



is a Gaelic word for equity, fairness, and right. This is what we wish to achieve and promote as we support and represent individuals in East Dunbartonshire. Ceartas provides information and advocacy for older people and people with dementia.

### Become A Member

If you support the work that Ceartas delivers, you can help to ensure we carry on doing it by becoming a member.

Becoming a member ensures that we are kept informed of the views of our service users. It also enables us to demonstrate to potential funders that we are truly representing people in East Dunbartonshire.

For further information about De Café or becoming a Ceartas member please call Ceartas on:

0141 775 0433

or email: [info@ceartas.org.uk](mailto:info@ceartas.org.uk)

[www.facebook.com/ceartasadvocacy](https://www.facebook.com/ceartasadvocacy)

[www.ceartas.org.uk](http://www.ceartas.org.uk)

# DE CAFÉ



A group for anyone living with, or concerned about, dementia or memory loss

“Its good to talk”



De Café is a café for people with dementia and their carers. It is an informal setting where people with dementia and their carers can meet and speak to each other.



“ It helps having other people around who really know what you’re talking about ”



“ They make you feel at home ”

“ The information you get here is great ”



“ It’s good to come to a place with ‘real’ people ”

De Café aims to...



Provide a relaxed and informal environment where people with dementia and their carers can talk to each other about some of the issues they face living with a diagnosis of dementia



Provide information about dementia and local services for people living with dementia and their carers



Prevent isolation for people with dementia and their carers



Encourage access to advocacy and carer support services at an early stage

