



ageing well
IN NORTHUMBERLAND

**FREE
EVENT**

Stepping into Spring

supported by

Tynedale Dementia Action Alliance

Join us for a cuppa & a chat



**Find out more about staying
active, involved and well, local activities and
volunteering opportunities in the area...
All welcome!**

GUY OPPERMAN MP WILL BE THERE TO ANSWER ANY QUESTIONS

Saturday 28th April

10am – 1pm

in The Great Hall at Hexham Abbey

Taking place in the adjoining Wilfred Room

11am – 12noon A Dementia Friends Information Session (limited places)

12.15 – 1pm Film: A Trip Down Memory Lane