



The Brolly

UMBRELLA DEMENTIA CAFÉS NEWSLETTER

2025 | AUTUMN EDITION

Community Social Groups For Families Experiencing Dementia



Umbrella Dementia Cafes Ltd,
PO Box 1236, Blackburn North
www.UmbrellaDementiaCafes.com.au.
Umbrella Dementia Cafes accepts tax deductible donations.



LET'S

#DanceAgainstDementia

DANCE AGAINST DEMENTIA



Register, Dance & Donate to Make a Difference!

Dust off your dance shoes and join our massive national dance-athon fundraiser this September for Dementia Awareness Month!

Every dance move helps Umbrella Dementia Cafes establish more vital community supports for people living with dementia.

Let's dance together to fight against dementia!



**Scan the QR code to
register your event
or find one near you**
www.danceagainstdementia.au

OUR VISION / MISSION STATEMENT

Building a future where every Australian lives fully with dementia within inclusive, community social groups that champion choice, connection, awareness and understanding



Don & Norma - Burwood Chatworks Cafe



Kirsty & our longest serving volunteer, Faye Comrie

Cover photo: The Blackburn Café crew Lesley, Jan, Lyn, Marg, Faye and Keith at Faye's 80th which was a UDC fundraiser, raising a massive \$2252!

The Brolly is designed and printed by our friends at Pressroom Partners, thanks to the support of our funding partner The Phil Taylor Foundation.

THE PHIL TAYLOR FOUNDATION

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Acknowledgement of Country:

Umbrella Dementia Cafés meets on the lands of the Wurundjeri Woi-wurrung and the Boon Wurrung (Bunurong) people of the Kulin Nation, the traditional custodians of the land on which our cafés meet. We pay our respects to their Elders past, present and emerging.

One Café

EVERY COMMUNITY

KIRSTY PORTER | CEO

Welcome to The Brolly's brand new look! We're thrilled to connect with you in this refreshed design, packed with exciting updates and inspiring stories from Umbrella Dementia Cafes. In this edition, we celebrate our community's incredible generosity, highlight the success of our awareness events and unveil our fantastic new website designed to better serve you and our new community of 'Affiliate Dementia Cafes'.

In this edition, I'm delighted to share the impact of our Dance Against Dementia fundraiser and also the heartwarming personal journeys of those who enjoy our cafes every week. You'll read just how important donations and fundraising are to our charity and the extraordinary impact every dollar has in continuing our work to establish vital connections in each community and reduce isolation for people living with dementia and their family care-partners.



Our Rosebud & Sorrento Cafe Volunteers

A NEW MILESTONE

On the 5th of August 2025, Umbrella Dementia Cafes will reach an incredible milestone:

1000
Dementia Cafés
and counting!

HOSTING OUR 1000TH CAFÉ!

This achievement has made us more determined than ever, and we can no longer keep our success a secret.

We are building our resources to spread the word and embrace a renewed purpose! Umbrella Dementia Cafes won't stop until every Australian lives fully with dementia within inclusive, community social groups that champion choice, connection, awareness and understanding.

KIRSTY'S PODCAST INTERVIEW - PRESSING:ON



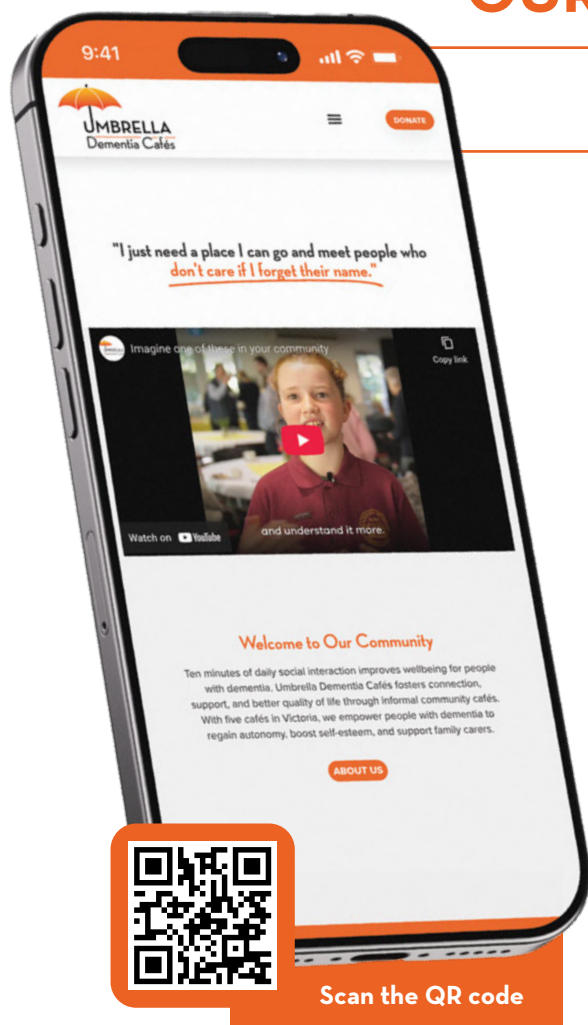
SCAN THE
QR CODE
TO TUNE IN



Tune in to hear Kirsty's impressive interview by Claudia Nankervis on the "Pressing:ON" podcast (on Spotify or Apple Play) about UDC's origin story.

