



# FIND AN ALZHEIMER CAFÉ near you

An Alzheimer Café is a meeting place that gives informal education and advice about dementia and offers guidance and signposting to other services. We welcome people with dementia, their families, carers, professionals, and people with an interest in dementia.

## EAST COWES

1st Tuesday of the month  
2PM-4PM  
Town Hall, York Avenue  
East Cowes  
PO32 6RU

## RYDE

2nd Tuesday of the month  
2PM - 4PM  
Binstead Community  
Centre  
Coniston Avenue  
Ryde

## TOTLAND

3rd Wed of the Month  
2pm-4pm  
St Saviour's  
Holy Family Centre  
Weston Lane  
Totland  
PO39 0HE

## SANDOWN

4th Weds of the month  
2PM-4PM  
The Broadway Centre  
1 Broadway, Sandown  
PO36 9GG

## NEWPORT

Last Thursday of the month  
6PM-8PM  
Newclose County Cricket  
Ground  
Blackwater Road, Newport  
PO30 3BE

## COWES

2nd Weds of the month  
2PM-4PM  
Football Club  
Reynolds Close  
(off Park Road)  
PO31 7NT

## Newcomers very welcome

no booking required!

Website: [www.alzheimercafeiw.org.uk](http://www.alzheimercafeiw.org.uk)

Email: [info@alzheimercafeiw.org.uk](mailto:info@alzheimercafeiw.org.uk)

Tel: 01983 220200 (please leave a message)

