



# Totland Cafés 2025

DATE	PRESENTATION	PRESENTER
15TH JAN	DEMENTIA CHOIR	
19TH FEB	DIAGNOSING DEMENTIA: WHAT IS AND ISN'T DEMENTIA	LIZ PEARSON PAULETTE
19TH MARCH	STAYING SAFE: WHAT TO LOOK FOR TO KEEP HEALTHY, WHEN AND HOW TO SEEK HELP INCLUDING HOSPITAL ADMISSIONS	MAGGIE BENNETT
16TH APRIL	NUTRITION - TBC	TBC
21ST MAY	LIVING WITH DEMENTIA: DEMENTIA FRIENDLY ENVIRONMENTS, VISUAL PERCEPTUAL CHANGES, EATING & DRINKING	LIZ PEARSON
18TH JUNE	COMMUNICATION - HOW DO WE STAY CONNTECTED?	BARRY JACKMAN
16TH JULY	LIVING WITH DEMENTIA: MAKING FINANCIAL DECISIONS AND LASTING POWERS OF ATTORNEY	GLANVILLES DAMANT
20TH AUG	WHAT HAPPENS TO MEMORY AND ATTENTION? BOOKCASE MODEL	LIZ PEARSON
17TH SEPT	FEAR AND ANGER AND THE RANGE OF EMOTIONS	BARRY JACKMAN
15TH OCT	WHAT ELSE HELPS? BLUE LAMP TRUST	BLUE LAMP TRUST
19TH NOV	STRESS - WHY DOES IT SNEAK UP ON YOU?	MAGGIE BENNETT
17TH DEC	CHRISTMAS CAFÉ	

NOTE: Totland cafés take place on 3rd Wednesday of the month from 2PM - 4PM