Check Out

OUR NEW WEBSITE



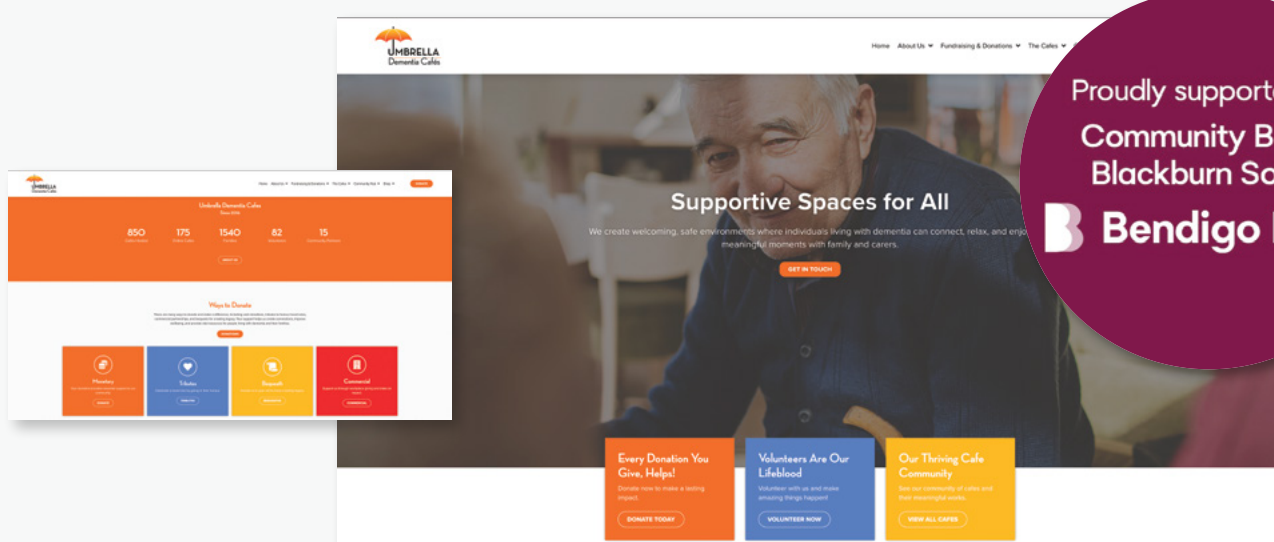
— WWW.UMBRELLADEMENTIACAFES.COM.AU —

We're thrilled to unveil our new, more accessible and user-friendly Umbrella Dementia Cafes website, thanks to the generous support of our friends at Community Bank Blackburn South Bendigo Bank and the Community Enterprise Charitable Fund!

Designed with our community in mind, the site offers a significantly enhanced experience for people living with dementia, carers, volunteers and anyone seeking information and support. The colourful revamped site makes it easier than ever to find essential details about our cafes, including dementia café locations, fundraising and upcoming events.

Navigation is intuitive, ensuring that everyone can access the resources they need quickly and efficiently. We've also prioritised clear, concise language and a visually appealing layout to create a welcoming and supportive online experience. With this improved platform, we'll be able to expand our reach and connect with even more individuals and families affected by dementia. The website will also serve as a central hub for sharing valuable resources, news and inspiring stories, further strengthening our reach and impact.

A massive thank you to the very talented Joran Ducilian from Xmarx for designing and producing this beautiful website. Thank you too, to the wonderful Faith Gasparini, our website project manager, who kept us on track!



Umbrella Café

BLACKBURN

– BY SPENCER MORONEY | Café Facilitator –

The Umbrella Café, Blackburn, means so much more to everyone involved than just tea and some delicious food.

We are all continuously overwhelmed with the uplifting sense of connection every time we enter this beautiful open space which is always wonderfully decorated by our amazing volunteers, Faye, Lyn, Lesley, Adrian and Kieran.

Our opening theme song, 'You Are My Sunshine,' guarantees we start every café with radiating warmth and belonging. The fun and engaging café activities always leave everyone buzzing with laughter and joy! Since my very first visit with my great-grandma last year, I've looked forward to every café visit. And now I'm delighted to be the new Café Facilitator!

Themed cafés are important to us as it fuels nostalgia and so much excitement! Plus, some of our guys like to come prepared and even dress up in the gear appropriate for the theme! Our St Pats Day café was everything green, filled with laughter, singing and bad jokes! Our ANZAC Café which reminds us how lucky we are and always fosters deep and solemn reflections. Cafés like these really drive our sense of community, and like every other café, has us leaving with a smile on our faces.

