

Setting up a Meeting Centre

What are the benefits?

What is a Meeting Centre?

A Meeting Centre is a local resource, operating out of ordinary community buildings, that offers on-going warm and friendly expert support to people with mild to moderate dementia and their families.

At the heart of the Meeting Centre is a social club where people meet to have fun, talk to others and get help that focuses on what they need. Meeting Centres are based on sound research evidence of what helps people to cope well in adjusting to living with the symptoms and changes that dementia brings.

Originally developed in the Netherlands, Meeting Centres are emerging all over the UK with at least 44 so far and counting. As a grass roots model, they are adaptable to any community.

The benefits of setting up a Meeting Centre

- When people and families are learning to live with dementia, it is easy to feel you are the only one experiencing problems. It is often a huge relief to meet others who really understand what you are going through, and who can offer help.
- There is a lot of research to suggest that most people really enjoy being a member of a Meeting Centre and it helps them feel better able to cope in the longer term. There is often nothing offered locally that is so supportive and ongoing.
- Everyone contributes something and helps each other. In turn, that helps us all feel better about ourselves.
- You can be part of a great Community of Learning and Practice. Meeting Centres are part of a national and international network. This means that members all learn from each other.

Why should a community set up a Meeting Centre?

- We are all in this together – people affected by dementia are in the lead.
- There is a need for support and/or a gap in local provision.
- It fits in with what you are already doing in your local community.
- It is a relatively low risk, high impact intervention.
- Your Meeting Centre can act as an exemplar to help drive forward more Meeting Centres in your region and support more people affected by dementia.

Find out more about Meeting Centres

- Please contact Meeting Centres UK at meetingcentres@worc.ac.uk
- Follow us on Twitter [@MeetingCentres](https://twitter.com/MeetingCentres)
- For further information and resources, please visit <https://www.worcester.ac.uk/discover/uk-meeting-centres-support-programme.html>