

# *Alzheimer's & Dementia Support Services*

invite you to a

## **Memory Cafe**

at

**Kingswood Court**

**65 Church Road**

**West Kingsdown TN15 6LN**

**on the first Tuesday of every month - 10.00 - 12.00**



A welcoming and warm atmosphere where everyone is included. We have a variety of activities at our cafes including guest speakers, entertainment, and refreshments, all provided free of charge in a safe and friendly environment.

Anyone who feels they have some problems with their memory is welcome, and please feel free to bring a friend.

While the emphasis is on taking the opportunity to meet others, relax and generally have fun, we also offer :

- Practical and emotional support to let you know that you are not alone
- Information and advice tailored to your individual needs
- Signposting and information on other services that might help you

For more information, please call us on 01474 533990 or visit our website [www.alz-dem.org](http://www.alz-dem.org)

**We look forward to meeting you**

Registered Charity no 1024385