

# Kinson Memory Lane

**Pelhams Community Centre,  
Millhams Road, Kinson BH10 7LH**

All welcome £2 per session Every Thursday 2 - 4 pm



Prama memory lane groups are regular, open, friendly activities available to support people living with dementia or memory loss and their carers.

Members do not need to have a diagnosis of dementia to attend any of our groups, in fact some members come along because they are feeling a little lonely or just want to reminisce.

You are welcome to join at any time the sessions provide a fun rolling programme of activities. Each session starts with lots of chat around tables in smaller groups and then moves on to whole group activities.