

## Clifton Village Memory Café

*A collaborative venture between Pembroke Road Surgery, Whiteladies Medical Group and the Family Practice  
Western College in Association with Christchurch in Clifton Village*

Do you have time to spare? Would you be interested in volunteering to help at our Memory Café at Christchurch in Clifton Village?

### Why run a Memory Café?

There is an ageing population and increasing numbers of people with memory problems. There is an undeniable need to increase the support for people with memory problems and their carers. A Memory Café is one way of helping both sufferers and their carers by having a sociable event that can be supportive, informative and even fun.

### What is a Memory Café?

The purpose of the Memory Café is to provide a relaxed and safe place to socialise and learn more about memory problems. It's a chance to mix with other people in the same position. It reduces isolation and offers the opportunity to share experiences in a supportive and informal café style environment. It provides support, guidance and information for carers.

### What's involved?

The setting-out of tables, chairs, laying out the tea cups and saucers and serving the refreshments. Meeting and greeting and talking with attendees and supporting the activity coordinators. Helping with the clearing and tidying at the end.

### Time commitment

Minimum: 3 hours a month, either 1:00pm – 4:00pm or 2:00pm – 5:00pm (on a rota basis). However if you feel able to commit to helping with both set-up and clear-up and attend from 1:00-5:00pm, that would be great. We understand that you may not wish to commit monthly to volunteering but may be able to offer support every two or three months, for example.

### Venue

The café is held at Christchurch, Clifton Down Road, Clifton Village on the second Wednesday of every month, from 2:00pm – 4:00pm.

### Training

We have a training session for volunteers on Wednesday 3<sup>rd</sup> May 2017, from 12:30 – 4:00pm, with lunch. It is an opportunity to meet other volunteers, learn more about the café and the aims of our project. There will be a dementia awareness session and some basic health and safety, brief safeguarding adults' awareness, as well as a tour of Christchurch.

If you would like to offer your services as a volunteer we will need to do a Disclosing and Barring Check (DBS) on you and will ask you to complete a form and provide some proof of ID, which we will copy and send away for processing.

### Still interested?

Contact Heather Carrigan on: 0117 317 1701 (Pembroke Road Surgery), or Christine Young (Whiteladies Medical Group) on: 0117 915 0273. Please register your interest with us so that we can begin the checking process.