

## How we can help

We provide a safe, friendly and understanding environment for people living with Dementia and their carers.

It's important to us that everyone has fun, laughs and enjoys their time with us- there is plenty of socialising so it is easy to make friends. You can just come along, no appointment or referral required.

We provide stimulating games, activities and entertainment as well as refreshments. Our trained volunteers are always here to help and offer a keen listening ear.

## What we offer

We have a range of activities that can entertain and help people with Dementia.

Our café is a warm and friendly meeting place for people with Dementia and their carers. There are games and puzzles on the table for everyone to use and our carers' group allows carers to share their ups and downs as well as information. There is a happiness garden where people can enjoy some tranquillity or potter about and we also offer a range of enjoyable sessions and activities.

The café's opening hours are:

Mondays (our quiet café) 10.00 to 12.00hrs  
Fridays 10.00 to 13.00hrs

We are open every week of the year except for most Bank Holidays.

## The Singing Café

Devoted to singing and playing instruments to stimulate memory and encourage reminiscences. Don't worry if you are out of practice!

**3rd Friday of each month.**

## The Sports and Leisure Club

Provides active and seated indoor games including table tennis, snooker, curling, 'Boccia' and table-based board games.

**2nd and 4th Friday of each month.**

## Poetry and Literature Group

A group dedicated to lovers of books and language.

**2nd Friday of each month.**

## Arts and Crafts

For people who want to paint, craft, knit and crochet.

**1st, 2nd and 4th Friday of each month.**

## Picture Palace

Our Dementia friendly picture show where members choose the films; we show them on a big screen in the Church and have an interval with ice cream if you fancy it.

**3rd Tuesday afternoon of the month between 13.00 and 15.00hrs**

## Magic Table

An interactive table with games to play with other people or on your own.

## Day Trips

We also run coach trips throughout the year to pantomimes, gardens, the circus, boat trips on the Broads and to the seaside. We are always open to suggestions for different excursions.

## "Monday, Monday" Café

If you would prefer a quieter session to that offered by our Friday cafés then try our cafés held on Mondays where it's quiet conversation, reading the papers or a book while enjoying a cup of tea or coffee.



## Home Visiting Service (HVS)

The Home Visiting Service is a new service from 2021 and is designed to provide a short break for both the people who care for and for those living with Dementia. See our separate leaflet for full details of this service or speak to one of our organisers.