**One Church,
184 Surrey Road,
Blackburn**

CAFÉ SCHEDULE

February - December:

Meet every 1st & 3rd Tuesday each month,
10am - 12noon



*"I can't wait for more cafes in the future and look forward to much more **laughter and fun!**"*

**- Spencer Moroney
Café Facilitator**

Umbrella Café, Blackburn is proudly supported by



Rotary
Club of Forest Hill



one.
CHURCH

Rotary
Club of Mitcham



Contact us to support Umbrella Café, Blackburn in 2026

– A FOND FAREWELL TO CHRISTINE SMITH –

We fondly farewelled one of our long-term and much-loved volunteers last December.

Christine Smith attended the cafes as a founding member with her husband Andrew between 2016 - 2020. When Andrew sadly passed in 2021, Christine started volunteering as the Care & Share facilitator and has supported over 50 carers! Christine was an incredibly valued member of our volunteer team and was instrumental in the development of our Umbrella Café, Blackburn.



Christine, Geoff and Andrew



Footy Cafe with Lesley & Hoppy



Long time Volunteer Marg D



- Vale | GEOFF JONES -

It is with deep sadness we announce the peaceful passing of our dear friend and founding member of Umbrella Dementia Cafes, Geoff Jones, who died on April 10th, after a long, brave battle with Parkinson's disease. Geoff was a cornerstone of UDC, attending our very first café on October 25th, 2016, with his granddaughter Carly and newborn great-granddaughter Ava. Geoff's warm presence and gentle spirit left a lasting impression on everyone he met. Thank you to the wonderful Jones family who requested family and friends donate to UDC in lieu of flowers.

Read the beautiful article on the UDC website about Geoff and the impact he had on Umbrella Dementia Cafes,
<https://umbrelladementiacafes.com.au/geoff-jones/>



Café of Connections

BOX HILL SOUTH

By JANE KING | Cafe Facilitator

Twice a month, Café of Connections opens its doors and welcomes 8 couples and 8 volunteers.

Our café is more than just a meeting place – it's a place where our friendships have really grown, where we laugh and support each other.

Since joining the team late 2024, I have truly enjoyed some very special moments with this extraordinary group. Theme days sparked creativity and joy, with everyone getting involved in dressing up or celebrating a fun occasion. Our outdoor space encourages us to move our activities outside and enjoy the garden, fresh air and exercise in the warmer months.

We returned to the café in February and learnt of some incredibly difficult Summer experiences, with many of us needing more formal supports. Our hearts go out to our two precious volunteers Rosemary and Sandra who continue to mourn the loss of their dear husbands. We also said a very sad goodbye to our original members Grace and Bob who moved to be closer to family.

Living with dementia can bring challenges, but at Café of Connections no one faces them alone. During our grief periods, we moved our cafés meeting to weekly, supporting each other with gusto. Now that we are back to our fortnightly meetings, we are a tight unit indeed!

**Box Hill South
Neighbourhood House,
49 Kitchener Street,
Box Hill South**

CAFÉ SCHEDULE

February - December:

Meet every 2nd & 4th Tuesday each month,
10am – 12noon



*“At Café of Connections,
you’ll always find a warm
cup of tea, a friendly smile
and strength to endure the
toughest days.”*

**- Jane King
Cafes Facilitator**

Café of Connections is proudly supported by

Box Hill Central
Rotary
Club



Box Hill South
Neighbourhood House

Contact us to support Café of Connections in 2026.

Vale | JIM DUCROW

Our dear friend Jim passed away in April, with his devoted wife Wendy and family around him.

Jim was trainer for Richmond Footy Club and was always up for a fun sporting challenge with the blokes! Jim and Wendy have been enthusiastic and much-loved members of our Café of Connections family. Deepest condolences to the Ducrow family, Jim was a much loved part of our group.





Our Cafe of Connections crew on St Pats Day



Julie and Lyndon

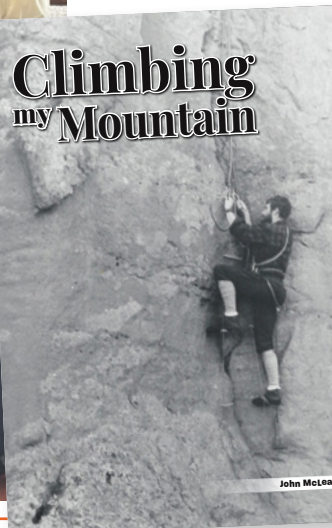


Bob and daughter Jane

— BIOGRAPHIES | John McLean and Lyndon Spiller —



The biographies of John McLean and Lyndon Spiller have been masterfully documented, thanks to the dedication of their respective wives, Robyn and Julie, and biographer Robert Walker. Their legacies forever will live on through these beautiful pages for many years to come. Thank you to our friends at Pressroom Partners for making this happen.



BURWOOD Chatworks

By JESS CONLEY | Dementia Cafes Operations Manager

Burwood Chatworks celebrated its first birthday this May, has become our unexpected flagship of UDC, that is building a roadmap for sustainable and collaborative dementia cafes in public community settings, all while reducing stigma.

