



Sowing Seeds
Family Hub



*All those living with dementia & their carers
are welcome to our*

Dementia Cafe

*Drop in for a cuppa and hands-on crafts in a
calm, welcoming space*

Thursday November 13th - 11.00 am



*Sowing Seeds Family Hub, Life
Church, King James Avenue, Cuffley,
EN6 4LN*

hello@sowingseedsfamilyhub.com