

Drop into Stafford's new Memory Café

Informal help and advice for anyone affected by dementia



in partnership with



Alzheimer's
Society



What is it?

Come along and have a cuppa with someone who understands. Our highly skilled staff can give you information and help signpost you to other support services.

An Alzheimer's Dementia Advisor will be available to give you specialist support and advice.

Who is it for?

- Anyone with any form of dementia and their carers.
- Health professionals who want to find out more about how to support people with dementia.

You don't have to be a patient at our hospice to access this support.

Why should I come?

- Support and signposting – you will receive essential support and useful information in an informal and friendly setting.
- Plan for the future – discuss your own dementia diagnosis, or someone else's, and think about what it means for the future.
- Specialist advice – get answers from health professionals and meet and learn from other people in similar situations.
- Socialise, you are not alone – keep active, make new friends and feel more confident.

These things can make a huge difference when you or someone you know has dementia.

When and where is it?

Monthly drop in sessions starting in January at our Therapy & Wellbeing Centre.

Wednesday, 15 January 1-3 pm

Wednesday, 19 February 1-3 pm

Wednesday, 19 March 1-3 pm

(Then every 3rd Wednesday of the month)

Therapy & Wellbeing Centre,
Weston Road, Stafford.

**Call us on 01785 270832
to find out more.**