

# Shops, Eating out and Entertainment



## Shops

Many of the shops in Great Torrington already support people living with dementia. Below are some ideas that may make it easier for you to carry on your normal life and support your shopping experience.

Generally, it is easier to:

- Shop where people know you
- Shop or visit places at quieter times so there is less noise and fewer people
- Have a written list which you can show people if you forget the word for something you want
- Set up regular orders at local shops so you can collect what you need using your name rather than remembering a long list
- Ask your family or friends to help you set up weekly shopping lists which help get the food you need without buying too much
- Use technology to set up reminders to shop regularly

In the pack is a card which explains that you have dementia and may need more time to complete your shopping. If you are comfortable with letting people know that you may need more time or understanding you can show them this card and this will let them help you. Sometimes it is easier to show a card to explain that you need help rather than having to explain it.

### Examples of how local shops are willing to help:



#### Bakers:

**Sandford's Bakery** and **The Green Lantern** can provide regular standing orders for you and would be willing to contact a relative if you don't come into the shop as planned to collect your shopping. A standing order can also stop you buying more bread than you need.



#### Duffy's Home Hardware:

The best times to shop here are between 9-10:30 am or after 4 pm. Wednesday and Saturday afternoons are also very quiet.



#### Butchers:

It is worth talking to your butcher about setting up standing orders. **Steve Gladwin Family Butchers** and **R. & S. Ware**, are happy to help with this.



### **ToyZone:**

Sells cards, wrapping paper and toys. Usually Saturday afternoons are a quiet time to shop.



### **Greengrocers:**

Both Xanadu and John Patts green grocers would be willing to provide a regular weekly order of vegetables which you can collect.



### **Supermarkets:**



Cooperative, Spar and Lidl supermarkets all offer support for those needing more time when shopping. Generally, the best and quietest times to shop are early morning or after lunch. It is recommended that you avoid between 3 and 4:30 pm when the schools finish as this can be a busy time.

## Clothing:



### Unique Boutique:

Offers a private service where if you book in advance, the shop will close to other people allowing you to select clothes in a calm and friendly place.



### Inside 11a:

The staff are Dementia Friends and offer affordable fashion and key pieces for your wardrobe. They will also open early or stay late to give a more personal experience while shopping.



### Java Gifts:

Sells gifts and clothes. They will close the shop if booked in advance to let you choose things in a quiet calm place.

## Entertainment and Eating out



### The Plough Arts Centre:

The Plough has staff and volunteers who are Dementia Friends. The Plough offers a wide range of activities, please check their programme or website for more information. Mornings can be busy in The Plough Café, but it tends to be quieter after lunch between 3 and 5pm.



### **Great Torrington Heritage Museum:**

Torrington Museum is a compact, friendly, free museum run entirely by volunteers who are all Dementia Friends. It is conveniently located in the centre of Great Torrington next to the Pannier Market entrance. The museum possesses many fascinating exhibits and reflects the diverse history of this ancient market town.

Most of the exhibits have been donated by local people over the years, resulting a wonderfully diverse, eclectic collection of objects and documents which, together, build to create a fascinating insight into the history and character of the town.



### **RHS Rosemoor:**

Staff and volunteers at RHS Rosemoor are Dementia Friends. Rosemoor offers a wide range of activities, please check their programme or website for more information. Mornings can be busy but Rosemoor tends to be quieter after lunch between 2 and 5pm.



### **Dartington Crystal:**

Staff and volunteers are Dementia Friends. They offer a wide range of activities, please check their programme or website for more information. Mornings can be busy, but it tends to be quieter in the afternoons between 3 and 5 pm.



### **Black Horse:**

The Black Horse offers a Pensioners Lunch every day between 12 and 2 pm: if it gets busy in the bar areas, they will open the restaurant if a quieter space is needed.



### **No. 37 Deli (formerly Brown's Delicatessen):**

The cafe and delicatessen are quieter in the afternoon. They close at 4 pm on Tuesdays and Wednesdays but are willing to open the cafe for small family groups if booked in advance. It is advisable to book for lunch.



### **Pannier Market Café:**

A welcoming café with a variety of foods and drinks at reasonable prices. Please be aware that they are busiest on Pannier Market Days on Friday and Saturdays.



### **I'Incontro Coffee shop:**

offers both table and take away service. There is a variety of board games to play.



### **Garden Cafe @ 1646:**

Lovely atmosphere. You can either sit in the café, or entrance lounge and on nice days sit in the beautiful garden. They offer breakfast and lunch and a variety of wonderful cakes. The quiet times are after 2:00 pm.