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CARDIFF & VALE
REGIONAL PARTNERSHIP
BOARD

Opening Doors to Brain Workout

7th August 2025
10.00-3.30pm

**India Centre,
Cardiff
CF24 2AA**



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book your
place**

We are delighted to invite you to a special event celebrating two years of the "Opening Doors to Brain Workout" an ongoing community engagement aspect of dementia programme, taking place on Wednesday, 7th August 2025 at 10am-3pm Venue -India Centre, Cardiff. It is a collaboration between Regional Partnership Board , Hindu Cultural Association India Centre Cardiff and multiple partners from Health and Social Care.

This milestone event will bring together community leaders, partners, and organisations from across Cardiff and the Vale to reflect on the dementia programme's impact in raising awareness of dementia and promoting brain health through inclusive, community-led engagement.

As part of the celebration, we are excited to launch our new community language handbooks and dementia prevention film—resources co-produced to support culturally sensitive and accessible information for diverse communities. Their introduction will be a key highlight of the event, reinforcing our commitment to equity in health communication.

Your presence would be a great honour and a meaningful recognition of the collaborative work being done to support healthier ageing and inclusive community engagement.

We hope you will be able to join us for this special occasion.



The event will feature:

- Reflections on the Opening Doors journey
- Community performances and lived experience stories
- Information stalls from dementia and unpaid carer services
- Networking opportunities with local leaders and partners



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