



When

First Thursday
of every month

10.00am - 12.00 noon

Where

Quaker Meeting House
High Street
Kirkby Stephen
CA17 4SH



Valerie Jayne Dugdale
is the Memory Lane Cafe
co-ordinator and is based at
Age UK Carlisle and Eden's
Appleby Office



You can contact Valerie Jayne directly
on 017683 54918

Memory Lane Cafe has been
created, and is supported by a
multi- agency steering group.

**The Riverside Building
Chapel Street
Appleby in Westmorland
CA16 6QR**

Reg Charity No 1128565

Tel: 017683 54918

A group for those wanting
support & information on
memory loss.



A Warm Welcome awaits..

Venue

**Quaker Meeting House
Kirkby Stephen**

INFORMATION LEAFLET

Tel: 01768 3 54918

What.....

is "Memory Lane Café?"

The Café is a monthly get together where people with memory concerns, their families, carers and friends can come together in a safe environment.

What.....

can people attending expect?

New opportunities to meet and talk to people with similar experiences.

Access to appropriate information.

An informal setting.

Expect a warm welcome

& some fun!!

All enquiries should be made to
Valerie Jayne
at Age UK Carlisle and Eden.
017683 54918

Information

The Café offers a place where people with memory concerns, their family and friends can meet and chat in a relaxed setting.

Each session will be different, as well as having time to socialise there will be information available on coping with memory loss, invited speakers and a range activities. These are provided at the groups' request.

The Café is run by key workers and trained volunteers who are registered with Age UK Carlisle and Eden.

Sessions are

on the 1st Thursday of each month

from 10am –12noon

at

The Quaker Meeting House,
Kirkby Stephen.

Sessions £4.00

On street parking is available on High Street, a drop off point is available at the door.

Where did the idea come from?

Memory Lane Cafe is based on the model set up in Holland by Dr Bere Miesen.

The underlying aims are to offer those with memory problems a relaxed and informal setting in which to:

- Socialise
- Meet people in similar situations to themselves
- Share concerns openly
- Explore new opportunities
- Make positive plans for the future
- Receive information and support
- Involve family or carers



A Warm Welcome awaits..