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## We Cannot Believe It Is Nearly November...

Does anyone else feel like 2019 is absolutely flying by? It feels like 5 minutes ago we were enjoying warm sunny days on the beach, now all of a sudden we're busy lighting fires and carving pumpkins! However, we've had a great year with lots of exciting things happening and you know what they say - time flies when you're having fun!



We are delighted to announce that Plymouth are Winners of the international [Engaged Cities Award](#), thanks to [Cities of Service](#). This is a fantastic achievement for Plymouth and it is nice to see that our hard work is being recognised.

Watch the video [here](#).

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### **Plymouth Herald Payback Time Awards**

Memory Matters have been shortlisted for the Payback Time Awards. We would be really grateful if our lovely customers and friends could vote for us by filling out the voting slip in the Herald Newspaper.

Read more about the awards [here](#).

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## Relaxed Cinema Screenings

[Plymouths Art Cinema](#) are offering "Relaxed Screenings" this December. They have kindly created an **EXCLUSIVE OFFER** for Moments Café customers to receive 2-4-1 tickets by quoting MOMENTS241 at the checkout.

Read more [here](#).

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## Autumn Poem

Autumn is a great reminder for us all to 'let go'. As the last few leaves begin to fall from the trees, think, is there something you would like to let go of as we embark into a new season?



### **Join Us For A Quiz Night**

As part of [Social Enterprise Week](#) 2019, [Plymouth Social Enterprise Network](#) will be hosting a Quiz Night at [Moments Café](#) on Tuesday 19th November between 7pm - 9pm. Everyone is welcome!

Read more [here](#).

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### **Social Enterprise Fair 2019**

Come and find out who your local Social Enterprises are. On Saturday 23rd November 2019, [Moments Café](#) are

hosting a Social Enterprise Fair which is open to the public. This is a FREE drop-in event that will be taking place between 10am - 4pm.

Find out more [here](#).

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### Can Your Community Venue Help?

Our mission is to create communities where people with dementia can thrive, despite their symptoms. On Friday 13th December we will be running our second Open Day at [Moments Café](#). Come along and find out how **YOU** can help.

Register your FREE place [here](#).

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**World Vegan Day**

Did you know that Friday 1st November is World Vegan Day. And what better way to celebrate than with one of our delicious Vegan Chocolate Brownies. We also have a variety of Vegan Pastries and Main Meals too!

Check out our full Vegan Menu [here](#).

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Quote of the month: "***Believe you can and you're halfway there***"

- Theodore Roosevelt

### **ADDRESS**

Moments,  
69a New George Street,  
Plymouth,  
Devon,  
PL1 1RJ

### **OPENING HOURS**

Memory Matters:  
Monday - Friday  
9:00am - 5:00pm

Moments Café:  
Monday - Saturday  
9:00am - 5:00pm  
CLOSED SUNDAY

### **CONTACT US**

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