



**EVERY  
THURSDAY  
1pm – 2pm**



**UPCOMING CAFÉ  
DATES:**  
11TH June  
18th June  
25th June  
2nd July  
9th July  
16th July  
23rd July  
30th July

**Hamari Yaadain, the Touchstone dementia café, is moving online!**

**For information, advice and support,  
please sign up to our  
Virtual Dementia Café  
Hamari Yaadain (Our Memories)**

**Hamari Yaadain is a South Asian dementia café  
for people with memory issues and  
their carers from South Asian background**

Sessions will be delivered via zoom  
(support can be provided to help set-up)

**Meet others in a similar situation  
Share experiences  
Delivered in a mother tongue  
Peer Support  
Live Streaming**

For more information, please contact

**Ripaljeet on 07585964782 or  
ripaljeetk@touchstonesupport.org.uk**



inspiring communities, transforming lives