

# East Cowes Cafés 2025



DATE	PRESENTATION	PRESENTER
7TH JAN	LIGHTHOUSE CLINIC/DIAGNOSING DEMENTIA: WHAT IS AND ISN'T DEMENTIA	LIZ PEARSON
4TH FEB	COMMUNICATION - HOW DO WE STAY CONNECTED?	BARRY JACKMAN
4TH MARCH	WHAT ELSE HELPS? MUSIC THERAPY	FANY
1ST APRIL	STRESS, WHY DOES IT SNEAK UP ON YOU?	LIZ PEARSON
6TH MAY	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
3RD JUNE	FEAR AND ANGER AND THE RANGE OF EMOTIONS	LIZ PEARSON
1ST JULY	WHAT ELSE HELPS? BLUE LAMP TRUST	BLUE LAMP TRUST
5TH AUG	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
2ND SEPT	UNDERSTANDING GRIEVING AND GUILT	LIZ PEARSON
7TH OCT	WHAT HAPPENS TO MEMORY AND ATTENTION: THE BOOKCASE MODEL	LIZ PEARSON
4TH NOV	LIVING WITH DEMENTIA: DEMENTIA FRIENDLY ENVIRONMENTS	BARRY JACKMAN
2ND DEC	CHRISTMAS CAFÉ	

NOTE: East Cowes cafés take place on 1st Tuesday of the month from 2PM - 4PM

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