With the enduring support of Burwood Brickworks Shopping Centre and Frasers Property, our 10 strong couples and 8 local volunteers have enjoyed a massive dance-a-thon party, welcomed TWO film crews, kindergarten kids from the local Insight Early Learning Centre and Nine our local retails!

Facilitated by Jenny, our Care & Share Program is a much loved and valued program. We've incorporated into our carers program, suspension yoga and decompression classes which is led by our onsite yoga teacher Priscilla from Inner Cocoon Yoga Studio, highlighting the necessity of self-care and resilience.

Our café has even caught attention of our Whitehorse City Council who granted us the coveted \$10,000 Major Community Grant!

The WCC Major Grant's key objective is measuring and evaluating the social, economic and practical influence of our dementia café within the Burwood Brickworks Shopping Centre. Our overall goal is to strengthen community connections and demonstrate the impact of our 'village model' approach by including local retailers in our café program. We can't wait to share our results in the next Brolly edition!

Burwood Brickworks Shopping Centre,
The Hollows, Level 1
70 Middleborough Rd,
Burwood East

CAFÉ SCHEDULE

February - December:

Meet every 2nd & 4th Wednesday each month,
1.30 - 3.30pm



*Our overall goal
is to **strengthen**
community connections
and demonstrate the
impact of our 'village
model' approach*

- Jess Hose
Dementia Cafes Operations Manager

Chatworks Burwood is proudly supported by



BURWOOD
BRICKWORKS
Shopping Centre



Rotary
Club of Nunawading



Please get in touch if you'd like to support
Burwood Chatworks in 2026

A big shout out to our friends who are all now a part of our dementia café community.

- Choice Pharmacy
- Dimatina Coffee
- Cultivating Communities
- Insight Early Learning
- Botaniculture
- Rotary Club of Nunawading
- Aron's Butchers
- Rex Expresso
- Inner Cocoon Yoga Studio



Christmas Party Burwood 2024



Footy Fever



A cuppa with friends

- Vale | MAURICE WELLS -

It is with enormous sadness that we announce the passing of our dear friend, Maurice Wells, who passed away earlier this year with his devoted wife Bev and family by his side. Maurice and Bev were founding members of our second café, 'Koonung Café,' established in Blackburn North (2018 - 2023).. They continued their invaluable support by becoming founding members again at our new Burwood Chatworks Café in May 2024, where they were instrumental in helping new members feel welcome and relaxed.

Maurice was a true gentleman - kind, thoughtful, and polite. He was deeply loved by everyone and will always be remembered as someone who was willing to try anything.



Friendship Café

CAPEL SOUNDS

By COLLEEN MACKAY | Cafe Facilitator

The Friendship Café lived up to its name this year, with more members joining us in fellowship and laughter! We are the longest running cafe on the Mornington Peninsula, based in Capel Sounds, and there is always jocular and merriment flowing around the room.

We all celebrated the 90th birthday of our amazing volunteer Bruce! We surprised him by all wearing Bruce face masks when he arrived! Just imagine his surprise and everyone's laughter! His cake was rich and lush, and not a single fairy bread slice or sausage rolls was left by the end of the café!

We've enjoyed many a café, enjoying the jaunty tunes of the SPukes (Southern Peninsula Ukeleles), singing and dancing together. What a great community band, playing freely all over our fabulous Peninsula. We thoroughly enjoy our toe tapping music cafés here at the Friendship Café.

From making peanut butter bird feeders, to kneading and cooking pasta gnudies, we have had our hands dirty and our imaginations stimulated, whilst creating a sense of accomplishment and merriment.

Seawinds
Community Hub,
11A Allambi Ave,
Capel Sound

CAFÉ SCHEDULE

February - December:

Meet every 2nd & 4th Thursday each month,
10am - 12noon



*It sure is a fun café
to belong to and we
look forward to
much more cheerfulness
and laughter at the
Friendship Cafe*

- Colleen Mackay
Cafes Facilitator

Vale | BARRY EDDY

It is with sadness our friend, Barry passed away after 10-years living with Alzheimer's and Parkinson's.

Barry and his devoted wife Helen joined our Friendship Café in 2023 and quickly became a much loved and valuable part of our café group. Barry and Helen were always enthusiastic and willing to engage in every activity and helped new members feel very welcome!

Rest in peace, our dear, quiet, gentle friend.





Enjoying a Sing Along



Faye loves little Frankie the poodle

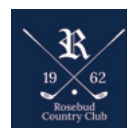
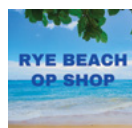


Rob creating a masterpiece



Kirsty & Bruce

Friendship Café is proudly supported by



Please get in touch if you'd like to support Friendship Café in 2026

Navigator Café

SORRENTO

– By COLLEEN MACKAY | Café Facilitator –

Comradery, hilarity, warmth, belonging, are but a few of MANY words to describe the Navigator Café in Sorrento!

