



A • V • S • E • D

Memory Café



Nunroyd Perk **Memory Café** aims to offer a **safe** and **friendly** space for carers and cared for, with dementia or memory loss, to enjoy time together. Offering light **entertainment** around music and singing, along with playing favourite **games**, in a mutually **supportive** setting that is friendly, accepting, and **encouraging**. The memory café offers a safe space to seek and offer support and build **friendships**. Come along to our local cafe and have a **cup of tea** with someone who understands. Our highly skilled staff can give you information and help signpost you to other available **support** services. These things can make a huge **difference** when you or someone you know has dementia.

# WHAT IS A MEMORY CAFÉ?

Our Memory Café provides a safe and supportive place for you to discuss your own dementia diagnosis, or someone else's, and think about what it means for the future.

You can meet health professionals, get answers to those burning questions and learn from other people in similar situations. Alongside making new friends and feeling more confident and connected, you can build a sense of understanding around memory loss.

Our Memory Café is beneficial for those living with dementia - offering interesting, enjoyable stimulation and a variety of people to converse with and enjoy the company. It is mutually beneficial for caregivers and loved ones too, enjoying new activities together as a break from the normal routine that you share, a chance to meet and chat to new people in similar circumstances, and receive support, information, and advice.

A Memory Café is a safe and comfortable space to socialise, enjoy music and play games amongst great company, provide mutual support, and exchange information about additional resources and support. A place to simply enjoy the company of those with similar things in common.

# WHAT TO EXPECT AT THE CAFÉ

Our café is open to AVSED members, their loved ones, family, friends, and carers. Our dementia lead will contact you to discuss your needs and invite you to the next session.

The café takes place at Nunroyd Pavilion on the 2nd Wednesday of every month 10.30 am – 12.00 noon.

The cost is £3 per person plus a raffle and game of hoy at no extra cost. We have an accessible minibus offering door-to-door transport costing £4 per person.

A • V • S • E • D

Each café will be set up with a mix of carers/family/friends, cared for, and volunteers at each table to promote good communication, peer support, and a chance to broaden conversation & interests. Refreshments including tea/coffee and cake will be served at the table. Each month we will have a gentle and relaxed activity focused on music and singing, followed by a game of Hoy 'a card-based bingo game that everyone can enjoy'. We will end the café by drawing the raffle.

Part of 'Time Together' programme, all volunteers are trained dementia friends, staff are qualified and experienced in dementia and carer support, plus occasional guest professionals will be present – all offering support, advice, and information on all matters regarding living well with memory loss.

# TIME TOGETHER -TIME APART

AVSED's new approach to supporting more people in our community. Suitable for those in a carer & cared for situation – particularly around dementia/memory and other long-term health conditions.

The theory is around supporting both the carer and cared for and offering a wrap-around programme that is suitable and feasible to access for both parties, promoting the benefits of spending time together and time apart, and ensuring the facilities and logistics to do so are available. AVSED offers meaningful activity and support for both to nurture sustainable interaction and participation:

Time Together – Comfortable space in groups that are welcoming, inclusive, and understanding of needs, with trained staff/volunteers.

Community Café & Nunroyd Perk  
& Independent Trips

Time Apart – A range of activities that provide varying levels of support from low-level help, one-to-one assistance, to PA facilities.

Providing respite to carers, and a safe/supported space for those cared for, to explore their own interests & needs.

Memory Matters & Inclusion Group  
& Extra Care Trips.



**AVSED** is a local **charity** working to prevent **social** isolation and loneliness for Aireborough **seniors** by supporting **happy**, healthy and **independent** living

**JOIN US AT:**

Nunroyd Pavilion, Nunroyd Park, Yeadon, Leeds LS19 7HR  
**info@avsed.org.uk • 0113 250 1702**

**www.avsed.org.uk**

Registered Charity: 1165792 Limited Company: 09882948



AVSEDest1992



AVSEDest1992



AVSEDest1992