

Lydd Café operates from

Methodist Church Hall  
New Street  
Lydd,  
TN29 9DJ



First & Third Tuesday of each  
Calendar Month

10am-12noon

*Welcome refreshments always  
served with a smile and  
heaps of information to  
digest, helping you to  
live well.*



### Café Contacts



Mrs Pauline Pogson,  
Group Lead Officer 01797 329390  
Mr John Bjerkestrand  
Group Treasury Officer  
Joanna Watts  
Community Warden  
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General information  
WWW.alzheimers.org.uk

National Dementia Helpline  
0300 222 1122

**Please Note:** *Lydd Dementia Cafe is a  
Community Group whose meetings are  
held in the Methodist Church Hall.*

Lydd DC publicity leaflet Issue 2019

# Lydd Dementia Café



*Supporting those in  
Lydd Community  
Living with Dementia,  
Their Carers and Friends*

**Tuesday Pop-up Café**

**Town and Coastal  
Communities**



Public liability: Community Shield 21/MCS/0289956

## What is a Dementia Café?

*For those living with dementia, their carers or friends, it's an opportunity to share experiences in a supportive and sensitive environment. The principle of a Dementia, Alzheimer or Memory Cafe was first developed and opened in The Netherlands during 1997.*

*Here in the UK the Alzheimer Society operates and helps Dementia Groups, such as giving their support to our Lydd Dementia Cafe. It is also a place where you may find guidance and information on services that you may not be aware of, which could help you 'live well' in the community.*

### Lydd DC Steering Group, our team of Volunteers



**Mrs Pauline Pogson,**

Group Lead Officer, Food Hygiene and Safe Guarding

**Mr John Bjerkestrand** , Group Treasurer

**Mrs Joanne Watts,**

KCC Community Warden, Supporting Member

**Mrs Maggie Bjerkestrand**

Group Dementia Assistant Volunteer

## What do we offer?

- Free Café entry to a friendly atmosphere for Tea /Coffee, Biscuits and a Chat
- Talking therapy with other Café Visitors who are also living with Dementia or their Carers.
- The availability of a wide range of information across the Health Services, home adaption guidance and Wellbeing Assistance.
- An opportunity to talk over your concerns with a member of our staff or arrange a one-to-one with the Shepway Alzheimer's Society Support Services.
- Receive information and guidance from our guest speakers, across a range of relevant topics.
- Participate in projects designed to help support 'living well' with Dementia and help Carers to also manage their own wellbeing.

## How are we managed?

*A survey of our Lydd Town and Coastal*



*should be viewed on request). Finances are (not for profit) supported by Café Refreshment Donation and external Grant Funding, operated through a Business Account with Lloyds Bank. Public Liability insurance cover is from Community Shield (Methodist insurance).*

