




# Ceartas

Connect, Create, Change.



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

## DE CAFÉ



WITH CEARTAS

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 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](mailto:info@ceartas.org.uk)**

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

**We look forward to seeing you there!**

*Leaflet designed by De Café members June 2024*

