
Our Promises:

We promise to provide a safe and approachable café environment for people with dementia to attend as they wish.

We promise to provide information on dementia and the support within the local community as well as offering free 1-1 consultations with our health and wellbeing officer in a private consultation with no obligations.

We promise to provide refreshments on demand throughout your stay.

We promise that the café will be run by trained staff and volunteers to give the best support and advice throughout your stay.



Organization

ST Georges Medical Practice

St Georges Medical Practice
135 Pastures Avenue
St Georges
Weston-super-Mare
BS227SB

Memory
Cafe

DEMENTIA
INFORMATION
CAFÉ



Held Every Second Saturday of the
Month.

10:30-12:00

ST Georges Medical Practice
135 Pastures Avenue
St Georges
Weston-super-Mare
BS22 7SB

Memory Cafe

A memory cafe is a place where people with dementia and their carers can come and have a bit of time out from just being at home and living with their condition.

Memory cafés offer a friendly welcome for anyone affected by dementia, or worried about their or someone else's memory. They provide practical information and support, as well as the opportunity for people to ask questions and to listen to others' experience.

The idea of memory cafes is that they offer an opportunity for people to meet and socialise,

Very importantly, we're trying to make sure that memory cafes offer specific activities and interventions that are of real benefit to people with dementia.

The creative part really adds to people's ability to express themselves, express their feelings of frustration, but also their feelings of hope and aspiration.

Having dementia isn't the end of life. It's just part of your life.

It's about finding ways to deal with that and express that appropriately.



Our Aims:

The memory café has three main aims.

Firstly, information is provided about dementia and the psychosocial aspects and the individuals themselves want to learn more about or wish to discuss further.

Secondly, it will emphasize the importance about speaking openly about problems. Recognition and acceptance are essential to this.

Thirdly, The café will promote the emancipation of someone with dementia and their families by helping to prevent them becoming isolated.

Contact Number: 01934 527681

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