

# Arts and Crafts Southam



Pay what you can each week +  
£10 yearly membership fee

**Dementia  
Friendly**

**Mondays 10.30am to 12 noon**  
**The Graham Adams Centre,**  
**Southam, CV47 0LY**



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Over 60? Don't hesitate to join us for a range of carefully crafted mindful sessions with friendly support and guidance. Suitable for all abilities and people living with Dementia, Parkinsons or other disabilities. Carers welcome to come and support. Refreshments provided.

*"The atmosphere was lovely and we were made to feel welcome. Jess was a good teacher and everybody was friendly. We liked meeting people that were going through the same journey."*

## Activities include:

- Decoupage
- Bunting making
- Easter crafts
- Canvas painting
- Banner making
- Pastel art
- Clay
- Recycled artwork

## Book Now:

info@artsuplift.co.uk  
01926 504 212  
artsuplift.co.uk/ageing-well

