



# Westminster Memory Café South

**Location:** Victoria Medical Centre, 29 Upper Tachbrook Street,  
London SW1V 1SN

**Getting there:** 2, 36, or 436 bus to Rochester Row

**Programme of Events:** January– March 2018 2.30-4.30pm

**Wednesday 10th of January : Chair Yoga**

**Wednesday 7th February: RIBA, talking about local architecture e.g. Tate & Churchill Est**

**Wednesday 7th March : Introduction To Mindfulness**

Our Memory Café sessions provide group based support for people living with dementia and memory loss 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 information from local health and social care related services.

A monthly session is also held in the **North** of Westminster. Call for more information!



**For more information please contact:  
Mandy Andrews  
at the Kensington & Chelsea and Westminster Memory  
Service, Tel: 07540 502379 or 0203 219 0910**

**Light refreshments will be provided!**