



What's on at Tavistock Memory Café

January 11th

Celebrating Robbie Burns

We start the New Year with a slightly early Burn's celebration, there will be the traditional music, songs and dancing, followed by a bit of haggis, neeps and tatties.

Carers – Peer support session

January 25th

Mosaics!

BRACE who fund dementia research, have offered to run a mosaic class for us – it should be a fun afternoon. Take your work home and show off your skills!

Carers – Session with our Admiral Nurse

February 8th

Pub Games

This is one of our favourite ways to spend the afternoon together, darts, dominoes and miniature snooker etc.

Carers – Catherine Bailey, legal advice

February 22nd

Music and movement

Rosie is back for another fun and active session

Carers – Peer support

March 14th

Brian Burley and his WI Choir

Brian has entertained us on several occasions, now he and his choir are here with a variety of music for us to listen to and to join in.

Carers – Debra Lees from the Older Persons Mental Health team

March 28th

Spring planting

Ali from the Sensory Garden will be helping us to prepare some future delights for Tavistock's award winning garden, and looking at the wonderful world of nature.

Carers – Peer support

(Activities may be changed on the day, if necessary)