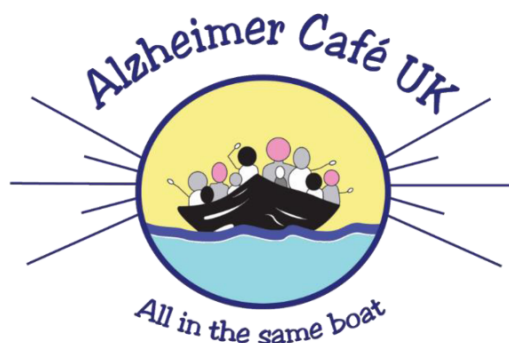


Alzheimer Café UK

Farnborough Branch



Where: St. Peter's Parish Centre, 60 Church Avenue
Farnborough, Hampshire, UK, GU14 7AP

Parking: in front of hall; on road; in front of St Peter's School

When: 3rd Friday of each month; no Café in August
(see back cover for dates and topics)

Time: 6.30 – 8.30 pm (please note new time)

Correspondence address: as above

For further information contact us:

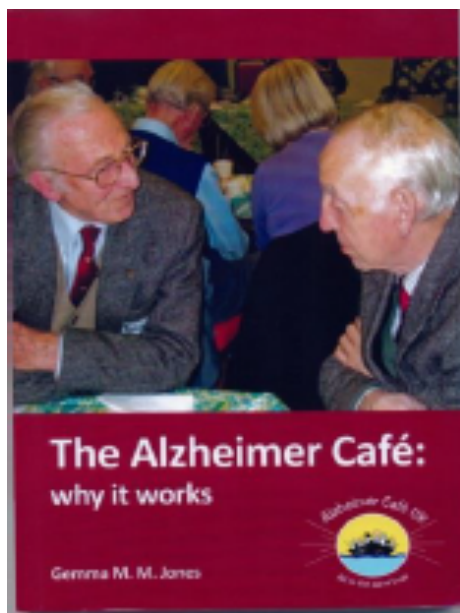
Phone: 07938 175002 (answerphone)

Email: alzheimercafe@hotmail.co.uk

Website: www.alzheimercafe.co.uk

CIO, Registered Charity Number 1165335

Book on the Alzheimer Café



Dr Gemma Jones's book explains about the café. She is the co-founder and chair of the Alzheimer Café UK charity.

The book chapters follow the themes discussed at the café. It contains interviews with professionals and guests at the Farnborough café.

Copies are available to borrow or purchase at the Information Table at the café.

“Come out of the woodwork - you are part of society and we want you to take your part in it. Dementia is a part of life for some, for which nothing yet can be done. You didn't ask to get it; it could happen to anybody. Don't hide away.”
Dr Bère Miesen, Alzheimer Café founder.

We are a small charity, and are always looking for help.

Are you interested in volunteering?

Want to make a donation to the Alzheimer Café UK?

Contact phone number and email are on the cover page.

You can also visit www.alzheimercafe.co.uk to make a donation.

What is an Alzheimer Café (AC)?

An AC is a monthly gathering in a friendly, café-like setting, to provide **dementia-related education**. It is for people who have (any type of) dementia, their family and friends, and anyone interested in dementia. The café is **free of charge**. Just like at a normal café, there's **no need to register in advance**.

It is organized by trustees and hosted by a café coordinator; volunteers and professionals help. **Café guests include:**

- people who have dementia, their family, partners, carers, friends, neighbours (grandchildren too, if they can enjoy a talk)
- 'Core family members' – who have attended the café for several years and can help newcomers feel at ease
- interested others - health and social care students, staff from local care homes and services

Refreshments and nibbles are provided. At the Christmas and summer social evenings there are meals and special events.

The AC aims to reduce fear of dementia and stigma by providing:

- a place to meet and socialize with others 'in the same boat'
- education about dementia – especially the emotional aspects
- support for people with dementia and family carers
- information about local services at a 'literature table'

What happens at an Alzheimer Café gathering?

At each café gathering there is a talk, interview or video-clip related to dementia. Topics are presented and discussed openly and sensitively. AC guests have the chance to participate and ask questions of the presenters. (See back page for topics.)

When did the Farnborough Alzheimer Café start?

The Farnborough Alzheimer Café opened in 2000, and was the first café in the UK. It is part of a network of cafes that follow the original Dutch model started by Dr Bère Miesen, in 1997.

Programme 2022-23 - 3rd Friday of the month

	Theme / topic (subject to change if necessary)
Sept 16 2022	Start new season What is Dementia; how is it diagnosed?
Oct 21	Understanding memory and attention
Nov 18	The range of human emotions
Dec 16	Christmas Social (brief talk)
Jan 20 2023	Fear and anger: the lion emotions
Feb 17	Understanding denial
Mar 17	Adjusting communication
Apr 21	Getting help
May 19	Understanding stress
June 16	Grieving and guilt
July 21	Summer Social (brief talk)
August	Summer Break – no Café
Sept 15	Start of new season

