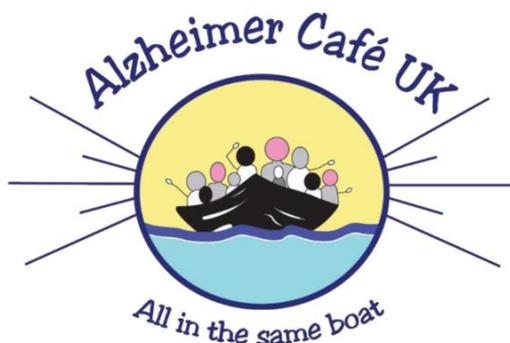


Alzheimer Café UK

Farnborough Branch



Where: St. Peter's Parish Centre, 60 Church Avenue
Farnborough, Hampshire, UK, GU14 7AP

Parking: in front of hall; on road; in front of St Peter's School

When: 3rd Friday of each month; no café in August
(see back cover for dates and topics)

Time: 7:00 – 9:00 pm

Correspondence address: as above

For further information contact us:

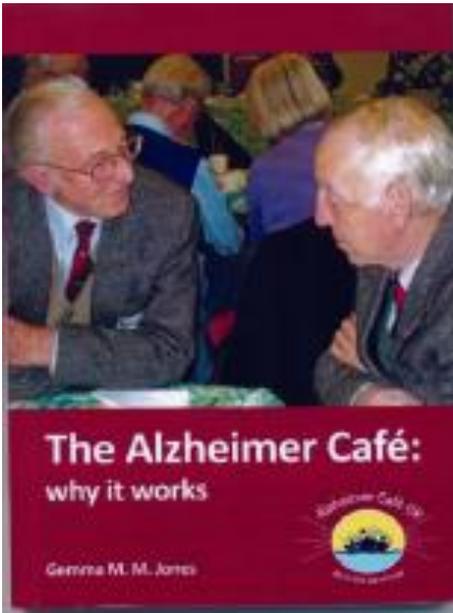
Phone: 07938 175002 (answerphone)

Email: alzheimercafe@hotmail.co.uk

Website: www.alzheimercafe.co.uk

CIO, Registered Charity Number 1165335

Book on the Alzheimer Café



Dr. Gemma Jones's book explains about the café. She is the co-founder and chair of the Alzheimer Café UK charity.

The book chapters follow the themes discussed at the café. It contains interviews with professionals and guests at the Farnborough café.

Copies are available to borrow or purchase at the Information Table at the café.

“Come out of the woodwork - you are part of society and we want you to take your part in it. Dementia is a part of life for some, for which nothing yet can be done. You didn't ask to get it; it could happen to anybody. Don't hide away.”
Dr. Bère Miesen, Alzheimer Café founder.

We are a small charity, and are always looking for help.

Are you interested in volunteering?

Are you able to make a donation to the Alzheimer Café UK?

Contact Hilary Dyce - phone and email are on the cover page. You can also visit the Alzheimer Café website to make a donation. www.alzheimercafe.co.uk

What is an Alzheimer Café (AC)?

An AC is a monthly gathering in a friendly, café-like setting, to provide **dementia-related education**. It is for people who have (any type of) dementia, their family and friends, and anyone interested in dementia. The café is **free of charge**. Just like at a normal café, there's **no need to register in advance**.

It is organized by trustees and hosted by a café coordinator; volunteers and professionals help. **Café guests include:**

- people who have dementia, their family, partners, carers, friends, neighbours (grandchildren too, if they can enjoy a talk)
- 'Core family members' – who have attended the café for several years and can help newcomers feel at ease
- interested others - health and social care students, staff from local care homes and services

Refreshments and nibbles are provided. At the Christmas and summer social evenings there are meals and special events.

The AC aims to reduce fear of dementia and stigma by providing:

- a place to meet and socialize with others 'in the same boat'
- education about dementia – especially the emotional aspects
- support for people with dementia and family carers
- information about local services at a 'literature table'

What happens at an Alzheimer Café gathering?

At each café gathering there is a talk, interview or video-clip related to dementia. Topics are presented and discussed openly and sensitively. AC guests have the chance to participate and ask questions of the presenters. (See back page for topics.)

When did the Farnborough Alzheimer Café start?

The Farnborough Alzheimer Café opened in 2000, and was the first café in the UK. It is part of a network of cafes that follow the original Dutch model started by Dr Bère Miesen, in 1997.

Programme 2021-22; 3rd Friday of the month (except April)

Important: if you feel unwell in any way please stay home!

	Theme / topic (subject to change if necessary)
Sept 17 2021	Start new season What is Dementia; how is it diagnosed?
Oct 15	Understanding memory and attention
Nov 19	The range of human emotions
Dec 17	Christmas Social (brief talk)
Jan 21 2022	Fear and anger: the lion emotions
Feb 18	Understanding denial
Mar 18	Adjusting communication
Apr 22	Getting help (<i>date changed for Good Friday</i>)
May 20	Understanding stress
June 17	Grieving and guilt
July 15	Summer Social (brief talk)
August	Summer Break – no Café
Sept 16	Start of new season



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