

The idea of the **Time Travellers Café** is simple – to provide a safe and relaxing place for people with dementia or age related memory issues and their families and carers to share experiences, have access to information and to meet others in the same situation.

We are aiming to combat the isolation that can sometimes be felt through:

- Providing a welcoming and relaxing place where people can share experiences if they wish to
- Providing a range of speakers and activities that give information that helps to support members
- Enabling both carers and cared-for to share and enjoy an activity together
- Work towards Dementia Friendly Status we will speak out about dementia and its effects so that people feel empowered to deal with it
- Developing a range of resources and information that people can use to help improve their knowledge of the condition and to enhance their daily lives
- Encouraging people to have fun together.

Time Travellers Café meets on Thursday 2nd March and subsequently every first Thursday of the month and a full list of activities will be developed throughout the year. All are welcome to drop in and join us.

Café will be open between 12.30pm - 2.30pm, and it will run in The Hub Cafe:-

The Hub, Beeding

19 Church Lane

Upper Beeding

Steyning

West Sussex

BN443HP