

Is food provided?

Yes. Refreshments and sandwiches are provided at each Café meeting, except when we have our fish and chip night and the Summer BBQ.

Vegetarian options are always available and any special diets can be catered for, as long as we know in advance.

Useful contact numbers

Admiral Nurse 020 8390 0102

Dementia Specialist Nurse who works specifically with family and friends of people living in the Borough of Kingston

**Alzheimers Society 0845 300 0336
(SW London 020 8892 7799)**

Website: www.alzheimers.org.uk

Email: info@alzheimers.org.uk

Advice and information service, including fact sheets

For Dementia 0845 257 9406

A helpline run by Admiral Nurses providing advice and information

KCN 020 8547 1614

Kingston Carers' Network is dedicated to supporting and advising any carers in the borough

Samaritans 0845 790 90 90

24 hour service charged at local rate

Have your say

We value your comments and feedback.

If you have any questions or comments about this service please contact:

Carers' Development Officer
Community Care Services
22 Hollyfield Road
Surbiton
Surrey KT5 9AL

Telephone:
020 8547 6124

Email:
kirstie.cochrane@rbk.kingston.gov.uk

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Dementia Carers' Cafe

For people caring for a relative or friend with memory loss in the Royal Borough of Kingston

Please ask us if you would like this leaflet on audio-tape, on computer disc, in large print, in Braille or in another language.

Telephone 020 8547 6123 or email ccs.publications@rbk.kingston.gov.uk



The history of the café

The Dementia Carers Café started in 2001 by the Admiral Nurse Service (a nurse specialist for carers of people with dementia).

The aim of the café is to create a safe and welcoming place for people to come along, with the person they care for if they want, and meet others, share experiences and join in the range of activities provided.

Over the years, the Café has become increasingly successful. It has always been held at Amy Woodgate, a specialist home, respite and day service for people with dementia, and so when Amy Woodgate moved from Kingston Hill to Chessington in 2009, the Café moved with it.

FACTS:

- **Over 700,000 people in the UK have dementia**
- **2 out of 3 people with dementia live in their own home**
- **Most people with dementia who live in their own homes have someone who looks after them**

Source: Alzheimers Society

When does the Café meet?

6pm—8pm

Last Wednesday of every month

Amy Woodgate House

Nigel Fisher Way (off Merritt Gardens)

Chessington

Surrey, KT9 2SN

(except November and December, when it is replaced by the mid December Christmas Party)

How much does it cost?

We ask for a £3 donation per person per café meeting.

This covers the cost of buffet and refreshments and lets us build up a little bit in our reserves so we can make the bigger Summer and Christmas events more special, with extra entertainment and activities.

Who is it for?

Anyone caring for someone with memory loss living at home in the Royal Borough of Kingston. Other friends and relatives, including the person you care for, are very welcome too.

What goes on at the Café?

A range of activities are arranged throughout the year and include entertainment, guest speakers, a fish and chip supper, summer BBQ and Christmas Party.

Café Committee members attend each meeting along with staff from health and social care and local voluntary organisations—all of whom are happy to offer information and advice.

Who do I contact?

If you would like to talk to someone about the café, either to find out more or to let us know you are coming, please contact

07535 964435

The answerphone may come on. If so, please leave your name and contact number and we will call you back.

Who runs the Café?

The Committee is made up mainly of carers and former carers but also has staff from health and social care.

The Café is run for carers, by carers.