

Moment Makers

A new project for people living with a learning disability to volunteer in Cornwall's Memory Cafes.



Easy Read Version.



January 2026

What are Moment Makers?



Moment Makers are young adults who have a learning disability.



They are over the age of 18.



They volunteer at Memory Cafes throughout Cornwall.

What is a Memory Cafe?



Memory helps us to remember things from our past. Memory also helps us to know when to eat or when to lock the front door.



For some people, their memory isn't as good as it used to be and they forget things.



Forgetting things can make a person feel alone and afraid.



A Memory Cafe is a safe place for people to go if they are having trouble remembering things.

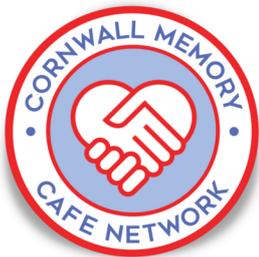
What does a Moment Maker do?



A Moment Maker volunteers at a Memory Cafe to gain work experience.



Volunteering means to do a job for someone without being paid.



Different Memory Cafes meet on different days at different places. Some run weekly and others meet 2 times a month. They meet in the afternoon.



Moment Makers help to set up and tidy away the hall. They welcome visitors and they help with activities. They help with drinks and cake.



Moment Makers help the Memory Cafe guests feel better. A Moment Maker is an important member of the Memory Cafe team.



Moment Makers can have a Personal Assistant (PA) or parent or carer with them to support them.



Moment Makers have an information sheet called a Curriculum Vitae (CV). It tells the Memory Cafe team about who they are and what they are good at and what they like to do.

Sat	Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Memory Makers have a few weeks at the Memory Cafe to make sure the volunteer placement is right for them.

How do I become a Moment Maker?



If you would like to become a Moment Maker please contact Marie at Disability Cornwall.



marie@disabilitycornwall.org.uk



Marie 07845 283698
Disability Cornwall 01736 759500

