



**Garden  
House**  
Hospice  
Care



# Healthy Memory Café



Are you forgetful?

Are you worried about  
your memory?

Do you have dementia?

Are you a carer or  
family member of  
someone who fits  
the above?



**EVERY  
THURSDAY**

**Drop in for a cuppa, a chat, information and support  
at the Healthy Memory Café.**

The Healthy Memory Café is a weekly drop-in session for anyone living with dementia or who is worried about their memory to come along with a family member or their carer in a safe and relaxed environment.

## The Healthy Memory Café is:

- \* Time for you and your family member or carer to enjoy being together, breaking your normal shared routine
- \* A chance for you to meet new people, socialise and to gain mutual support
- \* Supervised by volunteers and a range of professionals who can provide information and support
- \* Varied with weekly activities that may include information talks, reminiscence, playing suitable games, seated exercise, music and other appropriate activities.



## Where and when?

Every Thursday from 10am to 12 noon at the Ernest Gardiner Treatment Centre, Pearsall Close, Letchworth, SG6 1QZ.

**Transport available on request.**

**Get in touch: 01462 679540**

The café is hosted by Garden House Hospice Care, led by the Admiral Nurse and supported by our wonderful Compassionate Neighbours and other supporting external organisations.

