

Newport Cafés 2025



DATE	PRESENTATION	PRESENTER
30TH JAN	WHAT IS AN ALZHEIMER CAFÉ?	BARRY JACKMAN
27TH FEB	DIAGNOSING DEMENTIA, WHAT IS AND ISN'T DEMENTIA	LIZ PEARSON
27TH MARCH	STRESS - WHY DOES IT SNEAK UP ON YOU?	MAGGIE BENNETT
24TH APRIL	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
29TH MAY	COMMUNICATION - HOW DO WE STAY CONNECTED?	MAGGIE BENNETT
26TH JUNE	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
31ST JULY	UNDERSTANDING GRIEVING AND GUILT	MAGGIE BENNETT
28TH AUG	FEAR AND ANGER AND THE RANGE OF EMOTIONS	MAGGIE BENNETT
25TH SEPT	WHAT ELSE HELPS? BLUE LAMP TRUST	BLUE LAMP TRUST
30TH OCT	LIVING WITH DEMENTIA: DEMENTIA FRIENDLY ENVIRONMENTS, VISUAL PERCEPTUAL CHANGES, EATING & DRINKING	BARRY JACKMAN
27TH NOV	CHRISTMAS CAFÉ	

NOTE: Newport cafés take place on last Thursday of the month from 6PM - 8PM