We are an enthusiastic bunch, never without stories about music, sport, politics, past experiences, our old cars (now THAT brought up some impressive conversations)! One member even recalls driving the Monaco Grand Prix in a combi van a few days before the actual race- what an experience!

Our Navigators warmly welcome new members and with our high energy volunteers patiently getting to know everyone deeply, comments such as “I’ve found my tribe” or “You all GET me” are often touted about in conversation.

Balloon Donking continues to be a favourite activity, followed closely by rowdy games with our own Navigator Café rules!!

Our friends at the Point Nepean Men’s Shed at The Hanger, Sorrento hosted our welcome back café this year and entertained us with nostalgic Rock ‘n roll songs, which of course turned into a dance party!

**Sorrento Community Centre,
860-868 Melbourne Rd,
Sorrento**

CAFÉ SCHEDULE

From August:

We’re moving from alt. Thursdays to every 1st & 3rd Monday each month, 10am - 12noon.



*Comments such as
“I’ve found my tribe”
or **“You all GET me”**
are often touted about
in conversation.*

– Colleen Mackay
Café Facilitator

– WE’RE MOVING OUR SORRENTO CAFÉ! –



After four wonderful years, it's time to say goodbye to our wonderful friends at the Sorrento Community Centre.

Due to our ever-expanding group, we have sadly outgrown our beloved little room at the Community Centre and will fondly miss manager Greg and receptionist Deb, who welcomed us every fortnight with such love and support. From Monday, August 4th, our Navigator Café will call The Hanger in Sorrento, home.

We are incredibly grateful for the enduring support and exciting new partnership with the Point Nepean Men’s Shed, who have spearheaded this opportunity to allow us to support twice as many couples experiencing dementia in our Sorrento community.



Our Navigator Canvas



Ernie & wife Christine



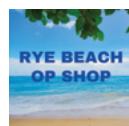
First cafe back in 2025 enjoying the Men's Shed Band



Elsbeth, Lyn, Christine & Helen

— NAVIGATOR CAFÉ IS PROUDLY SUPPORTED BY —

We are so grateful for the support from community partners- Sorrento Community Centre,



This local support has made us all feel a strong sense of belonging within our beloved community, it truly warms our hearts.

Please get in touch if you'd like to support the Navigator Café in 2026

Expand

OUR SUPPORT

AFFILIATE DEMENTIA CAFES

Umbrella Dementia Cafes (UDC) is excited to announce the launch of our new innovative Affiliate Dementia Cafe project.

This pilot initiative aims to establish a national network of affiliate dementia cafés, facilitate funding partnerships, training and empower dementia café leaders to maximise their local impact.

An Affiliate Dementia Café is an autonomous entity, owned, funded and operated by an incorporated community organisation, who have formally partnered with UDC and who share a commitment to advance the social health of people with dementia and their family carers in the their local community.

Our vision is to extend our reach and implement dementia support resources more widely, providing access to best practices, peer mentoring and evidence-based programs through the ADC network.

RYE COMMUNITY HOUSE

We are thrilled to announce the Rye Community House as our first Affiliate Dementia Cafe!



After two years of planning, designing and fundraising, the Rye Community House team, welcomed 4 new couples to their first dementia café on the 21st May! Together, they named their cafe and developed a logo to boot! Congratulations Rye Community House, we are delighted to be working with you and witness the success of your new social group! Please contact Rye Community House to attend or sponsor their wonderful new cafe group.

This partnership exemplifies the power of collaboration and community-driven initiatives in supporting individuals living with dementia and their families.

EXPANDING HOPE

Umbrella Dementia Cafes (UDC) is thrilled to announce the launch of a transformative three-year project, "Upscaling Umbrella Dementia Cafés: Extending Reach & Impact".

This project, including the Affiliate Dementia Cafe project and an expanded Care & Share program, was made possible by the combined success of our 2024 Dance Against Dementia fundraiser and receiving the major 20th-anniversary community grant from Community Bank Blackburn South and Whitehorse Community Enterprise Ltd. This vital funding will establish a sustainable framework enabling UDC to support more people experiencing dementia beyond our five cafes.

Proudly supported by
Community Bank
Blackburn South
Bendigo Bank



The Care & Share

PROGRAM

– BY JESS CONLEY | Operations Manager –

The Care & Share Program is a vital component of our dementia cafes, providing invaluable support, information and friendship to carers across our community.

Facilitated by volunteers with lived experience in dementia care, these peer-support groups offer a confidential and empathetic space for carers to share challenges and overcome social isolation, while their loved ones living with dementia enjoy engaging with activities in the adjoining room.

In each of our cafes, we have a dedicated and support Care & Share Facilitator who all have lived experiences and act as a critical support within each Care & Share meeting. A massive thank you to Christine (Blackburn Cafe), Yupin (Connections Cafe), Jenny (Chatworks), Bruce (Friendship Café) and Helen (Navigator Café), who are instrumental in supporting family carers every week!

