




Ceartas

Connect, Create, Change.



Acceptance Caring
Friendship Coffee
Not alone Fun Tea
Singing Cakes
Conversation Laughs
Information
Lifeline Support
Company

DE CAFÉ



WITH CEARTAS

T:0141 775 0433

 Ceartas

Join Us at De Café: Your Community for Dementia Support

Ceartas hosts four De Cafés across East Dunbartonshire, open to anyone living with, or concerned about, dementia or memory loss.

In a warm, informal setting, you and your carers, partners, or family members can meet others on similar journeys.



Guest Speakers



Information Sessions



Wellbeing Sessions



Fun and Games

What Makes De Café Special?

- **Friendly Social Support:** Share your experiences, swap stories, and connect with people who understand.
- **Information:** Get the latest updates and helpful information about dementia from Ceartas and other local organisations. Stay informed about new developments and available services.
- **Prevent Isolation:** Being part of a community helps combat loneliness and isolation. At De Café, you're never alone.
- **Advocacy and Support:** We can link you into independent advocacy and local carer support services. Your voice matters, and we're here to help amplify it.

Why Should You Join Us ?

- De Café offers a relaxed and informal space where you can meet and talk to others with similar experiences
- Learn about the services available in your area specifically designed for those affected by dementia.
- Access essential support services early, making a positive difference in your journey with dementia.

Come to De Café and be part of a community that cares. Together, we can navigate the challenges of dementia with understanding, support, and friendship.

De Café Programme of Events

Join us at our De Cafés for a warm and welcoming environment where people and families living with dementia and long-term memory problems can come together for support and socialisation.

Bishopbriggs De Café

Location: Woodhill Evangelical Church, Bishopbriggs, G64 2NA

Time: 2pm - 3:30pm

When: First Tuesday of the month

Lenzie De Café

Location: Lenzie Union Parish Church, Kirkintilloch Road, Lenzie, G66 4LD

Time: 1:30pm - 3pm

When: Second Monday of the month

Killermont De Café

Location: Killermont Parish Church, Rannoch Drive, Bearsden, G61 2LD

Time: 2pm - 4pm

When: Fourth Tuesday of the month

Kirkintilloch De Café

Location: The Park Centre, 45 Kerr Street, Kirkintilloch, G66 1LF

Time: 1:30pm - 3pm

When: Last Friday of the month

For more information, please contact us at:

Phone: 0141 775 0433

Email: info@ceartas.org.uk

Website: www.ceartas.org.uk

We look forward to seeing you there!

Leaflet designed by De Café members June 2024

