

# Middlesbrough Dementia Adviser Service



## Support Group

Fourth Wednesday of the month from 1pm to 3pm  
St Aidan's Centre, St Aidan's Drive, Middlesbrough,  
TS1 5TS

Support group gives you the opportunity to socialise and enjoy a range of activities designed to be fun and mentally stimulating. Our support group is free to attend and no prior booking is necessary.