



Sleights Community Hub TIMETABLE



Lavan Dementia Care Services Friends of LDCS

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
LDCS Dementia Care Day Service *Booking required 10:00 – 18:00	LDCS Dementia Care Day Service *Booking required 10:00 – 18:00	Redcar and Cleveland Dementia Steering Group and Network (Professionals Only) First Wednesday of each month. 09:00 – 11:00	LDCS* 10:00 – 18:00	LDCS* 10:00 – 18:00	Recovery Connections Soup and Support Free soup and a roll Free tea / coffee A range of support services 12:00 – 14:30	LDCS Dementia Care Day Service *Booking required 10:00 – 16:00	The Weekenders <i>Friends of LDCS</i> Carers & Dementia Sunday Social Two course lunch Served at 12:30 prompt Free drinks Live entertainment Activities Quiz Advice / Information Fortnightly *Booking required £15 11:00 – 16:00
			Independent Specialist Dementia Nurse Clinic Appointment only *Booking required 11:00 – 17:00	Guisborough Spiritualist Group £5 - £10 Fortnightly 18:45 – 21:00	Recovery Connections SMART Meeting Addiction Support 14:30 – 16:30		
			The Pubtastics <i>Friends of LDCS</i> Carer and Dementia Tea at the Pub Group First Wednesday of each month- see separate timetable *Booking required 17:00 – 19:00	North East Prostrate Cancer Support For anyone living with or affected by prostate cancer or related issues Monthly 18:15 – 20:15	Narcotics Anonymous Addiction support 19:00 – 21:00		
Private Hire Available							*Booking required

Telephone: 01287 773322 / 01287 773323 | **Email:** info@lavandementiacareservices.co.uk

Address: Sleights Community Hub, Sleights Court, Guisborough, TS14 6TE