

# Ryde Cafés 2025



DATE	PRESENTATION	PRESENTER
5TH FEB	COMMUNICATION - HOW DO WE STAY CONNECTED?	LIZ PEARSON
5TH MARCH	DIAGNOSING DEMENTIA - Q & A SESSION	TBC
2ND APRIL	WHAT ELSE HELPS? THE HERBERT PROTOCOL	POLICE/WIGHT SAR
7TH MAY	WHAT HAPPENS TO MEMORY AND ATTENTION: THE BOOKCASE MODEL	LIZ PEARSON
4TH JUNE	STRESS, WHY DOES IT SNEAK UP ON YOU?	LIZ PEARSON
2ND JULY	FEAR AND ANGER AND THE RANGE OF EMOTIONS	MAGGIE BENNETT
5TH AUG	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
3RD SEPT	UNDERSTANDING GRIEVING AND GUILT	LIZ PEARSON
1ST OCT	WHAT ELSE HELPS? BLUE LAMP TRUST	BLUE LAMP TRUST
5TH NOV	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
3RD DEC	CHRISTMAS CAFÉ	

NOTE: Ryde cafés take place on 1st Wednesday of the month  
from 11.30am - 1.30PM

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