

A Dementia Cafe

Do you have a friend or family member who is living with dementia? Maybe you would like to come to one of our cafes with them. If you can't attend in person then you can join one of our virtual cafes from the comfort of your own home.

- There are dementia cafes all over Ireland.
- They are welcoming places and open to anyone living with dementia along with their friends and family members.
- They offer a safe space where people can meet up with others with similar experiences.
- They are always free to attend and run for 2 hours once a month.
- Informative - most meetings will have a speaker talking about a subject of interest.
- Enjoyable - there is usually music or some fun event.



The Irish Dementia Cafe Network is a community of cafes around Ireland that is run by volunteers in their local communities. The network brings the dementia cafes together and supports the start up of new cafes.

Visit our website: www.dementiacafe.ie or email michelle@engagingdementia.ie for more information.

