

Brain health and dementia information and advice across the East Riding

Do you have concerns about your own or a loved one's brain health?
Would you like more information or advice related to dementia?

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| Haltemprice Leisure Centre, 120 Springfield Way, Anlaby HU10 6QJ | The second Monday of the month 10am - 1pm |
| Cottingham Library, Market Green, Cottingham HU15 5QG | The last Thursday of the month 10am - 1pm |
| Hedon Methodist Church Community Hub, Church Lane, Hedon HU12 8EL | The first Tuesday of the month. 10am - 12noon |
| Driffield Library and Customer Services Centre, Cross Hill, Driffield YO25 6RG | The third Thursday of every month 10am-12noon |
| The Brain Health Café, Humber Wellbeing Hub, Country Park, Humber Bridge, Hessle, HU13 0LN | 30 July 2025 13 August 2025 10 September 2025 8 October 2025 5 November 2025 17 December 2025 10am - 12noon |

Contact us for more information on 01482 211255
or email east.riding@alzheimers.org.uk
or drop in to see us, no appointment necessary

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