 

**The Dementia Friendly Community Cafe**

Recently members of the Bridge Cottage Patient Participation Group visited the Dementia Friendly Community Café at Digswell Village Hall provided by Home Instead Senior Care Welwyn and Hatfield.

The Café has been created to embrace everyone in the community, their carer’s, family and friends. The café offers a safe, welcoming atmosphere for those who require stimulation, socialization plus those who may feel lonely and isolated.

The cafés objective is to give people the chance to socialise, have a cup of tea, and enjoy some stimulating activities, crafts and music together with the support of guest speakers, including Trading Standards, Hertfordshire Fire Service, Hertswise and many more.

The day we visited the activities included painting mugs, board games, colouring and knitting. For those who were interested in knitting the group have been knitting small squares to form part of a giant blanket to donate to a local homeless charity. The atmosphere was warm and welcoming and there was absolutely no pressure to take part in the activities - several people were just enjoying a bit of people watching whilst having a cup of tea! On this particular day a singer joined the session and sung songs from the 40s and 50s which had a few people (including the amazing volunteers) getting up to have a little dance!

With an ageing population, cases of dementia are increasing. This means that more and more people in the local area will be affected by the condition at some point in their lives. It is Home Instead's hope that by educating the local community, they can create superior dementia awareness and through positive social interaction they can drive their mission to create a dementia friendly community.

The Dementia Friendly Community Café is held on Tuesday’s twice a month from 11.00am until 2.00pm.

If you would like to find out more please visit: <https://www.homeinstead.co.uk/welwyn> or call 01707 590 773

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com