

## Tony's Top Ten Tips for starting a Memory Café

1. Share your vision with other potentially interested people
2. Visit other cafes and observe what they are doing and what seems to work
3. Decide where you are going to run the café
  - Determine the hire charge of the venue
  - How will you raise funds?
  - Decide on a subscription charge or donations, as a way of funding it
  - Is the venue near a bus route?
  - Determine how easy, or otherwise, it is for people to get there?
4. Recruit volunteers, some whom should be carers or people affected by dementia
5. Hold a training session for your volunteers
6. Include a "Dementia Friends" session in your training, so that volunteers at least have some basic information about Dementia
7. Organise a programme at least three months in advance
  - Include "serious, information items" as well as fun ones in the programme
  - Use free "activity leaders" until you have sufficient funds to pay those that charge
8. Have an "Information Table" and a "Memories Table", with relevant items
9. Use your volunteer's skills, **including those affected by dementia!**
10. Publicise your café, but **most of all, have fun!** People with dementia are still members of the family and community, they are just ill!

For more details and further information, please contact Tony on [office@bdaa.org.uk](mailto:office@bdaa.org.uk) or phone 0117 968 1002