

Memory Moments Café

in Haywards Heath in conjunction with
St Richard's Church

Held Monthly on Tues & Sat
2.30 pm to 4.30 pm

**Tues - 22 Jan, 19 Feb, 19 Mar, 16 Apr, 21 May, 18 Jun, 23 Jul,
20 Aug, 17 Sep, 22 Oct, 19 Nov, 17 Dec**

**Sat - 5 Jan, 2 Feb, 2 Mar, 6 Apr, 4 May, 1 Jun, 6 Jul, 3 Aug,
7 Sep, 5 Oct, 2 Nov, 7 Dec**

**Please come and join us for an informal café
including tea, coffee & cake, a little fun &
laughter with games, talks, music, dance etc**



**Everyone is welcome, especially those with
memory problems and their family supporter
at**

**St Richard's Church Hall, Sydney Road,
Haywards Heath RH16 1QE**



Who are we?

Know Dementia is a local charity comprising of volunteers, family carers and qualified professionals who live and work with people with dementia.

For more information please contact us:

Telephone: 01273 494300

Email: info@knowdementia.co.uk

or visit our website: www.knowdementia.co.uk

