

Memory Cafe South Cafe



Date: 07/03/2018

Time: 2:30pm to 4:30pm

Cost: Free

Memory Cafe South sessions provide group based support for people living with dementia as well as their families and supporters.

People are welcome to attend who live in both Kensington & Chelsea and Westminster.

Café sessions provide a warm and friendly environment as well as activities and information from local health and carer related services.

Upcoming programme:

- 10th January : **Chair yoga** - no experience necessary
- 7th February: **RIBA, talking about local architecture** e.g. Tate & Churchill Est
- 7th March : **Introduction To Mindfulness**

Light refreshments will be provided!

Bus: 2, 36, or 436 bus to Rochester Row

Tube: Victoria/Pimlico tube stations

Monthly sessions are also held in the North of Westminster on the last Wed of the month at 42 Westbourne Park Rd in Royal Oak, and last Friday of the month at Cremorne Club Room World's End: check the site for details nearer the time. Click [this link](#) for other events curated for people who live with dementia, or call for more information!

Tags (Office Use only): WMS, KCWMS, HFMS, XMAS, CHRISTMAS

This event occurs every 4weeks on Wednesday until 07 March 2018

Location

Victoria Medical Centre

29 Upper Tachbrook Street, Victoria, London, SW1V 1SN

Organiser

Mandy Andrews (Westminster Dementia Advisor)

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Downloads

- [WMS List Of Events \(394 Kb\)](#)
- [WMS Cafe South Flyer Jan March 2018 \(354 Kb\)](#)