





The logo for Café Neuro York is a white circle with a thin black border. Inside the circle, the words "Café", "Neuro", and "York" are stacked vertically in a dark brown, serif font. The letter "o" in "Neuro" is replaced by a solid dark brown circle.

# Café Neuro York



We offer a way for people with or affected by neurological conditions to meet others

**Evening cafés  
first Wednesday  
of every month  
6pm to 7:30pm**

**Daytime cafés  
third Friday  
of every month  
11.30am to 1pm**

**The Folk Hall,  
New Earswick, YO32 4AQ**



**No booking  
needed**

For more information contact:  
[cafeneuroyork@gmail.com](mailto:cafeneuroyork@gmail.com)  
0770 770 8244  
[www.cafeneuroyork.org.uk](http://www.cafeneuroyork.org.uk)



In a relaxed and supportive environment

**JOIN US TO  
SHARE  
EXPERIENCES  
AND GET  
ADVICE**

*"I've had so much fun, and met new friends"*

*"It means a lot because it gives me some of the support I need, which helps!"*

*"I don't have much to smile about, but I do smile about Café Neuro York"*

*"I've found my Tribe!"*



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In partnership with:  
Charity number:  
1188805

**JRF** JOSEPH  
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Being diagnosed with a long-term neurological condition can be devastating, with all aspects of life being affected. Café Neuro York aims to support people in such situations, and provide psychological and social support to people with or affected by a long-term neurological condition. People can often become quite isolated and want to talk with people who understand what they are going through and also help them deal with whatever might be thrown at them. This is to add to the good quality work of statutory, third sector, and voluntary services, and offer a more peer led environment, where people know only too well what it feels like.

At Café Neuro York we aim to provide the support that people want and often need to help build a life that can be meaningful again. We offer a safe space to talk about issues such as benefits, navigating access to resources, issues relating to travel, many recreational

activities, and many more. People with a long-term neurological condition have often commented that being discharged from specialist services was like “being thrown off the edge of a cliff”. Also feeling adrift with no one to turn to in times of need, which can be often. The experience of some long-term neurological conditions has been described as having their abilities “top-sliced” in that they can no longer do some things and tasks they took for granted before the onset of the condition. As one member said, she was looking for her “tribe” and found it in Café Neuro York.

The aim of Café Neuro York is also to rebuild the confidence of people with or affected by a long-term neurological condition, and focus on the person, and their abilities. To help foster a sense of purpose and enhance skills and especially social and recreational. We have arranged different activities requested by the members, and these included armchair yoga, music and drumming sessions, super foods, smoothie making, and Smovey (an exercise and physio tool from Austria) We have also arranged information sessions such as advice on benefits, issues of travel and holidays, and we have many more requests for presentations. These are more a conversation style of event and the format of each meeting has been set out by our members.

In summary, Café Neuro York aims to offer a place to meet like-minded people; a place where they feel less isolated; a social place to meet other people who understand as they have been there before; a quiet

space where people can relax; a place to get information and ideas and to share what each person knows; a place to find out about other things happening in York; somewhere to learn more about wellbeing, contentment, and engagement with the world; a place to learn more about the five steps to mental wellbeing: being connected with others, remaining active and engaged, keeping or learning new skills, giving to others, and being mindful; and this is their place and everyone can help us to shape it to be exactly what is need

Café Neuro York belongs to the people who attend and those who want to get involved. Cafe Neuro York plans to develop what is offered based on the ideas and needs of people with neurological conditions. Over the next few years, the plan is to develop Café Neuro York to offer more to those who attend and support more people. At the request of our members we plan to work with other charities, organisations and services, to ensure services, shops and cafés in York better understand disabilities, particularly hidden disabilities, and can provide better services.

Thank you for helping develop this new venture. The aim is to set up psychological and social support for people with a long term neurological condition. Café Neuro York needs to understand your needs and what would make a difference.

- A place to meet like-minded people
- A place where you feel less isolated
- A place to go to for social support and contact with other where you do not have to explain anything as the other people there know how you might be affected
- Be able to talk to others for psychological support
- Develop your creativity; art, craft, music, and many more ways to be creative
- A quiet space where you can relax
- Have a cuppa with other people
- Get information about any number of things; benefits, social events, other groups and support networks, services that are available, schemes and projects happening in York, national changes in service provision
- Tell us about anything else that you might want or be interested in
- Have a space to be heard and develop ideas

- Understand from others how to manage when life has been “top-sliced” by the changes imposed by the long term neurological condition
- Understand more about wellbeing; contentment, and engagement with the world
- Understand more about the five steps to mental wellbeing referred to by WHO, NHS websites and other sites, have been extensively documented, and comprise being connected with others, remaining active and engaged, keeping or learning new skills, giving to others, and being mindful

Come along and help us.

There is much evidence of social and psychological difficulties for people with long-term neurological conditions (WHO; Faculty of Public Health; All-Party Parliamentary Group on Arts, Health & Wellbeing July 2017; Five Ways to Wellbeing, Aked J et al, 2008). Most of the literature refers to the mental health of individuals and resilience, but this can also be applied to the potential physical and cognitive changes that often accompany long-term neurological conditions. These often lead to psychosocial changes in social circumstances, vocational ability, employment and identity as a person.



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