

## What other people have said about Sid Valley Memory Café

“ it is a stimulating environment”

“There is a friendly, social atmosphere for all”

“Advice is freely available”

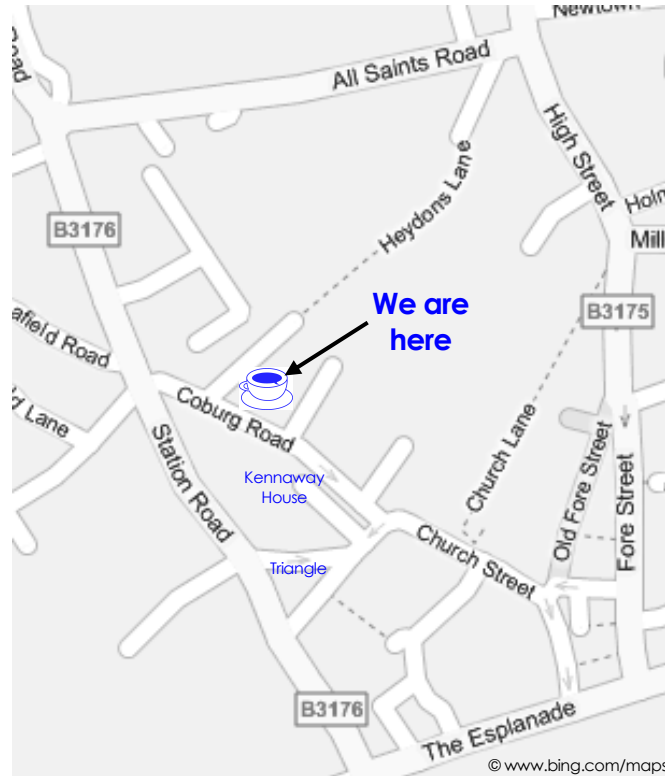
“Carers have a get-together to share their views and news”

“I popped in for a few minutes to see what it was all about and ended up staying for two hours. Such fun I will definitely be back next time”

“I quickly relaxed because everyone was so welcoming, and unusually in this day and age it is free!”

“We enjoyed the half hour singing sessions together with live music, which brings back happy memories”

## How to find us



Your Memory Café is funded through:

Personal donations

Grants

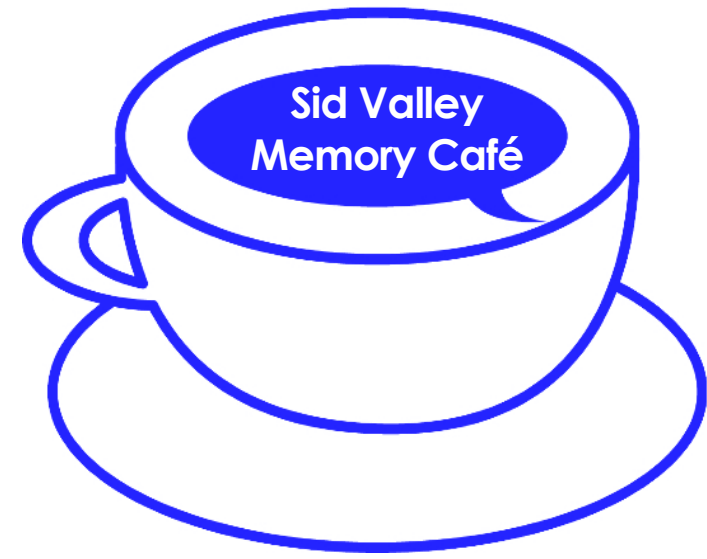
Fund raising activities

..... and kindly supported by many local organizations including

The Rotary Clubs of Sidmouth and Sid Vallley

The Inner Wheel Club of Sidmouth.

We are grateful to all our benefactors and volunteers for their support.



**A friendly social meeting place for people with all forms of memory problems and their families and friends.**

**Twyford House,  
Coburg Road,  
Sidmouth.  
Devon.  
EX10 8NF**

**2.15pm — 4.00pm  
Every Wednesday**

**More details can be obtained by phoning  
01395 542574**

## What is a Memory Café?

Memory Cafés are being set up across the UK. The Sid Valley Memory Café was started in 2010 for people in the local area.

We provide an **informal, social venue** where you can go for advice and support if you or someone you know is suffering the challenges of memory loss, or is newly diagnosed with some sort of dementia.

Studies have shown that by **sharing information and knowledge** carers are better able to understand and support the person who is undergoing memory problems.

The Memory Café aims to provide a social space for people in this situation. It is run by a team of volunteers, many of whom have specific experience obtained either during their working years or via training since the café has started.

As it is a Sidmouth community project the café is supported by many associations in the town. Members of our local Community Health team call into the meetings and are available for **confidential professional advice**.

Between us our team has a wealth of experience and knowledge about memory problems and dementia and the **support** available.

**Most importantly we all share the desire to offer a place where people can come and discuss their concerns with others in a similar situation.**

## Who is the Memory Café for?

- Anyone who is experiencing memory problems, or who is newly diagnosed with dementia.
- Their carers, relatives and friends who support them.

**Memory Cafes are NOT day care centres and are unable to deal with people with specific health care needs. We do not diagnose dementia. If you need to access these forms of care you should contact your GP or Health Care Worker**



## What the Memory Café offers

One of the most important aspects of the Sid Valley Memory Café is that it provides a chance to have a cup of tea or coffee and biscuits, whilst chatting with friends who are in a similar situation. It is also a chance to connect with your local health care professionals, or from time to time to hear presentations from support associations.

Appropriate activities are available for everyone to engage with if they wish. You do not have to take part if you do not want to, you can just sit and chat or listen to what is going on around you.



## Support:

- Free and safe space to talk to others going through similar experiences to yourself.
- Health care professionals to talk to.
- Information, leaflets and books.
- Access to other support, as you need it.

## Activities:

We have a wide variety of activities



Music: we have a regular sing along and provide a keyboard accompaniment and our own songbook.

Games including skittles, quoits indoor bowls and Scrabble to provide mental stimulation.



Readings, recitals, talks, quizzes and reminiscence discussions.

In other words whatever the visitors to the café would enjoy and find interesting.

Registered charity  
No 1154261