TESTIMONIALS

Helen - We occasionally share tears, but more often we share hilarity and many hugs. Information and advice spreads generously around the group, which is often difficult to share (or find) elsewhere.

Jenny - Our group is bonded by a common understanding. It's a gift to 'play forward' what I learnt looking after my mum for all those years. We are very lucky our care & Share group meets in a calm, peaceful and decompressing yoga studio!

Yupin - Our Care & Share meetings allowed the cares to connect, build friendships and provide unique support system for each other.

Bruce - The collaborative support from Carers Victoria really inspired me with ways to better engage our Care & Share participants, enabling them to open up more, achieve more from the sessions, assist them with any queries and ensure the session runs smoothly and calmly.

CONNECTING CARERS

In October 2024, UDC was awarded the "Connecting Carers in the Community" grant from Carers Victoria. This grant funding has enabled us to develop, strengthen and expand the Care & Share Program within our existing cafes.

Collaborating with Carers Victoria and our Care & Share Facilitators (Bruce, Helen, Yupin and Jenny), has had a resounding impact on everyone involved in this project. Once completed, we will have a comprehensive Care & Share Framework that is specifically designed to help regular community folk create their own localised carers support groups for people caring for family with dementia.

A HUGE thank you to the Felton Bequest, whose generosity has allowed us to continue developing this project into 2025 & 2026



Whitehorse

DEMENTIA AWARENESS EVENT

A RESOUNDING SUCCESS!

In a truly collaborative effort with the Whitehorse City Council, Positive Ageing Team, the Whitehorse Dementia Awareness & Information Event on February 13th at the Box Hill Community Arts Centre was a resounding success!

Over 120 people attended, significantly exceeding our 80-person target, underscoring the vital community need for information and compassionate support.

The day began with an energetic chair dance session led by Lisa Koba from Let's Move, followed by our CEO, Kirsty sharing valuable insights on understanding dementia and how to create supportive social spaces.

Briony, from Whitehorse City Council's Positive Ageing Team, discussed council support for navigating the aged care system.

Nikki Haar, a Clinical Dietitian from Eastern Health's Gem@Home program, debunked diet and brain myths, offering practical advice on the Mediterranean diet and the benefits of "eating the rainbow."

Professor Peteris Darzins, Professor of Geriatric Medicine at Eastern Health, shared the latest global dementia research, diet, nutrition and recent findings on preventing dementia or reducing symptoms.

Thank you to our local service providers, including Meals on Wheels, Dementia & Us, Australian Multicultural Community Services, and Dementia Australia, who were our friendly exhibitors on the day, providing crucial information about their support services.

But the biggest applause goes to our amazing Café of Connections volunteer team who set up the space and created a beautiful dementia-friendly setting, reflective of our very own Umbrella Dementia Cafes. We're thrilled with the event's success and the positive impact it will have on our community!



OUR PROUD SUPPORTERS



Bridging

THE ISOLATION GAP

SUPPORT UMBRELLA DEMENTIA CAFES

Across Australia, a significant challenge for individuals living with dementia and their care partners is the scarcity of accessible and inclusive social groups. This lack of connection can lead to profound feelings of isolation and loneliness, impacting well-being for both. Umbrella Dementia Cafes directly addresses this critical need.

We amplify the voices of people living with dementia by creating supportive, welcoming social environments where genuine connection flourishes for both individuals and their care partners. Our café members regularly share how our cafes have reduced their feelings of isolation, fostered new friendships and provided a vital sense of belonging.

Our Short Film



It is our pleasure and privilege to share this incredible short film with you. Produced by the Moving Stories team at Pressroom Partners, this moving short film showcases why we need more dementia cafes. Thank you to Don, Norma and the Chandler family for welcoming us into your hearts and home. To our wonderful Burwood Chatworks and Friendship Café's, thank you for letting us interrupt your cafes to film. And a huge thank you to Peter, Allen, Bruce, Kirsty & Carol who undeniably shared raw and precious stories about why our work must go on forever.

MEMBERS & VOLUNTEERS IMPACT RESULTS

Reported an increased sense of belonging when they attend a café meeting. **94%**

Rated in increased feeling of social inclusivity as long-term participants. **90%**

Volunteers said they would recommend UDC to family & friends. **100%**

OUR MAJOR FUNDING PARTNERS

Together, these organisations quite literally keep our umbrella open.

On behalf of everyone we serve and support, a MASSIVE thank you.

- Australian Multicultural Community Services
- Burwood Brickworks Shopping Centre
- Carers Victoria
- Community Bank Blackburn South
- Felton Bequest
- Frasers Property Australia
- Hazel Peat Perpetual Charitable Trust
- Rosebud Country Club
- The Phil Taylor Foundation
- The Wicking Trust
- Tobin Brothers Funerals
- Whitehorse City Council
- Whitehorse Community Enterprise Ltd

Celebrations

2024 to 2025

BIRTHDAY TRIBUTES

A massive thank you to our incredible members and volunteers who dedicated their recent birthdays to Umbrella Dementia Cafes!

