



## **Tuesdays at The Bridge**

**Christchurch Avenue, Harrow, HA3 5BD**

**10:00 am to 12:00 midday**

# Harrow Dementia Hub

Harrow Dementia Hub offers a weekly drop-in and opportunity to meet others living with dementia in Harrow for a cup of tea or coffee, a chat and fun and varied activities in a relaxed environment.

The hub is a 'dementia friendly' meeting place where carers, family and friends are also welcome.

The hub is based at the Bridge, located next to Harrow Leisure Centre. Sessions are held in the Activity Room and the Library.



The Bridge

# Tuesdays 10:00 am to 12 midday

Harrow Dementia Hub activities include:

- Information and advice sessions
- Expert guest speakers
- Support and training
- Refreshments
- Wellbeing and therapeutic activities e.g. cognitive stimulation, movement & exercise sessions, music, reminiscence, quizzes, poetry readings and more
- An opportunity to share experiences
- Social opportunities
- A garden space



The Activity Room



The Library

## How to find us:

The Bridge  
Christchurch Ave, Harrow, HA3 5BD

## By Car:

Free parking on site for 3 hours in the leisure centre car park  
(Please remember to enter your car registration number at the ticket machine and print a ticket to display & check local signage for updates)

## By Bus:

H10 and H9 to Harrow Leisure Centre

## By Train:

Harrow & Wealdstone (several minutes walk)

## Contact:

Tel: 0208 736 6600

Email: [DementiaHub@Harrow.gov.uk](mailto:DementiaHub@Harrow.gov.uk)

