

BRAIN HEALTH DAY AT OAKHAM LIBRARY

BECOME A BRAIN EXPLORER!

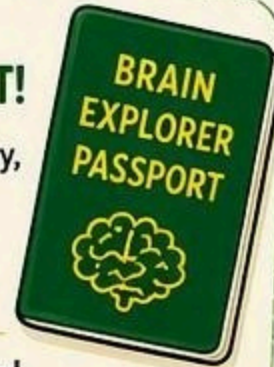


Hosted by the Admiral Nursing Service



COMPLETE YOUR BRAIN EXPLORER PASSPORT!

Visit activity stations around the library, collect stamps, and complete your passport to become an official **Brain Explorer!**



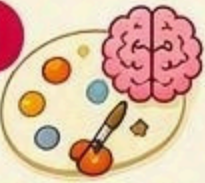
Collect a letter stamp at every activity station!

Final Challenge: Collect all six letters and unscramble the secret word!

A fun friendly drop in event for young explorers and their families.

EXPLORER ACTIVITIES

1



Brain Craft Station

Create colourful brain-themed crafts and memory keepsakes.

2



Puzzle & Challenge Zone

Solve puzzles, memory games and brain teasers.

3



Stories & Memories Corner

Discover stories about memories, friendship and kindness.

4



Move & Mindfulness

Fun movement activities to keep brains healthy.

5



Music & Memory

Explore how music can connect feelings and memories.

6



Kindness Challenge

Learn how understanding and kindness can support people living with dementia.



WHAT WILL YOU DISCOVER?

- ✓ How amazing our brains are
- ✓ Why memories matter
- ✓ How to keep our brains healthy
- ✓ Why kindness is important
- ✓ How dementia can affect memory
- ✓ How we can support one another



★ OUR AIM ★

Helping children understand brain health in a fun, gentle way whilst giving families a chance to explore dementia awareness together.



Brains



Memories



Kindness



Brain Health



Dementia Awareness

EVENT DETAILS

Oakham Library
 Thursday 22nd October
 10am to 4:30pm

FREE

♥ WHO CAN COME? ♥

Explorers, parents, grandparents, siblings and friends.

Everyone is welcome!



Hosted by the Admiral Nursing Team

Healthy Brains • Happy Hearts • Kind Communities