



## **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

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