

Who are we?

Know Dementia, a local charity, offers advice and support to families, carers and people with a diagnosis.

East Sussex Dementia Support Service

Support for you and your family and friends. This service provides information, emotional and practical support from the point of diagnosis and throughout your journey.

Supported by High Weald Lewes Havens
Clinical Commissioning Group



*High Weald Lewes Havens
Clinical Commissioning Group*

For information about any of these activities or transport, please contact:

Telephone: 01273 494300

Email: info@knowdementia.co.uk

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

Registered Charity No. 1154361



Memory Moments Café Days & Venues East Sussex

Please ring to book your place as we are monitoring how many people attend due to Covid-19. Tel. 01273 494300

DAY	LOCATION	START DATE	CLUB OR ACTIVITY	TIME
Monday	Ticehurst Village Hall, Lower High Street, Ticehurst TN5 7BB	10th May	MEMORY MOMENTS CAFÉ TICEHURST Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 9.30am - 12.30pm
	The Civic Centre, Bellfarm Lane, Uckfield TN22 1AE	10th May	MEMORY MOMENTS CAFÉ UCKFIELD Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 1.30pm - 4.30pm
	Cedar Room, Hastings Centre, The Ridge TN34 23A	7th June	MEMORY MOMENTS CAFÉ HASTINGS Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters.	Weekly 1.30pm - 3.30pm
TUESDAY	St Mary's Church Hall, Church Road, Buxted, Uckfield TN22 4LP	11th May	MEMORY MOMENTS CAFÉ BUXTED Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 9.30am - 12.30pm
	Newick Village Hall, Western Road, Newick BN8 4LE	18th May	MEMORY MOMENTS CAFÉ NEWICK Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 1.45pm - 4.45pm
	Hampden Park, Brodrick Road, Hampden Park, Eastbourne BN22 9NR	8th June	MEMORY MOMENTS CAFÉ EASTBOURNE Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 1.30pm - 4.30pm

DAY	LOCATION	START DATE	CLUB OR ACTIVITY	TIME
WEDNESDAY	Seaford Baptist Church, Belgrave Road, Seaford BN25 2EE	9th June	MEMORY MOMENTS CAFÉ SEAFORD Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 1.30pm - 4.30pm
THURSDAY	The Scout Hut Hall, Lewes Road, Ringmer BN8 5QA	13th May	MEMORY MOMENTS CAFÉ RINGMER Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 9.30am - 12.30pm
	BLODS HALL, Upper Sea Rd, Bexhill TN40 1RL	10th June	MEMORY MOMENTS CAFÉ BEXHILL Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. £1	Weekly 9.30am - 12.30pm
	St Richards Church Hall, Park Road, Heathfield TN21 8DT	20th May	MEMORY MOMENTS CAFÉ HEATHFIELD Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 2pm - 5pm
FRIDAY	Kempton House, Cavell Ave, Peacehaven BN10 7NJ	21st May - 18th June	MEMORY MOMENTS CAFÉ PEACEHAVEN Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 9.30am - 11.30pm
	Meridian Centre, Meridian Way, Peacehaven BN10 8BB	25th June onwards		Weekly 9.30am - 12.30pm
	Meeting Room 1, Crowborough Community Centre, Pine Grove TN6 1FE	14th May	MEMORY MOMENTS CAFÉ CROWBOROUGH Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Cost £1	Weekly 2pm - 5pm