

Fact Sheet on: DE Café



How to get in touch:

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(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

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What is De Café?

Our De Café is a peer support and information group for people who are affected by dementia or memory loss and their carers. The group provides the opportunity to meet others within East Dunbartonshire who have a diagnosis of dementia or who are affected by memory loss. The café provides a friendly and welcoming environment where guest speakers are invited to discuss a range of interesting topics. The group meets monthly at various venues throughout East Dunbartonshire.

The purpose of the Group

The main purpose of this group is 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.

As well as offering the opportunity for social contact with others in a similar situation, De Café can also provide practical support and information on a range of social work and health care services. There will always be an advocacy worker, information worker and someone from Carers Link on hand to answer any questions that people have.

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Who can join?

This group is open to everyone who lives within the East Dunbartonshire area. If you have a diagnosis of dementia or memory loss, or offer care to someone who does, then De Café may have something to offer you.

How to get involved?

If you are interested in attending this group please contact Karen Health our Information Development Worker on **0141 775 0433** for further details. Karen will be able to provide you with details of the various venues where we host our monthly meetings of De Café.

Testimonials

“The staff make it what it is today, a welcoming place.”

“Some days you think you have problems but when you talk to other people you find out that other people have problems too.”

“I can’t believe my husband is sitting here talking about dementia so openly!”

“You can pick up all sorts of information here.”

Further Information

Ceartas can help by providing advice and information on Dementia. Please visit our website www.ceartas.org.uk and refer to our Dementia services Factsheet for further information. Alternatively please contact us on **0141 775 0433** where a member of staff will be happy to help you.

De café is supported by:



[Carers Link](http://www.carerslink.org.uk) is a local organisation which supports carers, they have a specialised worker who works with older carers and those who care for someone with a diagnosis of dementia you can contact Carers Link on 0800 975 2131 or visit their website www.carerslink.org.uk.