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## Welcome to our new combined Newsletter

We have decided to simplify how we communicate with you by combining both of our newsletters together. From now on you will receive one newsletter at the end of each month that will cover all the wonderful things going on at both Memory Matters and Moments Café.

We have had a very busy Summer where lots of exciting things have happened; we took part in Carers Week 2019, the BBC came to film at the Café and we celebrated 9 years of Memory Matters at our Fundraising Ball in July - just to name a few! We're now looking forward to Autumn and all it has to offer...



### Can your Community Venue help?

Our communities need to play a strong part in supporting those with dementia and often feel unskilled, unable and unsure of what is required. On Thursday 3rd October we will be running an Open Afternoon at [Moments Café](#) where you can find out how YOU can help.

Read more [here](#).



### Plymouth Art Weekender

This weekend is Plymouth Art Weekender and there is plenty going on around the city. We are taking part in the Plymouth 'Pink Plaques' scheme. The plaques will mark local people's memories and



## YOUNG DEMENTIA GET TOGETHER

The purpose of this group is to bring together those living with dementia of working age. To provide peer support, make a difference in the community, have some fun, learn and be there for each other and to gain information and to shape services to your needs.

This group will be guided by you with the support of Memory Matters (local dementia support organisation) and Livelwell SW CIC - Dementia Advisor Service, with the help of volunteers.

Every second Saturday of the month  
From June 2019 - June 2020  
10.00am - 1.00pm

IN THE ARTHUR READ ROOM,  
1ST FLOOR, MOMENTS CAFE, NEW  
GEORGE ST, PLYMOUTH

FREE to attend



## Young Onset Group

Thanks to Tesco's Bags of Help, we have managed to provide support sessions for people living with dementia who are under the age of 65. We started our first session in June and we now have 15 members who attend every second Saturday of the month.

Read more [here](#).

**MOMENTS**  
with just 10p

### Wine Hire With A Social Dementia

Moments Café is the perfect social location for an event. We offer a great dining space and a fantastic menu to suit all budgets and occasions. We'll be with you every step of the way.

Whether you're looking for a room to hire for a social event or a meeting room, we'll be with you every step of the way. Our experienced staff will be on hand to help you plan your event and ensure it runs smoothly.

For more information, please contact our friendly staff on 01752 234567 or visit our website at [www.momentscafe.co.uk](#)

- Free of charge for all our events
- Meet us at our cafe or in our meeting room
- Flexible packages for meetings, dinners, parties and more

Contact us for more information or to book your room hire.

01752 234567

## Moments Room Hire

Did you know that we have a selection of rooms that we hire out in our [Memory Matters Hub](#) above [Moments Café](#)? By choosing to hire one of our rooms, you are

helping to support people in the local community who are living with dementia.

Read more [here](#).

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### **Memory Matters Inside**

We have recently embarked on some new and exciting projects, one of them being our Memory Matters Inside project.

Memory Matters Inside is a sustainable approach to providing dementia therapy in Dartmoor Prison.

Read more [here](#).

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### **New Workshops in Newquay**

We are now running our Memory Matters [Workshops](#) in Newquay, as well as

Bodmin, Wadebridge, St. Austell and Liskeard. Our workshops are proven to slow the progress of dementia through Cognitive Stimulation Therapy (CST).

Read more [here](#).

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### **WISE100 Awards**

Our two wonderful Leaders, Joint CEOs and Co-Founders Laura and Kate, have been nominated for the NatWest WISE100 Awards.

Read more [here](#).

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Quote of the month: "***Happiness is the highest form of health.***"  
- Dalai Lama

### **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

Memory Matters

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