



Working to become  
**Dementia  
Friendly**

# VDFCA

**Verwood and Three Legged Cross  
Dementia Friendly Community  
Association**

[vdfca.com](http://vdfca.com)

These activities are for carers and those living with memory loss. They take place at:

**St Michael's Parish Church Verwood BH31 6DZ  
In the Meeting Room**



**The first Wednesday of the month: 11am - 12.15pm  
Ann's Wednesday Workout.**

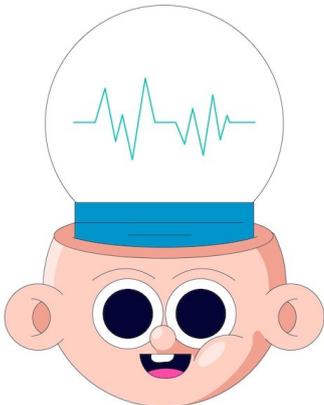
**A chance to stay active and meet new friends at the same time.**



**The second Wednesday of the month: 2.30pm  
Our very own film club where someone will bring cakes and you  
can enjoy a film**

**The third Wednesday of the month: 11am - 12.15pm  
A work out for the mind**

**Where we have various stimulating activities to exercise the brain.  
Always great fun.**



**The fourth Monday of the month: 2 - 3.30pm  
Music for the Mind  
Come and enjoy a good sing-a-long and then showcase your  
talents around the town**



**A dementia friendly Church service  
11am with lunch**

**Easter Service April 8th 2026**

**Pentecost Service June 10th 2026**

**Harvest Service October 14th 2026**

**Christmas Service December 9th 2026**

**A short traditional service at St Michael's Parish Church  
followed by a shared lunch**

**For more information call Sally on 07796 402 912**