

# Dementia coffee morning for carers and loved ones



Starting on **Thursday, 1st February 2024,**  
**10am - 12noon, at Skipton Library**

This new monthly coffee morning will be held on the first Thursday of the month upstairs at Skipton Library (no lift available unfortunately).

This is a chance for carers to meet and chat with other carers in a similar situation of caring for a loved one with dementia. Activities such as dementia jigsaws, memory books, scrapbooks and photos will be available for your loved ones, supported by a member of Carers' Resource staff whilst you enjoy a coffee and cake.

For more information, please call  
Miranda Warren on **07522 237483** or  
email [mwarren@carersresource.org](mailto:mwarren@carersresource.org)

