
REQUIREMENTS FOR STARTING A FMN CAFÉ

CHOOSING A QUIET DAY

Café's all have quiet days. The idea with choosing one of these is to make sure that people coming to FMN are not isolated from others dining in the area, but are able to have an leisurely, relaxed experience. We don't want to be tucked away, but minimal diners cause less confusion.

THINGS TO AVOID IN A CAFE

Similar to choosing a quiet day, a lot of background noise from a main thoroughfare - such as in the very centre of a shopping complex - can be overwhelming and confusing for those living with dementia. It can also cause stress to carers who may be feeling anxious for their loved ones. Cafes with steps, can also be an issue for people attending a memory café. Make sure that all floorplans are easy to navigate and all toilets are easily accessible.

INTERACTIONS BETWEEN CAFÉ STAFF AND THE COMMUNITY

Make sure that the chosen café is aware of the clientele that will be attending the FMN cafés. Having staff take down NAMES instead of ORDERS is vital. People living with dementia and their loved ones will find it less stressful having their name called rather than trying to remember what they ordered.



IMAGE CURTISY OF CITY OF GOSNELLS

Wanting to start up a Forget-Me-Not Memory Café?

Our aim in expanding forget-me-not memory café's (FMN) is to provide a place for people living with dementia and their loved ones, to come and unwind, in a relaxed non-judgmental environment. We wish to provide community links to people who may feel alone with their diagnosis.

The aim is not to press businesses or ideals onto the people attending, but to be a place of rest and companionship.

This pamphlet is provided to help understand what we, as FMN team members, look for in starting up a FMN memory café.

Contact Us

PLEASE FEEL FREE TO CONTACT FMN IF YOU REQUIRE ANY FURTHER INFORMATION OR ASSISTANCE

Website:

WWW.FORGETMENOTMEMORYCAFE.COM

EMAIL:

FMNCAFE@OUTLOOK.COM

FORGET-ME-NOT TEAM:

ANGI MCCLUSKEY – PRESIDENT

RONNIE BALDWIN – SECRETARY

LARAINÉ CIVIN – TREASURER

MARY KELLY – COORDINATOR

STACEY MCCLUSKEY - ADMINSTRATOR

THE BEST TIMES FOR MEET-UPS

'Sundowning' is a term for the agitation and anxiety that is common in people living with dementia late in the day, and early evening. FMN has found that making catchups between 10am and 12pm has worked the best in managing anxiety for carers and their loved ones.

INCLUSIVE ENVIRONMENTS

In creating a FMN community gathering at a café, we ask that all café's be accepting of people from all walks of life. Dementia is a disease that does not discriminate against culture, sexual orientation or faith, and as such, neither does FMN. If you wish to create a FMN café, you are agreeing to the inclusion of all.

USE OF FMN IMAGES

Our logo of the teacup and saucer was provided by the City of Gosnell's and created by their team of wonderful graphic designers. Gosnell's have kindly allowed FMN to use this image on all of the branding and promotional material, with citations. If altering or using this image, please credit the City of Gosnell's, as per our agreement.

NEXT STEPS AFTER FINDING A VENUE

Once you have found a venue that ticks all the right boxes, the next step is to take your completed promotional material (flyers with dates/time/location) to the Local Government. Local governments are extremely supportive of community groups that help to bridge the gap between their residents who may be feeling isolated and at risk.

Providing information to your Local government is a courtesy that they will appreciate, while giving them an opportunity to promote your event if they so wish. FMN cafés are community driven, not council driven, however they can provide much needed support in your area if they are made aware.

PROMOTION

FMN would ask that any FMN cafés be in contact with the FMN team, enabling us to provide any relevant information, guidance and promotional material; including images and flyers.

If you wish to start up your own memory café, not associated with FMN, we would so love to have your details, and be kept up to date on any news and information for our website. This is to ensure that all members of the community have access to information relating to dementia and support groups.

MATERIALS USED AT A FMN CAFE

- Name-tags: having everyone wearing a name tag helps to prevent awkward instances of memory lapse and also encourages social interactions.
- Information Boards: having information readily available to attendees, including dementia awareness brochures, carer support groups, respite services and general services, can be helpful for those feeling lost and needing direction. However, FMN is not a place to push specific businesses, and cannot be affiliated directly with one business.
- Questionnaires: FMN distributes a non-mandatory form for new attendees to complete with general information such as: age, likes and dislikes and why they are attending (social connection etc.). This is to enable FMN to reduce stress to those living with dementia and attending an FMN cafe. It also gives FMN the ability to connect with the community. No personal information is recorded and is purely for general purposes.