

Cecelia's Café - Islington

Dementia Health, Wellbeing & Connection

Join us at Cecelia's Café, a welcoming space for carers and people living with Dementia, where you can enjoy fun, friendly activities designed to support your health and confidence.

✨ Upcoming Events

Wednesday 7 January – Quizzes and Chair-Based Exercise

- Gentle Exercise

Wednesday 21 January – SingFit Prime, Blume Health

- Listening and singing to music to therapeutic music to improve cognitive impairment skilled music

Wednesday 4 February – Quizzes and Art

Wednesday 18 February – Royal Chelsea Pensioners Visit

- Talk by Royal Chelsea Pensioners & Reminisce

Wednesday 4 March – Quizzes and Chair-Based Exercise

- Gentle Exercise

Wednesday 18 March – Spring Activity

- Quizzes & Craft Work

- ⌚ Time: 1:30pm – 4:00pm

- 📍 Location: Harry Rice Hall, 2 – 74 Hargrave Park Road, Archway, London, N19 5JN. Map and directions are on the back of the flyer!

- 🍷 Refreshments available
- 😊 Friendly faces guaranteed

- If you would like more information or to book a place, please contact: –
- Alzheimer's Society Islington on 07484 089543 (9am – 5pm Monday to Friday)
- Email islington@alzheimers.org.uk

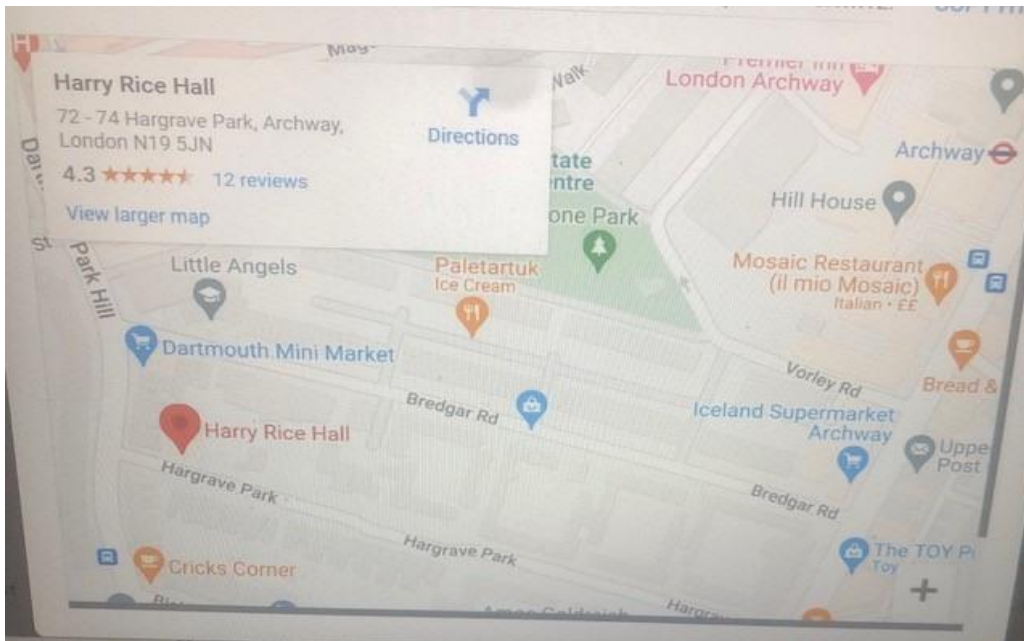


Alzheimer's
Society

Together we are help & hope
for everyone living with dementia

Harry Rice Hall

72 - 74 Hargrave Park Road, Archway, London, N19 5JW



Buses

Bus stops are a 10-minute walk away (Junction Road or Holloway Road)

Bus services are from. Brent Cross, North Finchley, Tottenham Court Road, Kensington, London Bridge, Waterloo, Tottenham Hale and Lambeth.

Routes: 390, 134, 143, W5, C11, 41 stop on or near Junction Road

Routes: 263, 271, 43, 17 stop on Holloway Road

Routes: 4 runs along Dartmouth Road

Underground

Nearest Underground Station is Archway which is a 10-minute walk away and is served by the Northern Line. Upper Holloway station is also a 10-minute walk away.

Parking

There are meters on Hargrave Park Road

London Taxicard

The 'Taxicard' scheme offers subsidised taxi fares for people with mobility or sight impairment, who live in the London boroughs (www.taxicard.org.uk or call 0207 934 9791) for an application form.