

## Dementia Supportive Activities

Updated 14/07/23

NAME	Venue	DAY	TIME	FREQUENCY	CONTACT DETAILS
Coffee Morning	Augustus Place Community Hall, Tenby	Mon	11 - 12	Weekly	07849 086009
Golf Sessions	South Pems Golf Club, Pembroke Dock	Mon	12pm - 2pm	Weekly	07849 086009
Cradle Choir	Torch Theatre, Milford Haven	Mon	10.30 - 11.30am	Weekly	07891 765696
Seated exercise	Newport Hall	Mon	2 - 3pm	Weekly	01239 820889
Steps to Health	Hubberston and Hakin Community Centre	Mon	10.15 – 11.15am	Weekly	07815 766892
Sing along Goldies Cymru	Newcastle Emlyn	Mon	11.00 – 12.00pm	Last Mon of the month	01761 470006
Sing along Goldies Cymru	Bro Preseli, Crymych	Tues	2 – 3pm	2 <sup>nd</sup> Tuesday of the month	01761 47006
Carers Fitness Class	Strength Academy Pembrokeshire Sports Village Haverfordwest	Tues	10.30 - 11.30am	Weekly	01437 957949
Goldies Cymru	Online	Tues	11am - 12pm	Weekly	07860 944410
Cake and clonc	Bro Teifi Cardigan	Tues	2 - 4pm	1 <sup>st</sup> Tuesday of the month	
Camomile Carers group	Llanrhian, St David's	Tues	2 - 4pm	2nd Weds of the month	01348 831434
History Group	Pembroke Dock Heritage Centre	Tues	2 – 4pm	Fortnightly	01646 684220
Choirs for Good	Haverhub, Haverfordwest	Tues	7 – 8pm	Weekly	07849 086009
Get Together	Old Chapel Community Cafe. Lower Frog St. Tenby	Tues	11am – 1pm	1 <sup>st</sup> Tuesday of the month	07595 192933
Tea & Chat	Castlemartin Community Centre	Tues	2 – 4pm	Weekly	01646 689972
Gardening group	Stackpole Gardens	Tues	11am – 2pm	Weekly	07849 086009
Young Onset group	Uzmaston Hall, Haverfordwest	Weds	10am – 3pm	Weekly	07849 086009

## Dementia Supportive Activities

Updated 14/07/23

NAME	Venue	DAY	TIME	FREQUENCY	CONTACT DETAILS
Fitness class	Strength Academy Pembrokeshire Sports Village Haverfordwest	Weds	10.30 - 11.30am	Weekly	01437 957949
Knit and Natter	Neyland	Weds	2 - 4pm	Weekly	07785 585331
Tenby Memory Cafe	The Giltar Hotel, Tenby	Weds	2 – 4pm	4 <sup>th</sup> Weds of the month	07849 086009
St David's Diners	Various venues St David's area	Weds	12.30 – 2.30pm	1 <sup>st</sup> Weds of the month	07849 086009
Tea- Dewi social group	St David's, Rugby Club	Weds	2 – 4 pm	3 <sup>rd</sup> Weds of the month	07849 086009
Singing for the Brain	Online	Weds	2 – 3pm	Weekly	07849 086009
Tenby Diners	Various locations in the Tenby area	Weds	12pm – 2pm	2 <sup>nd</sup> Weds of the month	07849 086009
Games morning	Regency Hall, Saundersfoot	Weds	10.30am – 12pm	1 <sup>st</sup> Weds of the month	07849 086009
Walk and Talk	Saundersfoot	Weds	11am – 12pm	3 <sup>rd</sup> Weds of the month	07849 086009
Social group	Llanrhian Hall	Weds	4 -6pm	Weekly	01348 831434
Arts 4 Wellbeing	Llechryd Hall	Weds	10.30am – 1.30pm	Weekly	07849 689972
Connector Tea Party	Taste of Haven, Milford Haven	Weds	2.30 -3.45pm	Fortnightly	07568 227811
Stepaside Wellbeing Walk	Stepaside	Weds	11.30am – 1.30pm	1 <sup>st</sup> Wednesday of the month	07595 192933
Gardening group	Stackpole Gardens	Weds	11am – 2pm	Weekly	07849 086009
Carers Fitness Class	Strength Academy Pembrokeshire Sports Village Haverfordwest	Thurs	10.30 - 11.30am	Weekly	01437 957949
Goldies Cymru	Online	Thurs	11am - 12pm	Weekly	07860 944410
Movies and Memories	Torch Theatre	Thurs	2pm	Monthly	01646 694192
Walk and Talk	Various locations	Thurs	1.30 -3.30pm	Weekly	07849 086009
Carers Catch up	Online	Thurs	10.30 - 11.30am	1st Thurs of the month	07595 192937
Cofion Cynnes	Newport Hall	Thurs	3 - 4.30pm	Once a month	01239 820889

## Dementia Supportive Activities

Updated 14/07/23

NAME	Venue	DAY	TIME	FREQUENCY	CONTACT DETAILS
Carers walk	Goodwick	Thurs	2 - 3.30pm	Last Thurs of the month	07595 192937
The Living Memory group	Narberth Rugby Club	Thurs	1.30 – 3pm	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month	01834 831219
Sing along Goldies Cymru	Maes Mwldan, Cardigan	Thurs	2 – 3pm	Last Thursday of the month	01761 470006
Boccia	Hubberston and Hakin Community Centre	Thurs	10.30am - noon	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month	07849 086009
Bridge	Neyland Hub	Thurs	10.45am - noon	Weekly	01646 602966
Living with dementia forum	Online	Thurs	11am – 1pm	1 <sup>st</sup> Thurs of the month	07849 086009
Alzheimer's Carers group	Begelly	Thurs	2pm – 4pm	3 <sup>rd</sup> Thurs	07713 391702
Gardening group	Stackpole Gardens	Thurs	11am – 2pm	Weekly	07849 086009
Poppins (social/ art group)	VC Gallery, Pembroke Dock	Fri	10.30am – 1pm	1 <sup>st</sup> Friday of the month	07849 086009
Fitness class	Strength Academy Pembrokeshire Sports Village Haverfordwest	Fri	10.30 - 11.30am	Weekly	01437 957949
Arts and crafts	Online	Fri	3 - 4pm	Weekly	07595 192933
Gardening group	Stackpole Gardens	Fri	11am – 2pm	Weekly	07849 086009
Friday Club social group	Solva	Fri	2 – 4pm	Weekly	07805 717556
Warm Welcome	Pater Hall, Pembroke Dock	Fri	11 – 2pm	Weekly	01646 622788
Dementia Friendly Church Service	St Mary's Church, Haverfordwest	Fri	11am – 12pm	Weekly	
Forget me knots – social group	Neyland	Sat	11am - 1pm	2nd Sat of the month	07785 585331
Haver Natter social group	Scolton Manor	Sat	1.30pm - 3pm	Last Sat of the month	07849 086009
Joy of Movement	Online	Sat	9.30 - 10am	Weekly	07794 362727
Joy of Movement	Online	Sat	10 - 10.45am	Weekly	07794 362727

# Dementia Supportive Activities

Updated 14/07/23

If you require further information of any of the activities, please contact

Cherry Evans

Dementia Supportive Communities Development Officer

Mob 07849 086009

Email [cherry.evans@pavs.org.uk](mailto:cherry.evans@pavs.org.uk)

Padlet - <https://padlet.com/cherryevans/x2pxykh6rrojzapo>

Facebook – <https://www.facebook.com/cherrylynne.pavs.5>

Twitter – <https://twitter.com/CCPembsDementia?s=07>

