

# Cowes Cafés 2025



DATE	PRESENTATION	PRESENTER
12TH FEB	WHAT HAPPENS TO MEMORY AND ATTENTION: THE BOOKCASE MODEL	BARRY JACKMAN
12TH MARCH	COMMUNICATION - HOW DO WE STAY CONNECTED?	LIZ PEARSON
9TH APRIL	WHAT ELSE HELPS? MUSIC THERAPY	FANY
14TH MAY	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
11TH JUNE	BOBBY SCHEME - BLUE LAMP TRUST	BLUE LAMP TRUST
9TH JULY	UNDERSTANDING GRIEVING AND GUILT	MAGGIE BENNETT
13TH AUG	STRESS, WHY DOES IT SNEAK UP ON YOU?	LIZ PEARSON
10TH SEPT	DEMENTIA FRIENDLY ENVIRONMENTS	BARRY JACKMAN
8TH OCT	FEAR AND ANGER AND THE RANGE OF EMOTIONS	MAGGIE BENNETT
12TH NOV	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
10TH DEC	CHRISTMAS CAFÉ	

NOTE: Cowes cafés take place on 2nd Wednesday of the month  
from 2PM - 4PM

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