



SYCAMORE GROVE

BARCHESTER HEALTHCARE

Dementia Friendly Events

AT SYCAMORE GROVE CARE HOME

Sycamore Grove Care Home offers high quality residential care for older people

who benefit from additional care and support in a warm and friendly environment. Our activities programme is planned with individual tastes in mind, and residents always have the opportunity to try new and exciting things.

COFFEE MORNING

Bi-Weekly from the first Tuesday of the month 2pm – 4pm

This warm and friendly event allows those who are affected in any way by dementia to come together in a safe, beautiful space and share experiences, get advice and help or simply make new friends and socialise!

Each week we try to offer something different, whether it's a guest speaker, entertainment, or simply just a bit of chit-chat, reminiscence and company over a cuppa & cake (homemade by our in-house chef!).

WELLBEING WALKS

Second Friday of the month 11am

Join us for a stroll, chat and make new friends as we take a relaxing walk around our large garden area. Get out and about with others exercising your mind, body and soul out in the fresh air. So why not join us for fellowship and friendship?

We aim to walk for around half an hour, ending up back at Sycamore Grove, where refreshments will be served.

RHYTHM & REMINISCENCE

3rd Wednesday Every Month

Join us for our Rhythm and Reminiscence event as The Activities Team, takes us back to the wonderful memories of yesteryear through the power of music, song and sensory. Join us for music, friendship and fun.

Everyone welcome!

To book your place at one of our free Dementia Friendly events or for more information, please call us on: 01424 320620