

CARERS+ CAFE

REVIEW OF THE YEAR 2018



In March the Café enjoyed a trip to **Planters Garden Centre at Bretby** for morning coffee/lunch.

In April, Age UK came to do training on **Dementia Awareness** which was not only interesting, but very helpful for us all.

We even got a Dementia Friend badge!



Churnet Valley Railway

We had a super trip down the track eventhough the train wasn't steam powered due to the dry weather (remember that?).

And of course we also enjoyed the café!



Swarkestone Garden Centre

This was a really good lunch with great company.

Some of us also went home with new plants for the garden!



Sudbury Museum of Childhood

At the end of October, a group of café members reminisced about our childhood at the Sudbury based museum. It was great to see everyone talking about their memories in such an animated way!



Throughout the year, we have welcomed presentations from people on a variety of subjects. Thanks go to all those who have given up their time to do this for us.

We also celebrated our 3rd Anniversary, sang along to the Jollyleles and pulled crackers with the Vicar!

But most of all, we have enjoyed each others company and support over tea and coffee. Friendships have blossomed, our numbers have increased and we now have some great volunteers to help the café move forward.

Here's to a great 2019 for our Carers+ Cafe