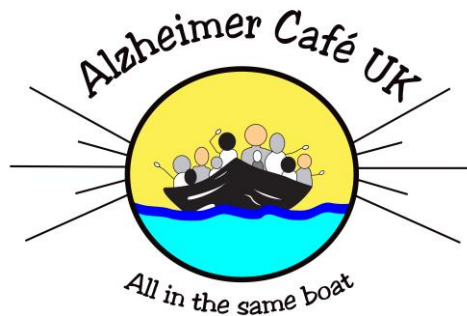


Programme 2025-26 - 3rd Friday of the month

| | Theme / topic (subject to change if necessary) |
|---------------------|--|
| Sept 19 2025 | Start of new season 25th Anniversary Event |
| Oct 17 | What is Dementia; how is it diagnosed? |
| Nov 21 | Understanding memory and attention |
| Dec 19 | Christmas Social (short talk) |
| Jan 16 2026 | The range of human emotions |
| Feb 20 | Fear and anger: the lion emotions |
| Mar 20 | Adjusting communication |
| Apr 17 | Getting help |
| May 15 | Understanding stress |
| June 19 | Grieving and guilt |
| July 17 | Summer Social (short talk) |
| August | Summer Break – no Café |
| Sept 18 | Start of new season |

Alzheimer Café UK

Farnborough Branch 25th Anniversary Year



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:

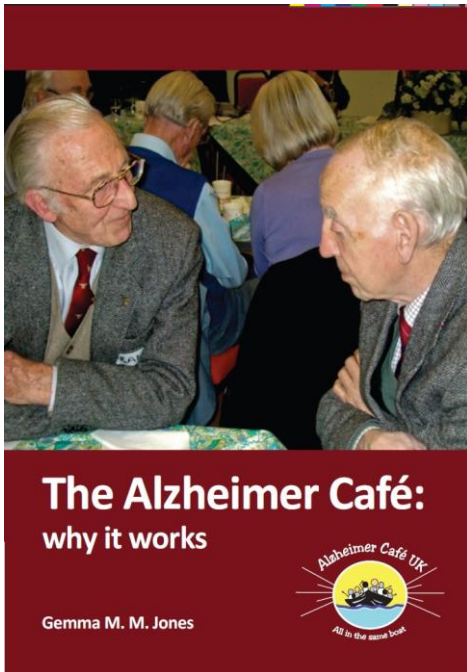
Phone: 07938 175 002 (answerphone)

Email: alzheimercafe@hotmail.co.uk

Website: www.alzheimercafe.co.uk

CIO, Registered Charity Number 1165335

Book on the Alzheimer Café



Dr Gemma MM Jones is the co-founder and chair of the Alzheimer Café UK charity.

Her book explains about the start of the Alzheimer Café concept in the UK.

The chapters follow the themes discussed at the café each year. 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 Bèrè Miesen, Alzheimer Café founder.

The ACUK is a small charity, and we are always looking for help. Are you interested in volunteering?

Want to make a donation to the Alzheimer Café UK?

The 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** and there's **no need to register in advance**.

It is organized by trustees and hosted by a café coordinator, helped by volunteers and professionals. **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, nibbles, and music are provided. At the Christmas and summer social evenings there are meals and special events.

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

- a safe 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
- a 'literature table' with information about local services

Besides socializing - what happens at a 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 AC start?

It opened in 2000 and was the first one in the UK. It is part of a network of ACs that follow the original model started by the Dutch psychologist, Dr Bère Miesen, in 1997.