

Memory Moments Café East Grinstead

For people with memory problems &
their family/care partner



WEDNESDAY 2.00pm - 4.00pm

2nd & 4th Wednesdays of the month

Please come and join us for
an informal café including
tea, coffee & cake; a little
fun & laughter with games,
talks, music, dance & crafts

**Jubilee Community
Centre
Charlwoods Road
RH19 2HL**

PLEASE CALL TO BOOK YOUR PLACE

For further information Tel. 01273 494300

Email. info@knowdementia.co.uk

www.knowdementia.co.uk





Who are we?

Know Dementia is a Sussex based charity providing advice and support to people living with dementia and their family members/carers. This is achieved through our Memory Moments Cafés, Sporting Moments sessions and our Brain Waves Choir. We call these "moments" as we aim to create good moments away from the daily challenges of living with the disease. The support the charity provides enables people living with dementia and their family member/carers to have quality time together, to nurture relationships, build new relationships with others in a similar situation and engage in meaningful activities.

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