



Echoes of the Past

Echo is offering a Mild Memory Challenge Day for individuals with a mild cognitive impairment.

The session will be delivered on Fridays from 9:30am to 3:30pm

What we aim to do

- Challenge the mind to help develop memory and confidence
- Empower individuals to thrive and gain a feeling of self-worth
- Improve individuals' health and well-being
- To offer a person-centred approach
- Build social connections

Who is it for?

- Individuals with a mild cognitive impairment
- Individuals with mild dementia
- Individuals whose medical condition challenges their thinking

Activities will include:

- Physical activity
- Memory activities
- Cooking
- Art and craft work
- Gardening
- Woodwork
- Music
- And lots more!

The day will offer respite for carers knowing their person is in a safe environment.

Book an appointment to come and have a look around the centre and meet staff.

Contact Information

Address: Echo Centre, Barras Place, Liskeard PL14 6AY

Telephone: 01872 322056

Email: Echo@corservcare.co.uk

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