

East Sussex Memory Moments Cafés

| DAY | LOCATION | CLUB OR ACTIVITY | TIME |
|-----------------|---|---|------------------|
| MONDAY | The Civic Centre, Bellfarm Lane, Uckfield TN22 1AE | MEMORY MOMENTS CAFÉ - UCKFIELD Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. | 1.30pm – 4.30pm |
| TUESDAY | The Buxted Inn, High Street, Buxted, Uckfield TN22 4LA | MEMORY MOMENTS CAFÉ - BUXTED Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. | 9.30am – 1.00pm |
| FRIDAY | Meridian Centre, Meridian Way, Peacehaven BN10 8BB | MEMORY MOMENTS CAFÉ - PEACEHAVEN Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Weekly | 10.00am - 1.00pm |
| | St. Marys Community Centre, Christie Road, Lewes, East Sussex BN7 1PL | MEMORY MOMENTS CAFÉ - LEWES Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. Weekly | 1.30pm - 4.30 pm |
| SATURDAY | Crowborough Community Centre, Pine Grove, Crowborough TN6 1FE | MEMORY MOMENTS CAFÉ - CROWBOROUGH Informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc. Everyone welcome, specially those with memory problems and their family supporters. | 10.00am - 1.00pm |