There are 4 De Cafés throughout the month;

De Café Bishopbriggs (in partnership with East

Dunbartonshire Dementia Network)

First Tuesday of the Month 2.30pm-4pm

Woodhill Evangelical Church, Bishopbriggs

De Café Milngavie (in partnership with East

Dunbartonshire Dementia Network)

First Wednesday of the Month 10.30am-12pm

Milngavie Youth Café, 40 Mugdock Road, Milngavie

De Café Bearsden (in partnership with Killermont Parish Church and East Dunbartonshire

Dementia Network)

Fourth Tuesday of the Month 2pm-4pm

Killermont Parish Church, Bearsden

De Café Kirkintilloch

Last Friday of the Month 1.30pm-3pm

Kirkintilloch Baptist Church, Kirkintilloch

*Please note dates/venues may be subject to change. Please contact us on 0141 775 0433 before your first visit to De Café



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

This is what we wish to achieve and promote as we represent individuals in East Dunbartonshire.



HOW TO GET IN TOUCH

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Fax: 0141 776 1369

Web: www.ceartas.org.uk

Scan to subscribe to our E-Bulletin













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

"IT'S GOOD TO TALK"



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 on local services for people living with dementia and their carers



Prevent isolation for people with dementia and their carers



Encourage access to advocacy and other support services at an early stage.



DE CAFÉ

is for anyone living with, or concerned about, dementia or memory loss and their carers.



"It's good to come to a place with 'real' people"

"They make you feel at home"





"It helps having other people around who really know what you're talking about"

"The information you get here is great"



DE CAFÉ our story......

One couple have been coming to De Café for over 5 years now and attend almost every month. They spotted the notice for the café in the Woodlands Centre in Kirkintilloch.

"We were a bit unsure of what was involved and had no idea what to expect but the warm welcome we received soon put us at ease and we quickly realised, and appreciated, that it wasn't just a cuppa and a chat but also very informative.

De Café has given us great support and advice over the years and we don't know what we'd have done without it!

We would like De Café to reach more people with dementia and their carers as there are still many more who don't know about it"

