

INVITATION

Care for a cuppa CAFÉ

A meeting place in Bramhope for people living with Dementia – and for their carers too

Are you living with dementia or caring for someone who is? Do you need support?

If so then come along to our monthly café to share a cuppa, cake and conversation.



Care for a Cuppa Memory Café is a new initiative in Bramhope. It is run by a group of volunteers who aim to work towards making Bramhope a supportive and understanding village for people living with dementia and also to support their carers.

The cafe will take place on the first Tuesday of every month commencing on Tuesday 3rd March 2020 in the Village Hall, Old Lane from 1:30-3:30pm. The cost will be £2/person and will include teas, coffees and cakes/biscuits.

Activities include: quizzes, crafts, exercise, games, singing, music, reminiscence and support for carers although we would appreciate suggestions, ideas and contributions from the attendees so please come along and tell us what you'd like from the café.

For more information please contact Catherine Birkby on catherinebirkby@outlook.com or 07821626500.