



# **Dementia Action**

We'll be taking part in Dementia Action Week from Monday 13 May to Sunday 19 May.

Throughout the week, from 11am – 1pm in The Bistro, there will be a selection of stalls available, providing access to support and advice available to people living with dementia. We will also be offering the opportunity to try our popular Experience Days service, and

experience community life in Belong Newcastle-under-Lyme, with a free 'taster' session during the week. The service typically runs from 10am-4pm, Monday to Friday, and costs £86.50 per day which includes lunch in The Bistro, access to the gym, and refreshments and snacks throughout your stay. To claim your free session, and to find out more, call the village on 01782 986300.

# Virtual marathon

Get your running shoes on and join us for a virtual marathon on Sunday 21 April throughout the day.

Join us in The Bistro, from 9am onwards, to take part in our 26.2 mile walk or jog at our virtual London marathon on the treadmill. We'll be logging everyone's step to see of we can walk/jog the marathon between us.



You're also welcome to join our walking club members who will be taking part in the village garden. All participants will receive a handmade ceramic medal in recognition of their achievement and refreshments will be provided. Please contact the village on 01782 986300 if you'd like to take part.



# B's memory café

B's Café, in Belong Newcastle-under-Lyme, offers a warm and welcoming space where families, friends and carers can come together with their loved ones over a lovely cup of tea or coffee and cake!

The next memory cafés will take place on Thursday 11 April and Thursday 9 May, from 2pm – 4pm in The Venue. Sessions are hosted

by Belong Admiral Nurse, Caroline Clifton, and the village experience team who provide guests the opportunity to enjoy a range of experiences while accessing support and forming new friendships. Sessions are free to attend and are open to everyone, including non-residents, so please contact the village on 01782 986300 for further details and to book.

## Dementia Action Week Schedule from 11am - 1pm

#### Monday 13 May

How's that taste? Speak with our bistro and catering team about alternative diets.

#### **Tuesday 14 May**

Now, relax – Indulge in our sensory experience.

#### Wednesday 15 May

Get fit - Jane Coburn from the gym will be on-hand to answer exercise related questions.

## Thursday 16 May

**Get interactive** – Experience the magic of our interactive magic table for dementia.

### Friday 17 May

**Take a tour** – Members of our management team will be on hand to offer a guided tour of our facilities.



## **World Art Day**

Take part in our arts quiz on World Art Day, Monday 15 April. Join us in The Venue from 11am, and enjoy a range of craft sessions taking place throughout the day. Costs vary so contact us on 01782 986300 for more information and to book.

# Dementia Action Week

Join in with activities throughout the week



Virtual marathon Get active and join in the fun





We welcome members of the whole community

# Weekly activities...



√ Monday

9:30am Breakfast club (Bistro)\* | | lam Chair-based exercise (Venue)\* 2pm Musical Mondays (Venue)

Tuesday

9:30am Breakfast club (Bistro)\* Ham Arts and crafts (Creative Studio) £2.50 2pm Pub games (Old Pomona Inn) £2 7pm Church service (Venue – First Tuesday of the month only)

Wednesday

9:30am Breakfast club (Bistro)\* I lam Chair-based exercise (Venue)\* 2pm Cooking through time (Samuel Bell's) £4

Thursday

9:30am Breakfast club (Bistro)\* Ham Book club (Reminiscence Lounge) £5 per month 2pm Knit and natter (Reminiscence lounge) £2 6pm Art class (Venue - second & third Thursday of the month) £7

√ Friday

9:30am Breakfast club (Bistro)\* I lam Chair-based exercise (Venue)\* 2pm Film club (Venue) £2

√ Saturday

6pm Prize bingo (Old Pomona Inn – 3rd Saturday of the month) £5

Sunday

12noon Sunday lunch (Bistro)\*

\*Charges apply. Please note, activities are subject to change, so please contact the village before attending.



# St George's Day

Join us in The Venue at 2pm on Tuesday 23 April to celebrate St George's Day in style as we welcome back to the village Nicole for another entertaining live show. Cost £3; booking required at reception.



## Film club

A must for all history lovers, join us for a screening of the history of the Titanic, along with a look into the life of



Edward John Smith, a potter's son who rose from the backstreets of Hanley, Stoke-on-Trent, to become a premier sea captain of his day. Showing on Friday 12 April at 2pm in The Venue. Entry £2, which includes refreshments; booking required.



## Moorland memories

Join us on Friday 18 May at 2pm in The Venue, as we take a nostalgic look back at the areas of Leek and the Moorlands, featuring

Cheddleton, Endon and Rudyard Lake, from 1925 to 1988. Entry £2pp, which includes refreshments; booking required.

Celebrate VE Day with us on Wednesday 8 May. Join in with chair-based exercises in the morning from 11am in The Venue.



Then in the afternoon, get your ration books at the ready for some wartime-themed baking in Samuel Bell's Tea Room from 2pm. Cost £4pp; booking essential.



## Murder mystery

Embrace your inner Sherlock Holmes and join us for a murder mystery evening on Tuesday 28 May in The Reminiscence Lounge at 6pm. Find the clues and try to

solve some of the famous detective's cases. Maximum of four players per team. Cost £2pp, which includes refreshments; booking essential.

Our events programme is inspired by the interests of our community. If there is anything you would like to see added, please share your ideas with our Experience Coordinator, Emma Palin, or email: emma.palin@belong.org.uk





For more updates of special offers and events like/follow us on Facebook and X.