

# ELEVENSES

## The Community Cuppa

Proudly supported by



### Welcome to our first Elevenes Newsletter

In March 2019, Jackey (Arundel Co Op) & Nikki (Arundel Lido Manager) we determined to set up a Dementia Café after participating in an inspirational information session run by Alzheimers society and Arun Dementia Friendly Community. Then the Pandemic hit...

Monday May 17th 2021 also known as 'Freedom Day', 'Elevenes' the Community Cuppa was born welcoming all members of the community, to help reduce isolation attracting an amazing 28 people.

There and then we realized the Community Cuppa was a necessity for the local community providing a welcoming environment for the people to enjoy the company of others and engage in conversation on a weekly basis.

Our aim is to provide a warm welcome to everyone ensuring we are fully inclusive removing barriers of cost, age and disability. There is no fee to attend but Donations are welcome to support the on going running costs.

We have covered the costs so far thanks to a generous donation from Arundel Town Council, Arundel Co Op, Arundel Post Office and Support in kind from Arundel Lido, but to ensure we can cover the costs of our ever increasing numbers, we are continuously chasing funding.



During the Arundel Festival we raised £236! Thank you to everyone who made this possible either through Donations or volunteering.

We would also like to thank the group of volunteers that support us with cakes and their time on a regular basis.

### What's Next?

Our aim is to make Arundel Dementia Friendly. As part of this process we need a variety of businesses to sign up to commit to attend the 1 Hour Dementia Friends Session.

If you know any local businesses to support our aim, please let us know.

**Date for your Diary: Dementia Friends Session**

**Tuesday 19th October, 6pm at Arundel Lido**

### What's on

**13th September**  
Marion Playing the  
Accordion 'the  
lady that loves  
potatoes'

**20th September**  
Celebrate Sylvia's  
90th Birthday



**27th September**  
Music with Frank

