A cup of tea brings people living with dementia, their family and friends together.

A new café has opened in Ashfield for people living with dementia, their families and carers, giving them a chance to meet and offer each other support.

Sydney Local Health District (SLHD), in partnership with Ashfield Council, local Italian organisation Co. As. It, and local Chinese organisation CASS, opened the Turning Point Dementia Café last month.

SLHD Aged Care and Rehabilitation Dementia Advisor, Anne Tunks, said it was the third café of its type to be set up in SLHD, and it followed on from successes in Concord and Marrickville.

“Turning Point Café is a multicultural venture - we have participants from a range of backgrounds, including Italian and Chinese, attend,” Ms Tunks said.

“The venue operates in a small established café within Ashfield Baptist Home once a month. The idea of establishing it at the aged care facility is to gently introduce families to the concept of residential care if this becomes necessary for the person with dementia.

“Staff are there to offer information about dementia and the different types of support available in a safe, informal and welcoming environment,” she said.

Turning Point Café is located at Ashfield Baptist Home, 31 Clissold Street (cnr Holden Street), Ashfield. It is open once a month, usually on the last Wednesday of the month, from 11am to 1pm.

The next dates are March 28, April 18, May 30, June 27, July 25, August 29, September 26, October 31 and November 28.

For more information contact Anne Tunks on 9378 1258 or 0428 676 427.

Background Facts:

- There are almost 280,000 Australians currently living with dementia. Without a significant medical breakthrough, that number is expected to soar to almost 1 million by 2050.
- Each week, there are 1,600 new cases of dementia in Australia. One in four people over the age of 85 have dementia.
- Dementia is the third leading cause of death in Australia, after heart disease and stroke. It has an impact on every part of the health and care system.