

What is a memory cafe and who is it for?

- Memory cafés offer peer support, advice, information and activities for people with memory problems, such as dementia, and their carers.
- Teas, coffees and light refreshments are available.
- Ultimately, memory cafés are a place where you will be understood and accepted.
- They are designed to be fun, social places, where you can catch up with people you may already know and meet new people, who are, or perhaps have been, in a similar situation to yourself.
- We have a wonderfully friendly group of people who attend the memory cafés and people who are new are always made very welcome.
- We hope to see you there.

For more information:

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Memory Cafe Co-ordinator
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Memory Cafe locations



St Thomas Methodist Church is located on Cowick Street in St Thomas, near Age UK Exeter, on the same side of the road. The

Memory Café is held in the main hall at the rear of the building.



St Thomas Memory Cafe has been funded by Exeter Lions Club as one of their Centenary Legacy projects.



St James' Church is to the northeast of Exeter city centre. You'll find us by the roundabout where Mount Pleasant

Road, Prince Charles Road, Stoke Hill, Union Road and Old Tiverton Road meet.

Westbank

Farm House Rise, Exminster, EX6 8AT
t: 01392 824752
Reg Charity: 1119541
Company No: 6243811



LOTTERY FUNDED



www.westbank.org.uk

Westbank Memory Cafes in Exeter



www.westbank.org.uk

Dates and activities

11th October

Seated yoga and mindfulness with Laurie

Venue: St James Church

Time: 2pm - 4pm

15th October

Remembering Together – Where are you from and Childhood Memories (Please feel free to bring along momentos, photographs or anything you feel happy to share about this time of your life).

Venue: St Thomas Church

Time: 2pm - 4pm

8th November

Singalong with Brian and Jan
Gina Awad visiting from Exeter
Dementia Action Alliance.

Venue: St James Church

Time: 2pm - 4pm

19th November

Remembering Together - School Days.
Come along and enjoy reminiscing
about your school days. Dress Code –
School caps & ties!!!

Gina Awad visiting from Exeter
Dementia Action Alliance.

Venue: St Thomas Church

Time: 2pm - 4pm

13th December

**Xmas Party – 'Going out & Having Fun'
themed.** Feel free to wear your glad
rags and come and enjoy good food
and good company.

Venue: St James Church

Time: 2pm - 4pm

17th December

Christmas wreath making

Venue: St Thomas Church

Time: 2pm - 4pm

10th January

Musica Workshop – come along
and enjoy being entertained by the
musicians and join in with singing and
playing percussion.

Venue: St James Church

Time: 2pm - 4pm

21st January

Singalong with Jan and Brian

Venue: St Thomas Church

Time: 2pm - 4pm

14th February

Remembering Together – Working Lives
and Children. Come along and share
memories of this time of your lives.

Venue: St James Church

Time: 2pm - 4pm

18th February

Musica Workshop – come and join in
with our interactive musical workshop
or just sit back and enjoy the sounds.

Venue: St Thomas Church

Time: 2pm - 4pm

14th March

Remembering Together – Homes,
Gardens and Pets – feel free to bring
along momentos, photographs, and
share your memories with us.

Venue: St James Church

Time: 2pm - 4pm

18th March

Singalong with Brian and Jan – come
along and enjoy a good old knees up
with Jan and Brian or just put your feet
up and enjoy the music.

Venue: St Thomas Church

Time: 2pm - 4pm

11th April

Remembering Together – Holidays and
Travel. Please feel free to bring along
your holiday snaps or momentos to
share.

Venue: St James Church

Time: 2pm - 4pm

15th April

Musica Workshop – come and join in
with some musical fun.

Venue: St Thomas Church

Time: 2pm - 4pm

Venues

St James Church

Mount Pleasant Road
Exeter, EX4 7AH

St Thomas Methodist

Church Hall, Cowick Street,
Exeter, EX4 1JE