

# Sandown Cafés 2025



DATE	PRESENTATION	PRESENTER
22ND JAN	DIAGNOSING DEMENTIA - WHAT IS AND ISN'T DEMENTIA	BARRY JACKMAN
26TH FEB	WHAT ELSE HELPS? MUSIC THERAPY - DRUMMING (TBC)	FANY
26TH MARCH	STRESS - WHY DOES IT SNEAK UP ON YOU	LIZ PEARSON
23TH APRIL	WHAT ELSE HELPS? BLUE LAMP TRUST	BLUE LAMP TRUST
28TH MAY	COMMUNICATION - HOW DO WE STAY CONNECTED?	BARRY JACKMAN
25TH JUNE	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
23RD JULY	DEMENTIA FRIENDLY ENVIRONMENTS	BARRY JACKMAN
27TH AUG	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
24TH SEPT	FEAR AND ANGER AND THE RANGE OF EMOTIONS	LIZ PEARSON
22ND OCT	UNDERSTANDING GRIEVING AND GUILT	MAGGIE BENNETT
26TH NOV	CHRISTMAS CAFÉ	

**NOTE: Sandown cafés take place on 4th Wednesday of the month from 2PM - 4PM**