



## **The Forget-me-Not Café**

The Forget-Me-Not Café provides support for people with dementia (which includes people with Alzheimer's and any other condition where memory is affected) and their carers.

Memory-based activities include music, singing, dancing and much more. The aim is to support the carers as well as the people with dementia. It enables carers to get together and share experiences and information in a relaxed, friendly setting.

A voluntary donation of £2 per session is welcome.

## **Opening hours**

Every Tuesday, from 10.00am to 12.00noon.

## **Comments from Customers**

- I think it's wonderful. Everyone is so helpful.
- A great place to meet and chat. Support from volunteers very important, both for dementia sufferers and their family and carers.
- It has been a life saver. Wonderful friends.
- A lovely place. You can relax, chat, take part in activities, have something to eat, and not be judged on ability.
- Companionship and information.
- Excellent for sharing experiences with other carers. Support, entertainment, acceptance, and company.
- Friendship and companionship. Great for information.
- A friendly and helpful place. Also provides activities to stimulate the memory.
- We enjoy everyone's company, with a good service, food and atmosphere.
- It is a lifeline for us.
- Not been able to visit all that often, but always impressed. Everyone is so friendly.
- Friendly and welcoming. A very enjoyable morning out for my mother in law. She loves the sing along. The dementia friends are amazing.
- Helpful, with many activities and exercise classes. Lunch is available.
- A great place. We meet people in the same situation as myself and husband. We are offered help and understanding, with many friendly activities and refreshments.