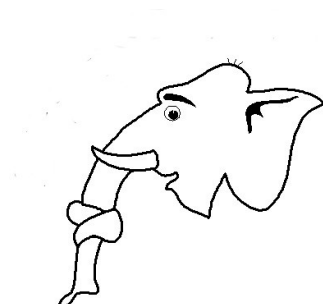


Memory Lane Cafe



Do you remember when.....?

The cafe provides a free drop in service for anyone who has concerns about their memory or the memory of a loved one or friend. Participants will be able to meet regularly with other people with memory problems and their carers with the opportunity to exchange experiences and to give and receive emotional support. However, respite care is NOT provided.

The Café will be run by volunteers trained in dementia awareness, with the support of health professionals. We look to provide support and information within a relaxed and friendly environment.

With the help of both carers and the cared for we would like to develop an enjoyable programme of events to stimulate the mind and give pleasure to everyone.

Activities could include:-
Painting
Excercise
Bingo
Games, jigsaws, quizzes
Singing, poetry readings

Take a break from your daily caring role and join us from 2.00 – 3.30 pm on the second Thursday of each month commencing on the 11th February 2016.

**Heart of Egremont
The Old Egremont Mission Building,
the junction of Union Street and Guildford Street,
Wallasey,
CH44 0BP**

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