

## **Bringing Communities Together: The National Dementia Cafe Network**

We are excited to introduce the National Dementia Cafe Network to our Men's Sheds community. This initiative, spreading across Ireland, establishes dementia-friendly cafes in local community centres, parish halls, cafes, and GAA clubs. These pop-up cafes are open once a month for a couple of hours, providing a safe and welcoming space for individuals living with dementia and their loved ones.

Dementia is a growing issue, with over 64,000 people affected in Ireland alone. Despite its prevalence, it remains a hidden condition for many, shrouded in stigma and misunderstanding. The National Dementia Cafe Network aims to change this by creating supportive environments where people can connect, share experiences, and find comfort in knowing they are not alone.

Each cafe is set up by dedicated volunteers from the local community who are passionate about making a difference. These cafes are free to attend, inclusive, and open to all. By hosting these cafes, they help to de-stigmatise dementia, foster community support, and enhance the well-being of those affected. The gatherings often feature guest speakers who provide valuable information, as well as fun activities such as dancing or music, accompanied by tea and cake.

The response to these cafes has been overwhelmingly positive, with more communities expressing interest in joining the network. The cafes not only offer social interaction and emotional support but also help people connect and share their experiences in a joyous and relaxed atmosphere.

We are proud to see the impact these cafes are making and encourage you to learn more about our efforts. For more information on how you can get involved or to find a dementia cafe near you, please visit our website at [www.dementiacafe.ie](http://www.dementiacafe.ie).

Together, we can build a more inclusive and understanding community for everyone affected by dementia.