

St Austell Memory Café

Cuddra WI Hall, Bucklers Lane, St Austell.

Every 1st and 3rd Monday, 2-4pm.

Contact Sue McDermott on 01872273952

Perranporth Memory Café

St Michael's Church Hall, Perranporth

Every 2nd Monday, from 2 - 4pm

Contact Alan on 01872 572050 or

Doreen on 01637 830471

Truro Memory Café

All Saints Church hall, Highertown, Truro

Every 2nd & 4th Friday, from 1.30 –3.30pm

Contact - Sue McDermott on 01872 273952

St Day Memory Café

Reflections, Little Beside House, St Day

Every other Tuesday, from 6.30-8.30pm

Contact Angela Downing on 01209 822300

West Cornwall Memory Cafés

Camborne Memory Café

All Saints Church Community Centre
Tuckingmill

Every 1st & 3rd Wednesday from 1.30-3.30

Contact -Alzheimer's Society 01872 277963

Redruth Memory Café

Community Centre, Foundry Row, Redruth.

Every 2nd & 4th Wednesday from 1.30-3.30

Contact Alzheimer's Society 01872 277963

Helston Memory Café

Hens Horn Court, Station Road, Helston

1st & 3rd Tuesday, 2 - 4pm

Contact - Margaret Ford on 07974 728435

Isles of Scilly Memory Café

Garden Pavillion, Church Street, St. Mary's.

Every Friday 2.00-4.30pm

Contact Rowan on 422148/Jane on 422002.

Mullion Memory Café

Mullion Methodist Chapel, Mullion

Every 1st and 3rd Friday from 2 - 4pm

Contact Lillian Watson on 01326 240709

Penzance Memory Café

Committee Rm 1, Penzance One Stop Shop

Every 2nd & 4th Thursday from 2 - 4pm

**Contact Margaret on 07974 728435 / Chris
on 07851111496**

St Ives Memory Café

Memorial Hall, Trencrom Lane, Carbis Bay

Every 1st and 3rd Thursday from 2 - 4pm

**Contact Margaret on 07974 728435 / Chris
on 07851111496**

Sometimes memory lapse may occur because we are stressed, tired or have very busy lives. However, if your memory lapses are becoming more frequent or effecting other aspects of your life, share your concerns and seek advice:

- **Make an appointment to visit your GP**
- **Call the Alzheimer's Society Helpline on 01872 277963 - the line is open Monday -Thursday.**
- **Visit your local Memory Café**
- **Call the Age UK Helpline on 01872 266388**

Cornwall Memory Café Network

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Coping with Memory loss— a piece of cake?

Experiencing memory loss can be scary, but the good news is that there is a lot you can do to maintain your own memory.

Memory cafés are a great way to meet others, take part in fun activities and also re-build confidence and self-esteem.

What happens at a Memory Café?

In Cornwall we now have twenty-four Memory cafés where people with memory loss and their family or carers can socialise, take part in meaningful activities, and enjoy 'home made' cakes and refreshments.

Memory cafés can help refresh and re-weave the relationships between people with memory loss and their carers, and also build mutual support. Knowing that others really understand makes a difference, and this can grow into a support network that exists outside the café.



Even though each memory café is unique, they generally aim to improve well-being by providing:-

- settings where people with memory loss feel welcomed and valued
- stimulating activities which are age appropriate and interesting
- ways to contribute to the cafés, either by sharing histories or skills, making the refreshments, washing up, or joining the committee
- informal respite and support to families and carers

East Cornwall Memory Cafés

Bodmin Memory Café

Berdekesa Court
Robartes Road, Bodmin.

Alternate Mondays, 10-12pm

Contact - Kerry Banbury tel: 07855305577

Bude Memory Café

Parkhouse Centre
Bude

Every 1st & 3rd Friday from 2 - 4pm

Contact Alan Butler on 01288 355254

Camelford Memory Café

Anvil Court, Anvil Court Road
Camelford, PL32 9SD.

Every 2nd & 4th Monday from 2 - 4pm

Contact - Margaret Lovell on 07867783728

Downderry Memory Cafe

The Zone
Downderry, nr Looe

Every 2nd & 4th Thursday day from 2-4pm

Contact Penny 01503250432/ Heather 01503250381

Launceston Memory Café

Launceston Methodist Church
Dingley Hall, Launceston

Every other Saturday from 2 - 4pm

Contact - Cym Downing Tel: 01566 774425

Liskeard & Polperro Memory Cafés

Liskeard Methodist Church,
Wesley House, Bay Tree Hill, Liskeard
First Friday of every month, 2 - 4pm

The Methodist Church, Fore Street, Polperro

Every 3rd Friday from 2 - 4pm

Contact Pauline 01503 272473

Polbathic Memory Café

Half-Way Public House
Every 2nd & 4th Tuesday 2-4pm

St Germans Memory Café

Every 1st & 3rd Tuesday 2-4pm

Contact Janet Hummerstone 01503 230404

Saltash Memory Cafe

Burraton Methodist Church
near Saltash

Every 2nd Wednesday 2- 4pm

Contact Alzheimer's Society 01872 277963

Wadebridge Memory Café

St. Breock School
Tremarren Road
Wadebridge

Every 2nd & 4th Saturday from 2 - 4pm

Contact Margaret on 07867 783728 or visit www.wmca.btck.co.uk

Mid Cornwall Memory Cafés

Falmouth Memory Café

Emmanuel Baptist Church
Western Terrace, Falmouth

Every 2nd and 4th Tuesday, 2pm- 4pm

Contact Bob/Toops on 0845 475 3319, or visit www.falmouthmemorycafe.org.uk

Lostwithiel Memory Café

Lostwithiel Community Centre, Liddicoat Road,
Lostwithiel

Every alternate Thursday, 2 - 4pm

Contact Jo Hague on 01208 871196

Newquay Memory Cafe

St.Columb Minor Church Hall, St Columb Minor.

Every 2nd and 4th Thursday, 2 - 4pm

Contact Keith Dynan on 07968 960 694