



A Charity Incorporated Organisation helping those affected by dementia
and their carers to live well

Registered Charity Number 1194860

We are a group of volunteers working together to make a difference to lives affected by dementia.

- We run a monthly Memory Cafe where people living with dementia, accompanied by a friend/relative/supporter/carer, can find a welcoming, judgement-free space to chat, have some fun and be supported.
- We meet at Plumpton Hall, behind St Mary's Church, Church Street, Eastwood, Nottingham, NG16 3BS on the 2nd Tuesday of each month from 12.30pm until 3pm.
- The cost is £2 per person (including light refreshments) with an optional sandwich lunch at an extra charge of £3 per person.

Other activities include:

- Bowling (outdoors through the summer season and indoors through the winter season).
- Get together at the local pub for chat and a fun game of Family Fortunes.
- Trips out to the theatre, river cruises, garden centres and other places of interest.

We also offer:

- A mid-week Games Night via Zoom, Bingo followed by Play Your Cards Right.
- EMC and Dementia Info Whatsapp Group, designed to share information on upcoming events and activities or useful dementia information.
- Social Whatsapp Group, designed for fun, light-hearted chat and support.

Future plans include:

- A Support Group for our carers, providing a safe place to share thoughts and feelings and also encouragement, practical tips and coping strategies, with respite available for the carers' loved ones.
- Working with a local Community Hub to pave the way for dementia day-care locally.

Feedback

- We regularly receive glowing feedback on our Whatsapp Groups, and via text, especially after a special event or day out.
- We listen to our guests and continually review our activities and adapt our service accordingly to fit their needs.

Contact Details

- Website: www.eastwoodmemorycafe.co.uk
- Facebook: www.facebook.com/memorycafeeastwood
- Phone/text: 07847 716759
- Email: info@eastwoodmemorycafe.co.uk

If you have any queries then please feel free to contact us.

Over the past 12 months we have received support from:

- Long Lea Valley Band
- Broxtowe Borough Council
- Nottinghamshire County Council
- Eastwood Town Council
- Co-op
- Coca-Cola via The Dog & Parrot
- Funtimez at Jimmy Beans
- Broxtowe Lotto
- And from local groups, schools and individuals.

Thank you to each and every one of you.