

Remembering Yesterday, Caring Today

We invite people living with dementia, along with a family member or friend, to come together for 10 weeks of creative exploration.



Join us on Fridays from
Friday 2 October (new
start date!)

Time
2 - 4pm

Venue
Argenta House
1 Aspern Grove
NW3 2AB

*The project will run for 10 weeks
with refreshments provided*



For over 25 years, Remembering Yesterday, Caring Today has brought people together through creativity, conversation and shared memories.

Exploring themes such as childhood, work, and travel, our sessions use music, conversation and art to inspire connection, laughter and meaningful moments.



Our experienced facilitators and volunteers create a warm, supportive environment where every person is valued.

Sharing our past can strengthen relationships in the present and help build new connections for the future.

To reserve a place or find out more:

Please call and leave a message on 07947 329 222

Or email Caroline at
information.RYCT.projects@gmail.com



Watch a short video
of our work here



A European Reminiscence
Network Project



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