

A caring café

» Out & about



A new monthly Memory Café at the Corn Exchange hopes to help those with dementia and their carers

Newbury's Corn Exchange recently held its first Memory Café, a place for those people living with dementia and their carers, friends and relatives, to meet with others over coffee and cake. The sessions are being held on the last Monday of every month in the Corn Exchange Balcony Bar, with this month's taking place on 23rd February. The Memory Café is the result of a partnership between Newbury Alzheimer's Society and NHS Memory Clinic and visitors can drop in anytime between 10.30am and 12.30pm.

A grant from the Big Lottery Fund has funded the project and dementia awareness training for the staff and volunteers at the theatre.

The café is a result of a campaign last year by the Newbury Dementia Action Alliance, in which around 30

local businesses – including Gardner Leader, the Corn Exchange and The Empire Café – said they would improve their services for those with dementia.

Newbury MP Richard Benyon was at the launch event in Newbury's Market Place in January, he said: "I am delighted that the Corn Exchange, such a focal point for our community, is to become a new social hub. "One in three people over the age of 65 will develop dementia during their lifetime and in less than 10 years' time over one million people will be living with the condition in the UK. "Local health initiatives are vital in ensuring people get the help and support they require."

Find out more about the café on the Corn Exchange website at www.cornexchangenew.com

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