



Daphne's Café

Dementia and Friends



Information and advice for people in a relaxed setting

Dementia is not a natural part of ageing and it doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset or young-onset dementia. A diagnosis of dementia can often evoke feelings of fear and dread. People can lose hope, become isolated and depressed. Evidence shows that keeping as active as possible – physically, mentally and socially – can slow down the progress of dementia. It can boost memory and self-esteem and help avoid depression.

With this in mind, Capel Parish Nurses have decided to start a Dementia Café here in Capel St Mary. It has been named after Daphne Blazey, who lived with Dementia and recently died. Daphne will be remembered by many of our older residents for her work in the community with Cub Scouts.

If you or a friend or family member is living with Dementia, why not come along to Daphne's Café and have a cup of tea with someone who understands. Daphne's Café aims to provide 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
- Get answers from health professionals and meet and learn from other people in similar situations.
- Keep active, make new friends and feel more confident.

The Café will be open at Capel St Mary Library on the 2nd and 4th Friday of each month from 10.00 am – 12 noon. The first one will be on Friday 12th October.

We look forward to seeing you there.

Blessings,

Capel Parish Nurses Team

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