

## Programme 2023-24 - 3<sup>rd</sup> Friday of the month

	<b>Theme / topic</b> (subject to change if necessary)
Sept 15 <b>2023</b>	<b>Start new season</b> What is Dementia; how is it diagnosed?
Oct 20	Understanding memory and attention
Nov 17	The range of human emotions
Dec 15	Christmas Social (brief talk)
Jan 19 <b>2024</b>	Fear and anger: the lion emotions
Feb 15	Understanding denial
Mar 15	Adjusting communication
Apr 19	Getting help
May 17	Understanding stress
June 21	Grieving and guilt
July 19	Summer Social (brief talk)
<b>August</b>	<b>Summer Break – no Café</b>
Sept 20	Start of new season

# 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
- Correspondence address:** as above
- Free minibus transport:** can be arranged on request for  
people living locally

### For further information contact us:

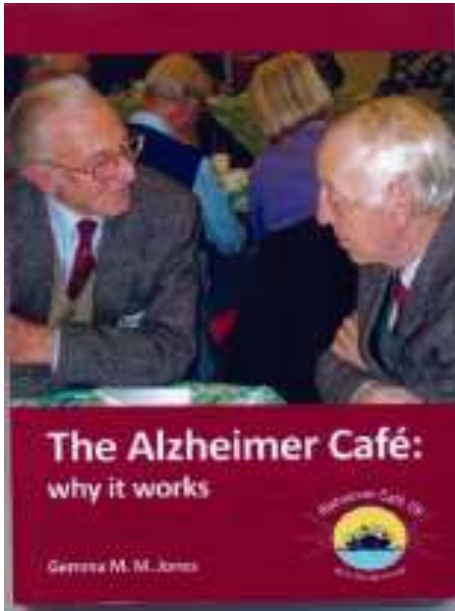
Phone: 07938 175002 (answerphone)

Email: [alzheimercafe@hotmail.co.uk](mailto:alzheimercafe@hotmail.co.uk)

Website: [www.alzheimercafe.co.uk](http://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](http://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.