

Are you caring for someone or living with dementia?

Come and join us at

Watford & Chorleywood Dementia Connections Café.

For everyone with any level of dementia, memory problems and their carers or family members



Working with Watford & Three Rivers Trust - Getting Together Service; these friendly and welcoming cafes are for people living with, or caring for someone, with dementia or memory problems.

They offer exercise and memory activities, opportunities to meet new people, emotional and practical supportand plenty of fun!

Every month at:

Holywell Community Centre
Chaffinch lane,
WD18 9QD

Christ Church, The Common,
Rickmansworth Road,
Chorleywood, WD3 5SG



Watford Connections

café

meeting date

11.00am – 1.00pm

Mondays

2018

October 22nd

November 26th

2019

January 21st

February 18th

March 18th

Chorleywood

Connections café

meeting dates

10.30am -12.30pm

Mondays

2018

October 1st

November 5th

December 3rd

2019

January 7th

February 4th

March 4th

Carers

- Meet other carers
- Carers group facilitated by qualified Psychotherapist
- Relaxation/Mindfulness
- Signposting

Service users

- Meet other service users
- Exercise sessions
- Memory Activities
- FUN