

# Setting up

## 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 dementia, their carers and their families.

At the heart of the Meeting Centre is a central idea: a place where people meet to have fun, talk to others and get help that focuses on what works. Meeting Centres are based on sound research evidence of what helps people with dementia and their families.

Meeting Centres are now established in at least 44 so far and counting. As a result, more people are able to access the support they need.

### Meeting Centres

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- When you meet people who really understand what you are going through, it is easy to feel you are not the only one experiencing problems. It is often a huge relief to meet others who really understand what you are going through.
- The most common reason people join a Meeting Centre is 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.
- Families and friends can meet and help each other. In turn, that helps us all feel better able to cope.
- You can be part of a great Community of Learning and Practice. Centres are part of a national and international network. This means that members all learn from each other.

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- We are all in this together – people affected by dementia and their families.
- 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.