

PROTECT YOUR BRAIN...
BOOST YOUR RESILIENCE.

You can actively build a "cognitive surplus" to help shield your brain against age related memory decline and dementia in later life.

Just like physical exercise strengthens your heart, mental fitness builds a powerful buffer to ward off age-related decline.



JOIN US FOR:

THE BRAIN FITNESS HOUR

Your Bi-Weekly Cognitive Health Club



A proactive, science-backed club built to build brain reserve and protect against cognitive decline.

What to expect:

- Interactive activities, games and puzzles to sharpen your focus
- Science-backed strategies for everyday cognitive protection
- A warm community to enhance your social engagement and refreshments

WHEN: Every Other Wednesday Afternoon,

Launch: 14th October 2026

TIME: 1.30 – 2.45 p.m.

WHERE: South Wonston Pavillion, West Hill Road, South Wonston,
SO21 3HP

WHO: Proactive adults aged 60+

Booking possible but not strictly required • Come on your own or come with friends • £5 to attend via booking, £6 on the door • A small contribution for refreshments



For questions, contact: Rachel ☎ 07780746383

✉ enquiries@forgetmenohub.com

Run by a qualified COGNITIVE STIMULATION Facilitator based on
SCIENTIFIC RESEARCH BASED PRACTISES. Find out more at <https://www.forgetmenohub.com>



**Our mission is to empower individuals
to build reserve & keep cognitive decline at bay –
to live well, think boldly & stay connected.**

Through energising, brain-challenging sessions filled with laughter, creativity and community (and cake), we enable people join a collaborative, enjoyable way to promote your wellbeing and live well for longer.

Coming along to sessions regularly will support:

Cognitive Reserve:

Engaging in "mental exercise"—like learning new skills or meaningful conversations—builds cognitive reserve and resilience, which helps the brain withstand age-related damage.



A landmark global study
by *The Lancet*

Commission revealed that **over 40% of dementia cases could be prevented or delayed** by changing lifestyle habits. Just like physical exercise strengthens your heart, engaging in mental workouts and staying socially active builds what scientists call "**cognitive reserve.**"

Cognitive Stimulation

Think of it as a mental savings account that actively helps shield your brain against age-related decline. In fact, research shows that regular group mental activities and social connections can **lower your risk of decline by up to 42%.**



That is why we are launching **The Brain Fitness Hour in South Wonston**. Meeting every other Wednesday afternoon, this welcoming club is a proactive space for over-60s to challenge minds, enjoy brain-boosting activities, and connect with others.

Book here →



Turn your Wednesday afternoons into
an investment in your brain's future.



Sessions are led by Rachel, qualified Cognitive Stimulation Therapist and experienced facilitator from South Wonston, keen to support her local community to live well, on behalf of Forget-me-not-hub - a local social enterprise.

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