

St Margaret's Music & Memory Café

LAUNCH - THURSDAY 15TH JANUARY
THEN 1ST THURSDAY OF EACH MONTH
10:00-12:00

We warmly invite you to join our dementia-friendly Music & Memory Café at St Margaret's Church Hall.

Bringing together people affected by dementia, along with their families, to connect with others, exchange stories, and find support in a friendly environment that serves coffee and cake.

The programme features a range of activities, such as reminiscence sessions, music, arts and crafts, as well as cognitive stimulation exercises.



FREE ENTRY

Supported by - Arun Dementia Alliance Partners: Ayton House care home, Angmering and Home Instead-home care providers, Worthing

care UK 

 **home instead.**

For more information: Phone: 01903 784459
or Email: community@angmering.org.uk