



email:  
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# Long Ashton Memory Café

Welcomes people living with memory loss and their carers. Please do drop in for refreshments, activities, information, music, access to holistic therapy and a chance to relax on the 4<sup>th</sup> Thursday of each month.

We will be in Long Ashton Café  next to the village hall 2.30-4.30pm.



Supported by



Dates 2019  
Sept. 26th  
October 24th  
November 28<sup>th</sup>

Dates 2020  
January 23<sup>rd</sup>  
February 27<sup>th</sup>  
March 26<sup>th</sup>  
April 23<sup>rd</sup>  
May 28<sup>th</sup>  
June 25<sup>th</sup>  
July 23<sup>rd</sup>

2.30-4.30pm  
LA Café.

Supported by  
Alexander May  
LA Parish Council  
Nailsea Lions

**What is a Memory Café?** The Alzheimer's Society describes **Memory Cafés** as places which provide a warm welcome and comfortable environment for people with dementia and their carers to meet with others in a relaxed social setting. Visitors to Memory Cafés can talk to other people experiencing the same challenges and joys, share experiences and obtain information and guidance.

**What about LA Memory Café?** The Memory Café has been running in Long Ashton since April 2019. Like other Cafés our aim is to provide a pleasant and relaxing place for people living with memory loss and their carers to enjoy. In our Café, there are refreshments and activities (optional) to keep visitors occupied, including music which is proving very popular. We also have holistic therapists who offer a number of therapies for our visitors. We offer "time out" for carers to chat together and there is always someone on hand to provide information about the various support services available for those living and managing at home.

**Who will I meet in the Café?** The Café is run by a team of volunteers. Their job is to make visitors feel welcome and make sure that those visitors with memory loss always have company. Our volunteers have all received some training in working with people with memory loss. One of our visitors said,

*"From the moment we arrived we were made welcome with genuine kindness and thoughtfulness. Those helpers we were not introduced to came and made themselves know and ensured we were comfortable."*

**Can someone with memory loss visit the Café alone?** This is tricky. Unfortunately we do not provide care and cannot take responsibility for any individual with memory loss who is unaccompanied. Please do contact us though if you think this may apply to you so that we can see if there are ways of overcoming this challenge. People tend to come to Cafés with relatives, friends or support workers.

**Do I have to be referred by anyone?** The simple answer to this is no! Just come along.

**Who can I talk to about the café?** You can contact one of the Co-ordinators. Either **Liz Anderson** 07967587411 or **Karen Barratt** 07855402768