

Home Instead Tulip Cafe

Café Information

The Tulip Café is held on Thursdays, between 11am -1pm.

Venue: [All Saints -West Dulwich](#), Lovelace Road, London, SE21 8JY

Café Ethos

We are a FREE Dementia Friendly informal hub, for the over 65 community, residing in West Dulwich and its surrounding areas.

We strive to create a safe space, where senior citizens can interact positively with one another and engage in a range of activities, to help minimise social isolation and increase their holistic well-being.

Attendees are welcome to come along with carers, family members or friends.

Café Structure

At the start of each session, we have a 30mins (meet and greet) slot. Attendees are welcome to the café, offered tea or coffee and can interact with one another.

After the activity, attendees can enjoy a healthy snack which includes, homemade sandwiches, biscuits, and fresh fruits.

Home Instead Tulip Cafe

January 2024- Activity Schedule

Date	Activity	Description
11/01/2024	Live Music session Facilitator: Alistair (Professional Musician)	Enjoy a range of 40's-60's commercial songs. Listen, dance (if you wish) and have fun.
18/01/2024	Chair-Based Exercise Facilitator: Kemi Browne (Tulip Café Coordinator)	Learn gentle movements & breathing techniques. Sing-along to action songs and have fun exercising.
25/01/2024	Art Therapy Facilitator: Anna -Maria (SLAM NHS)	Use a range of materials, to design and create artwork that you can take home.

Contact Details:

Kemi Browne
(Community Engagement Officer)

kemi.browne@homeinstead.co.uk

Tel: 07949874838

Home Instead Tulip Cafe