay 11am - 1pm

Wednesday 6th November - Worthing Town Cryers Alzheimer's Society Dementia Voice Group 2pm - 3.30pm

Thursday 7th November - Age UK Benefits Clinic. 10am - 2pm Please book

Monday 18th November - Adur & Worthing Wellbeing Clinic 10am - 1pm Please Book

Monday 18th November- Living Grief Support Group 1.30pm - 3pm Drop In

Wednesday 20th November - New Ones On the Block Alzheimer's Society Young Onset Group 11am - 12.30pm Please Book

Thursday 21st November - Dementia Liaison Nurse Clinic 10am - 2pm Please Book

Wednesday 27th November - Carers Support Face to Face Clinic 9.30am - 2pm Please Book

Wednesday 27th November - Carers Support drop in clinic 1pm - 4pm. Drop In

Thursday 28th November - Finance Clinic with Stanford Legal 1pm - 3pm Please Book