

Opening times:

3rd Monday of every month

10.30 - 12.30pm

At The Kenilworth Centre
Abbey End Car Park

Kenilworth

CV8 1QJ

Tel: 01926 855205

The Little Ray of Sunshine Cafe

Bringing a little sunshine
to your day.

About us:

The cafe was set up to support both people living with dementia and their carers. We aim to provide a calm, relaxed environment to help give some respite from the stresses of everyday life.

We also have a lending library of resources which visitors are welcome to borrow free of charge.

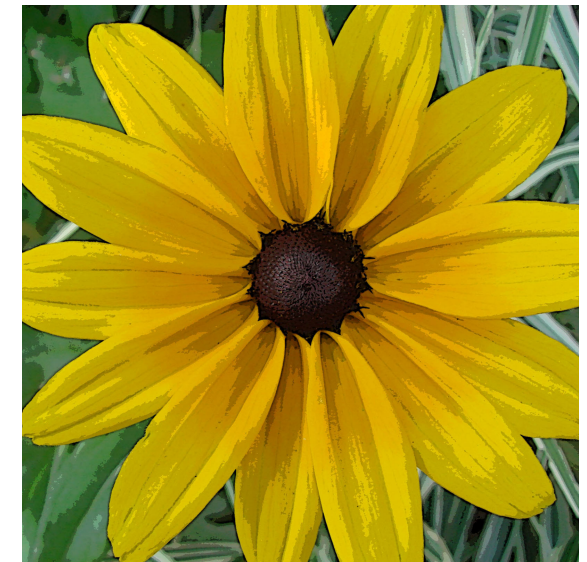


Contacts:

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Email:

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**A Dementia Friendly
Environment**



**CAREGIVER'S 10
COMMANDMENTS**

ALWAYS...

AGREE
Never Argue

REDIRECT
Never Reason

DISTRACT
Never Shame

REASSURE
Never Lecture

REMINISCE
Never say "Remember"

REPEAT
Never say "I already told you"

SAY "DO WHAT YOU CAN"
Never say "You can't"

ASK
Never command

ENCOURAGE AND PRAISE
Never Condescend

Welcome to The Little Ray of Sunshine Cafe

A non-profit making
organisation run solely by
unpaid volunteers.

We provide our visitors with
light refreshments and offer a
varied activity programme.

The cafe can only accommodate
people living with dementia when
accompanied by their carer.
Volunteers are not responsible for
the personal care of visitors.



Activity Programme may
include:

Art and craft activities
Reminiscence
Games e.g. dominoes
Chair aerobics
Music and singing

We welcome ideas from our
visitors and volunteers to
further enhance our activity
programme.

For our carers:

- A listening ear from someone who understands
- An opportunity to make new friends
- Activity Programme which may include:
Art and craft activities
Reminiscence
Music and singing
Games e.g. dominoes