

# What's On

Your bi-monthly guide to what's on at **Belong Chester**

May / June 2024

## Experience Days

Try a free day care 'taster' session



## VE Day

Wartime-themed baking afternoon



## B's memory café

B's Café, in Chester, 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 Wednesday 22 May and Wednesday 26 June, from 2pm - 4pm in The Venue, and will provide guests the opportunity to enjoy a range of experiences

while accessing support and forming new friendships. Also on-hand will be Belong Admiral Nurse, Caroline Clifton. As mental health nurses specialising in dementia, Admiral Nurses provide individualised support for those medically diagnosed with any form of dementia. Sessions are free to attend and are open to everyone, including non-residents, so please contact the village on 01244 445500 for further details and to book.

## Church Service



We congregate monthly for our village church services in The Venue. We welcome our community to join us on the following dates, Wednesday 15 May at 2pm and Thursday 20 June at 2pm. The Bistro is open for lunch so why not stay and enjoy a lovely meal after the service?

## Dementia Action Week

In celebration of Dementia Action Week, we will welcome Mark Whitby for a musical morning on Thursday 16 May from 11:30am in The Venue.

Join us for a morning of uplifting music where we encourage singing, dancing and reminiscence. Music is magical, it can help reduce anxiety, support self-expression, improve cognitive function and much more! Entry is free so please call reception to book 01244 445500.



## Ji Siu Tai Chi Chuan

Join us on Friday 10 May and Friday 14 June at 3pm in The Venue, when we will welcome Maria Yuen, instructor and founder of Chester's Ji Siu Tai Chi Chuan.

We are excited to be bringing Tai Chi to Belong Chester, courtesy of Maria Yuen, who boasts 30 years of Tai Chi experience and will lead us in a practice that involves a series of slow gentle movements and physical

postures, a meditative state of mind, and controlled breathing. With many benefits to balance, cognitive function and physical strength, this is a great opportunity to try Tai Chi for yourself. Cost £3; booking is essential; please call reception 01244 445500.

## Wedding bells

As a village, we would like to wish the Duke of Westminster and his soon-to-be wife Olivia the happiest of days as they prepare for their June wedding in Chester Cathedral!

Join us on Friday 7 June from 2:30pm for an afternoon of reminiscence with a taste testing session. Please bring your wedding albums to share your fairytale story. Cost £2; please book at reception.



## B's memory café

Free monthly support group



## Tai Chi classes

A great opportunity to try Tai Chi for yourself



# BELONG

CHESTER

*We welcome members of the whole community*

## Experience Days



Try our popular Experience Days service, with a free 'taster' session. Belong's specialist day care service offers meaningful occupation and the chance to get involved in our community. Available

from 10am – 4pm, Monday to Friday; cost £86.50 per day, which includes refreshments throughout your stay and lunch in The Bistro. Call Experience Co-ordinator, Charlotte Parton, on 01244 445500 to find out more.

## Care in your own home

Belong's high-standard of care – right in your own home. Belong at Home is an affordable, high-quality home care service which provides personal care, support and companionship, to enable you to continue living in your own home and community. The same friendly faces visit every time and go the extra mile to ensure we put our customers at the heart of all that we do. To find out more and arrange a free assessment, please contact team leader Heather Mills, on 01244 445500 or email: [homecare@belong.org.uk](mailto:homecare@belong.org.uk).



## We're hiring



As we continue to expand our award-winning home care service in Chester and surrounding areas, we're looking for caring people to join our inspirational teams working out in the local community. We

offer a range of fantastic colleague benefits, including flexible working hours. Sound like something you'd like to be a part of? Contact Heather Mills on 01244 445500 or visit us online at: [www.belong.org.uk/careers/](http://www.belong.org.uk/careers/) to find out more.

## VE Day delights

Join us Wednesday 8 May at 2:30pm for a 1940s afternoon, filled with traditional wartime-themed baking! We are also encouraging people to bring their favourite recipes from any era to share with the group! Cost £2; please call reception to book.



## The Salon



The Salon, our stylish hair and beauty room, is open to members of the public and offers a range of hair and beauty treatments for ladies, gents and children. We also sell gift vouchers, a perfect gift

for a birthday or special occasion. Contact the village on 01244 445500 to book an appointment or request your vouchers.

## Poetry Club

Join us for our poetry club in The Venue on Monday 20 May from 11am for a morning of poetic readings all about nature. Also, on Monday 17 June at 11am we will enjoy poetry readings about Midsummer. Members are encouraged to bring along their favourite poems or creations to share with the group! Free entry; please call reception to book.



**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, Charlotte Parton, or email: [charlotte.parton@belong.org.uk](mailto:charlotte.parton@belong.org.uk)**



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