Active8

Are you aged under 70 and living with dementia?

Are you reasonably active and would you like the opportunity to get out and about, meet people and take part in a variety of physical and/or social activities?

Active8 is a small, friendly activity group for younger people (under 70) in North Somerset who are living with dementia. The group is led by two dementia support workers, plus volunteers and offers the opportunity to take part in a varied programme of activities to help you remain physically and socially active. You may attend Active8 on your own or with a carer.

The programme of activities is chosen by the group. Past activities have included walks, 10-pin bowling, crazy golf, tennis, skittles, treasure trails and visits to local museums and attractions but we welcome suggestions for future activities the group might like to try.

Active8 meets every other Wednesday from 11am to 2pm.

For more information about the Active8 activity group or details of forthcoming dates and activities, please contact Liz McLaren or Helen Harvey-Foster at Alzheimer’s Society, North Somerset.

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