

NEED HELP?



**If you, or anyone
you know has
memory problems
please contact
Dartmouth Caring.**

01803 835384

Dartmouth Caring

35 Victoria Road
Dartmouth
Devon
TQ6 9RT

Phone:

01803 835384

Email:

support@dartmouthcaring.co.uk

Office Open:

**Monday - Friday
9:00am - 2:00pm**



**Registered Charity Number:
900226**



Dartmouth Caring
Supporting Our Community

**Memory
Café**

**Dementia
Care
and
Liaison
Service**

01803 835384



What is a Memory Café?

Memory Café Held every Tuesday

Memory Cafe provides a friendly, informal meeting place for those with memory problems and their carers; offering support, information and advice from our volunteers and health professionals.

It is a great place to meet for a chat over a cup of tea or coffee



Memory Café runs from
10:30am-1:30pm

At

**Dartmouth Baptist Church
Carey Road
Dartmouth
TQ6 9LT**

**There is plenty of parking on
site and nearby**

Memory Café Sessions

Memory Café Sessions Include:

- Seated exercises
- Music and singing
- Crafts
- Games and quizzes
- Book club
- Reminiscence
- Themed sessions
- Carer support

Lunch Offered



12.30pm-1.30pm
£2.50
per person

Dementia Care and Liaison Service

Dartmouth Caring's new dementia support service provides support and advice to people living with dementia and their carers.

The aim of our service is to:

- support people with dementia to remain independent and at home for as long as possible
- provide benefit advice
- support carers and enable them to continue caring
- prevent unnecessary hospital admissions
- provide advice and information and
- advise on future care planning and care options.

If you would like any support or advice please contact Dartmouth Caring.