

Still Game Interview about De Café (August 2011)

Nicola Williamson from Still Game recently interviewed Susie Martin, Ceartas Advocacy Worker about De Café. This is what was said . . .

Nicola: What is De Café?

Susie: *It's an informal café for people concerned about dementia or memory problems which can have a devastating effect on someone's life. The idea started in the Netherlands and creates a safe caring and welcoming environment for people.*

Nicola: Who is it for?

Susie: *This is for people who are affected or their carers or relatives.*

Nicola: Is there an age limit?

Susie: *There is no age limit, but most people are aged 50+ but some carers are much younger.*

Nicola: How long has it been running?

Susie: *It's been running since 2005 and they celebrated their 5th Birthday last September.*

Nicola: When and where does it run?

Susie: *It runs from the Kirkintilloch Baptist Church Coffee Lounge on the last Friday of every month from 1.30pm-3pm.*

Nicola: How had it helped people?

Susie: *People receive good quality information on dementia. They can ask questions about dementia and memory loss and they can be put in touch with other professionals. The main focus is on peer support where people get a lot out of talking to each other and sharing experiences and information.*

Nicola: What information have people been given?

Susie: *We have had various speakers on issues such as Community Safety and Advocacy and other issues which are relevant to people. Sometimes we have a lunch with folks and we had carol singers at Christmas.*

Nicola: How many people come along?

Susie: *There are around 15-35 people who come along regularly.*

We are grateful to Nicola for interviewing Susie and helping us to find out more about this important and valued service of Ceartas.