



Created in partnership with Home Instead and Watford Council, the Memory Café and Carers Retreat has been designed to create a welcoming and supportive environment for those living with dementia, their carers and companions.

These drop-in sessions, from 10.30am - 12.30pm, will provide a safe space where attendees can share their experiences, make new connections and enjoy a range of activities and refreshments throughout their visit.

Upcoming dates:

- 21 June 2023
- 19 July 2023
- 16 August 2023
- 20 September 2023
- 18 October 2023
- 15 November 2023
- 20 December 2023

**Cheslyn House and Gardens
54 Nascot Wood Road, Watford WD17 4SL**

**Call 01923 250513 for more information or visit
www.dementiafriendlywatford.com**



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