

**NEED HELP?**



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

**01803 835384**

## **Dartmouth Caring**

**Dartmouth Health & Wellbeing  
Centre  
Wessex Way  
Dartmouth  
Devon  
TQ6 0JL**

**Phone:**

**01803 835384**

**Email:**

[support@dartmouthcaring.co.uk](mailto:support@dartmouthcaring.co.uk)

**Office Open:**

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



**Registered Charity Number:  
1187326**



**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 Café 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-12:30pm**

**At**

**Dartmouth Health &  
Wellbeing Centre  
Wessex Way  
Dartmouth  
TQ6 0JL**

**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



## 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.**