Faye (Blackburn cafe), **Bob Cousin Wood** and **John McCain** (both from Cafe of Connections) all celebrated their 80th birthdays by asking friends and family to donate to UDC instead of gifts.

Their combined efforts raised a whopping \$4,500, directly benefiting their respective cafes. With an annual target of \$11,000 to sustain each café, their generosity is enormously beneficial to all members who attend!



Bob, wife Marlane and their three daughters



Faye & her family



John, his daughter and wife Robyn

EVENT - COMEDY BY THE BAY

Back by popular demand, Point Nepean Men's Shed is hosting a CComedy for a Cause event in support of Umbrella Dementia Cafés. Sponsored by our friends at Car City & Community Bank Southern Peninsula, this 18+ evening is expected to be a sell out as the program boosts of **some of the best comedians from the Sydney and Melbourne International Comedy Festival.**

Event Date: Wednesday, September 17, 2025

Where: Blairgowrie Yacht Club

Doors: 6:30 pm

Showtime: 7:30 pm

Runtime: 2 hours (approx)

Adult General Admission: \$50

<https://comedyforacause.net/event/CBTB25/>



REGISTER YOUR FUNDRAISER

Inspired by the incredible generosity of our community over the years, our new website includes a fundraising page that allow anyone to easily dedicate a birthday, an anniversary, an in memoriam or register a private fundraiser to support Umbrella Dementia Cafes.

- Simply visit the website
- Go to the fundraising page.
- Click 'Tributes'
- Fill in the form to get your page set up
- Once approved, you'll get an email with a unique website link to share with family and friends or on social media pages, allowing them to donate freely and support our vital work.



GET IN TOUCH


www.DanceAgainstDementia.au

youtube.com/@DanceAgainstDementia

facebook.com/danceagainstdementia

instagram.com/danceagainstdementia

– A NATIONAL MOVEMENT FOR BRAIN HEALTH –

September marks Dementia Awareness Month, and Umbrella Dementia Cafes is once again rallying the nation to “Dance Against Dementia” – a vibrant, annual fundraising campaign.

Our focus is on prevention and supporting those living with dementia. Instead of dancing for dementia, we dance against it, fostering a multi-generational awareness campaign about the crucial link between physical movement, brain health, social connection and overall wellbeing.

In only two years, Dance Against Dementia has seen incredible success! In 2023, our inaugural dance-athon fundraiser at Box Hill Town Hall brought together over 200 people, grooving for 4 hours and raised a phenomenal \$42,296.

Building on this in 2024, we instead invited communities nationwide to host their own events, resulting in a resounding success that collectively raised an incredible \$62,000 across Australia!

\$42,296

raised in 2023

\$62,000

raised in 2024



This year marks our third consecutive Dance Against Dementia campaign, and we're excited to **invite Australian communities to register their own dance events by visiting** danceagainstdementia.au

– BACK BY POPULAR DEMAND –

Dance Against Dementia returns this September for our largest year yet, promoting **dementia prevention & brain health.**

In 2024, over 47 communities hosted dance parties from Melbourne to Moree! With our 2025 fundraising goal of \$70,000, we need everyone's involvement! So, please visit DanceAgainstDementia.au to register your fundraising event today.

If you or your company would like to sponsor this year's campaign, please reach out to Kirsty at: Kirsty@umbrelladementiacafes.com.au

Be a part of our support team who want to reduce the incidence of dementia for this generation and the next. All funds raised will increase vital awareness and directly contribute to establishing more **dementia cafés nationwide.**



Annie's Health Movers, Camden, NSW



Estia Health raised \$10,000 for DAD in 2024!

When

IS THE RIGHT TIME?

RESPITE AND RESIDENTIAL AGED CARE

When is the right time to consider respite or residential aged care? A deeply personal question for anyone living with dementia or in the caregiving role. Every situation is unique, and there's no single "right" answer. For many people, this decision is further complicated by significant pressure from family and friends, which can feel overwhelming.

To help you navigate this complex decision, consider these 5 areas;

Self-Reflection: Consider your own well-being. Are you experiencing burnout, chronic stress or declining health? Your health and well-being are crucial to providing care and living well with dementia.

Care Needs: Have the dementia symptoms progressed to a point where the care needs are increasingly complex and difficult to manage at home, even with support services?

Safety: Does your home environment feel safe? Are there increasing risks of falls, confusion or other safety concerns that are difficult to mitigate at home?

Quality of Life: Despite your best efforts, is everyone's quality of life declining at home? Would there be a benefit from increase social interaction, specialised support and a structured environment that comes with residential aged care living?

Available Support: Assess the current level of support you have from family, friends and home care providers. Is it sustainable and supportive to meet the growing demands of caregiving or living well with dementia?

How many 'yeses' did you answer?

Sharing your experiences with others who understand or who have 'been there' can provide invaluable support and perspective. For all our UDC members, we encourage you to discuss your reflections with café volunteers who have faced this difficult decision.

