

What is the Brain Health Café?

A warm and friendly café where you can meet people and find out about brain health – with free tea and biscuits!

The café will happen weekly. On the first Friday of each month, we hold open days where a variety of organisations will be here to talk to. Each week we offer advice, activities and guest talks related to brain health and memory. We would like to invite you to join us at

York's Brain Health Café

At Acomb Garth Community Care Centre

Every Friday (except bank holidays) 10am – 12pm

Who is the café for?

Anyone who has any concerns about their memory or wants to know more about how to keep their brain healthy.

You may have been invited by your GP Service or the Memory Clinic, or you may have just seen it and want to come along. Everyone is welcome!

How do I get to the café?

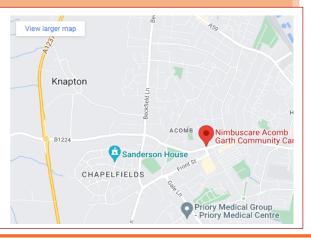
Acomb Garth Community Care Centre

2 Oak Rise, Acomb, York YO24 4LJ



Who might be there to offer support and advice?

There will be support and advice available from a variety of local providers such as Social Prescribers, Health Trainers, Memory Clinic Nurses, York Carers Centre, and others.





Humber and North Yorkshire Health and Care Partnership



