

### **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](http://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](http://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**