



The Forget me not Cafe

For people with memory problems
and their carers.

Come and meet us, have a cup of tea, cake and a chat with others that are in a similar position, in an accepting and friendly environment.

(Refreshments supplied free of charge)

There is usually a complementary therapist on hand to give short therapy sessions and also professionals that you can talk to if you wish.

The Cafe meets on the last Tuesday of each month between 2pm and 4pm at the Glen, Community Room, Castle Road, Okehampton. (Except December)

For further information:

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