

## Memory Cafes



Memory Cafés offer peer support and help to promote independence and wellbeing. They are friendly and informal and help you access information about memory loss and practical tips about coping with dementia. They help to create a social network that acts as a forum where advice can be given by health and social care professionals and offer emotional support; reducing loneliness and social isolation.

Anne McKiernan  
Barnstaple & South Molton Memory Café  
C/O Citizens Advice  
1-3 Bridge Buildings  
The Strand  
Barnstaple  
EX32 8LW



# Barnstaple and South Molton Memory Cafes

These are monthly Cafés that are run on a friendly and informal basis by trained and experienced volunteers from the community. They offer refreshments, advice and access to other agencies as well as a time to relax in a supportive environment. Visitors and new members are always very welcome.



"I know I have memory problems and I often struggle. I feel safe and valued at the Memory Café and it has given me more confidence; my wife says she enjoys the support and talking to the other carers and agencies that regularly pop in."

## What is the Memory Café?

The Memory Café meets monthly and is run by trained and experienced volunteers from the wider community in a central location. It offers support for men and women coping with memory problems and their families and friends and provides a safe and relaxed environment with refreshments, stimulation, peer support and help in accessing relevant information and support to address any problems or concerns of the Café users may have.

The Memory Cafes are not just for people that have been diagnosed with dementia. Memory loss can be brought on by a wide variety of conditions like a stroke, head trauma, age-related neurological deterioration or Parkinson's. Whatever the cause, why not pop into your nearest Memory Cafe for a chat to see how we can help you?

## Who funds the Memory Cafes?

The Barnstaple and South Molton Cafes are self-funding projects, supported by Torridge, North, Mid & West Devon Citizens Advice which provides core services including financial management and support of the Café Coordinator. The Cafes are therefore totally reliant on fundraising and charitable donations and are free to the people that use them.

If you would like to make a donation or hold a fundraising event for the Barnstaple or South Molton Memory Cafés, please contact Anne McKiernan, Memory Café Coordinator at: [memorycafe@ruraldevoncab.org.uk](mailto:memorycafe@ruraldevoncab.org.uk)

Phone: 07855 837077.

## Where do the Memory Cafes take place?

**Barnstaple Memory Café:** the **First Friday of the month** on Market Day between 10.00– 12.00 at:

The Henry Williamson Room  
Barnstaple Library  
Tuly Street  
Barnstaple  
Devon EX31 1EL

**South Molton Memory Cafe** meets on the **Second Thursday of the month on market day** between 10.30 – 12.30 in:

Garden Room  
The Amory Centre  
125 East Street  
South Molton EX36 3BU  
01769 572501

## Contact Us

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c/o Citizens Advice  
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[memorycafe@ruraldevoncab.org.uk](mailto:memorycafe@ruraldevoncab.org.uk)

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