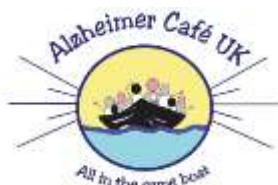


Camberley Alzheimer Café



The Alzheimer Café is a lot more than just tea & biscuits....

Once a month we meet in a warm and friendly atmosphere with live music and refreshments. We share our experiences and learn more about Alzheimer's Disease/Dementia.

Come and join us and find out more

THIRD MONDAY OF THE MONTH - 6.30-8.30PM

**St. Martin's Church, 231 Upper College Ride,
Camberley, GU15 4HE**

For further information: Phone: 01276 675266

Email: camberley.alzheimercafe@aol.co.uk

Website: www.alzheimercafe.co.uk

Facebook: Alzheimer Café Camberley

Registered Charity No. 1164771



ANNUAL ROLLING PROGRAMME 2022 - 2023

Date	Camberley – Theme *
2022 19 Sept	Introduction: the Alzheimer Café and You.
17 Oct	What is dementia? How is it diagnosed?
21 Nov	What happens to memory and attention in Dementia?
19 Dec	Christmas Social
2023 16 Jan	How Dementia affects us inside: the range of emotions
20 Feb	Understanding fear and anger
20 Mar	Communication in Dementia: How do we stay connected
17 April	Hitting brick walls – living with Dementia
15 May	Grieving and guilt
19 June	Who can I turn to for help?
17 July	Summer Social
August – Summer break – No café	

* Subject to change