

May 2024

01708 796600

www.tapestry-uk.org

Tapestry Feel Good Walks

Now that Spring has finally arrived Tapestry went out for its first walk in the park on Monday 22nd April 2024. We took a group to Harrow Lodge Park in Hornchurch.

The group loved the walk before having a drink in the Café near the Boat House. A person who uses our Hub said *"It was good, made me feel happy and it was nice. I enjoyed seeing the lake and the ducks. I really enjoyed it very much."* While another said *"Very good. Being with people, very very good. I liked walking, it was lovely, very nice."*

More walks are planned and the next will take place on Monday 13th May, if you are interested please contact Angie on 01708 796611



Tapestry 2024 Garden Party

Saturday 6th July

Tapestry will be holding its annual **Garden Party**. With lots of fun including a disco and a buffet.

Those who use our Hubs and carers are welcome to attend. For more information speak to a member of staff or call us on 01708 796600.



Tapestry Can Support You

Tapestry Hubs offers a number of ways in which we can support those who use our Hubs and their carers. These include:

Extending a day, if a carer has an appointment and is not sure you will be home in time, you can extend the day so we can support you.

Additional or Swap a Day, if you have an appointment or going out and need an additional day or to swap a day we are here to assist.

Hot Meals, On days any of our Hub users are not at the centre we can deliver freshly cooked hot meal at a discounted rate.

Short Drop Off Days, meeting some friends for a few hours, have an appointment or need to do some shopping, we can look after the person you care for, giving you piece of mind.

For more information speak to a member of the team or call us on 01708 796600



Tapestry Care - Caring for those living with dementia is part of the @Coopuk Local Community Fund.

Please choose us and help us help our clients create a fabulous dementia garden where we can grow heritage flowers and vegetables that we can use in our HüB.

to find out more about our project and to choose us as your cause, click here <https://membership.coop.co.uk/causes/86293>

Up and Coming Event at HOPWA House:

New for 2024

Sing along fun every Monday

Thursday 16th May

Sing - Along with Dave

Tuesday 28th May

Happy Days



Up and Coming Events at Paines Brook :

Wednesday 8th May

Sing Along with Dave

Wednesday 15th May

Andy

Friday 24th May

Friday Party with Angie



Our HuBs Diary at HOPWA:

Monday — HOPWA Gym, Karen's Knitting Club, Music Club

Tuesday—Dementia Lunch Club, Karen's Knitting Club, Simply Sensory Group

Wednesday—Dementia Lunch Club, Art and Crafts Group, Group Quiz, Music Club

Thursday—HOPWA Gym, Active Club, Hip Hop Dancing, Prize Bingo

Friday—Dementia Lunch Club, Karen's Knitting Club, HOPWA Pub Quiz, Snooker Club

Saturday- HOPWA Saturday Club, Art and Craft Group, Reminiscence Group



Our HuB Diary at Paines Brook:

Tuesday—Indoor Bowling, Reminiscence, Art and Craft

Wednesday—Arm Chair Exercises, Fun Quiz, Price Bingo

Thursday—Arts and Craft, Afternoon Tea and Cake Group, Reminiscence

Friday—Friday Fun Club, Music Club, Fun Quiz

Coming Soon

Tapestry Movies Themed Party

Saturday 31 August

After a week of themed activities celebrating the world of movies Tapestry will be holding a **Movie Themed Party**. With a disco buffet and Movie Themed Quiz.



Tapestry Hot Meals Services

At Tapestry we offer our freshly cooked hot meals delivered straight to your home.

Tapestry Foot Care Service

Clinics based at our HuBs please call for appointments.