HELPFUL ORGANISATIONS

These organisations are very helpful and offer confidential advice and support in navigating your decision and exploring your options.

The National Dementia Helpline,

www.dementia.org.au,
1800 100 500

Carer Gateway,

Carergateway.gov.au,
1800 422 737

My Aged Care,

Single Assessment System team
(previously ACATs),
myagedcare.gov.au,
1800 200 422

*Remember,
you are not alone,
and seeking
support is a sign
of strength.*

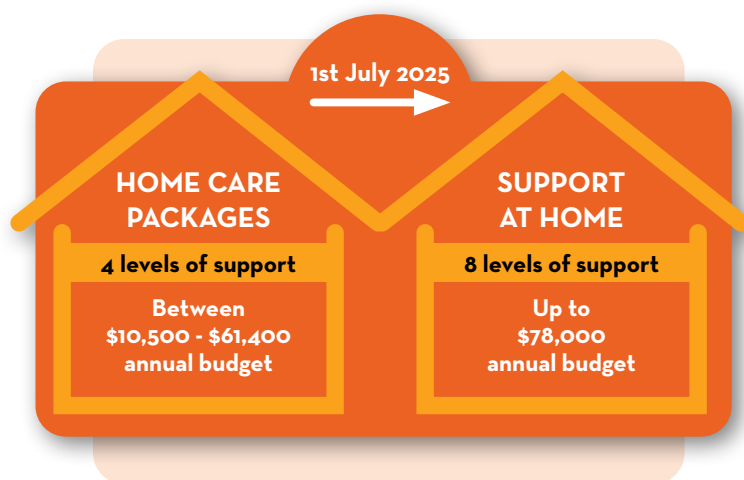


Reforms

TO AGED CARE

CHANGES IN THE AGED CARE SECTOR

Significant reforms are underway in the Australian aged care sector, including the new 'Support at Home' program and the new Aged Care Act. Umbrella Dementia Cafes (UDC) wholeheartedly welcomes these changes, designed to create a more person-centred system.



Under the new reforms, an Associated Provider Register will be created, listing organisations (such as UDC, gardeners, food services, etc) who are accredited to deliver services on behalf of a primary Registered Provider (such as a Home or Aged Care Provider), whereby the Registered Provider remains legally responsible for the quality and compliance of the services delivered from the Associated Provider.

While we welcome the reforms, from the 1st July 2025, they'll have an indirect impact on Umbrella Dementia Cafes as we won't be registering as an Associated Provider under the new system. Therefore, we won't be able to accept membership fees directly from Home Care Packages.

If these changes affect you and your family, please get in touch with Kirsty or Jess, so we can ensure your continued attendance at the cafes.

BETTER UNDERSTAND THESE CHANGES

To better understand these changes, over the next six months we will be inviting experts into each café's Care & Share groups to provide information and awareness about these new reforms.

To learn more about how these changes affect you and your family, please contact your Home Care Provider. For broader information about the reforms, you can also contact

My Aged Care on **1800 200 422** or email the Department of Health, Disability and Ageing directly on: agedcareenquiries@health.gov.au



Quick National Help Numbers

Service	Contact	Description
National Dementia Help Line Federally funded and operated by Dementia Australia	1800 100 500 www.dementia.org.au 24 hours, 7 days a week, 365 days a year	The National Dementia Helpline is a free confidential phone and email information and support service which provides information about dementia and memory loss, dementia risk & prevention, government support & local services and emotional support.
Dementia Support Australia Federally funded	1800 699 799 Available 24/7 www.dementia.com.au	Clinical support for people caring for someone with dementia who is demonstrating behavioural and psychological symptoms of dementia (BPSD), which are impacting on their care. Their role includes education, assessment and short-term case management, clinical supervision and monitoring, and modelling of behavioural management techniques.
Carers Support Victoria State funded	1800 514 845 Available 24/7 reception@carersvictoria.org.au	Carers Victoria is the state-wide voice for family carers, representing and providing support to carers in Victoria. Carers Victoria staff will listen and advise you on services available to assist you in your caring role. They can give you information about practical supports, offer advice about navigating systems and refer you to education and counselling sessions.
Lifeline State & Federally funded	13 11 14 Available 24/7 www.lifeline.org.au	Lifeline is a national charity providing all Australians experiencing a personal crisis and suicide prevention services. (The statistics for suicidal & homicidal thoughts are very high for people in a caring role).
My Aged Care Federally funded	1800 200 422 Mon-Fri: 8am - 8pm Sat: 10am - 2pm www.myagedcare.gov.au	My Aged Care is the government agency to receive federally funded aged care packages. You must register with My Aged Care before you are eligible to receive aged care benefits.
Carers Gateway Federally funded	1800 422 737 Mon- Fri: 8am - 5pm www.carergateway.gov.au	Provides phone counselling, an online peer support community forum, online skills courses and free publications, carer support planning, carer directed packages, emergency respite care, in person peer support, counselling and carer coaching.



Empowering People with Dementia
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