

Dementia Drop in Clinic Canterbury

Advice on treatment, including medication and therapies. Support and strategies Ideas to promote wellbeing and maintain activities. Discuss the impact of changing relationships and responsibilities. Signposting and information about other services available.

Canterbury

Third Thursday of every month 15.00 – 17.00
Age UK Canterbury | Castle row | Canterbury
CT1 2QY
For more information, please call 01227 462368

Sandwich

Last Thursday of every month 14.00 – 16.00
Age UK Sandwich | 10 Market street | Sandwich
CT13 9DA
For more information, please call 01304 614237

Faversham

Last Thursday of every month 15.00 – 17.00
Age UK Faversham | 2 Middle row | Faversham
ME13 7AJ
For more information, please call 01795 532766

Herne bay & Whitstable

Last Friday of every month 14.00 – 16.00
Age UK Herne bay & Whitstable | 16 Reculver
road | Herne bay CT6 6LE
For more information, please call 01227 749 570

Age UK: www.ageuk.org.uk

Cogs Clubs are weekly sessions for people with mild to moderate dementia. They provide five hours of social activity and friendship through a combination of cognitive stimulation, music, reminiscence and orientation.

Dementia Cafes Our Cafes provide a drop in service for anyone who may need support, information or advice about all aspects of Dementia.

Age UK Canterbury - Age UK Canterbury | Castle Row | Canterbury | Kent | CT1 2QY

Cogs Club: Every Tuesday.

Dementia café: First Friday each month 10.00 - 12 .00 Age UK Canterbury | First Monday each month 10.00 - 12 .00 Thanington Resource Centre

For further details contact 01227 462368 or visit www.ageuk.org.uk/canterbury

Age Concern Sandwich - The Sunflower Centre | 19/21 Cattle Market | Sandwich | Kent | ICT13 9AP

Cogs Club: Every Friday.

Dementia Cafe Second Wednesday each month 10.00 -11.30 Age Concern Sandwich.

For further details contact 01304 614237 or visit www.ageconcernsandwich.com

Age UK Faversham & Sittingbourne - 2 Middle Row | Faversham | Kent | ME13 7AJ

Cogs Club: Every Wednesday and Friday Faversham | Every Friday Sittingbourne.

Dementia Café: Second Thursday each month 13.00 - 14.30 Age UK Faversham | Fourth Monday each month 10.30 - 12.00 Residents Lounge, The Alms Houses, South Rd, Faversham ME13 7LU | Second Monday each month 10.30 - 12 .00 | Avenue Theatre (above Age UK) Avenue of Remembrance, Sittingbourne ME10 4DN

For further details contact 01795 532766 or visit www.ageuk.org.uk/favershamandsittingbourne

Age UK Herne Bay & Whitstable | 16 Reculver Road | Herne Bay |Kent | CT6 6LE

Cogs Club: Every Monday, Wednesday, Thursday and Friday at Venues in Herne Bay & Whitstable.

Dementia Café: Third Monday of each month 10.00 - 11.30 Age UK Herne Bay | First Tuesday of each month 10.30 - 12.00 Swalecliffe/Chestfield Community Centre.

For further details contact Phone 01227 749570 or visit www.ageuk.org.uk/hernebayandwhitstable

Admiral Nursing

Gregory House, St Martins Hospital, Littlebourne Road, Canterbury, Kent CT1 1TD | 01227 812054 | www.kmpt.nhs.uk/services/canterbury-admiral-nursing/6923

Alzheimer's Society: www.alzheimers.org.uk

National helpline: 0300 2221122 | East Kent Office: 08450 405919

The Alzheimer's society Talking Point forum.alzheimers.org.uk. Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online.

Dementia Peer support and Dementia Cafe's (Herne bay)

Support groups provide support for those with recent dementia diagnosis. Cafés – drop-in service for anyone to offer support, info and advice about dementia. Tel: 01227 749570 | Email: audra.streeting@ageukhernebay.org.uk.

Forget Me Nots Kent www.kmpt.nhs.uk/get-involved/forget-me-nots.htm

The Forget Me Nots are a group of around 20 people with dementia from across east Kent who are active within Kent and Medway Partnership Trust. The group aims to help people with dementia get their voices heard. Many organisations, including our Trust, are trying to improve the quality of service they offer to people with dementia. It's vital that the opinions of people living with a diagnosis are heard by those who make decisions – by getting involved, you can help raise the standards of services across Kent.

To find out more contact: 01304 216625 (Reinhard Guss)

Support for Carers

Carers' Support (Canterbury Dover & Thanet)

Provides access to support and information about services for carers which includes:

- Meet & Talk Groups
- Information
- 1-2-1 Support
- Training and Education
- Telephone Support
- Carers Assessments
- Respite Opportunities

Address: 80 Middle Street Deal Kent CT14 6HL | Phone: 01304 364 637 | Mobile: 07545 916214

Email: support@carers-doverdistrict.org

Website: www.carers-supportcdt.org.uk

Crossroads Care

Crossroads Care Kent support Carers and the people they care for.

They provide support including:

- Short breaks
- Palliative Care
- Support to access social activities
- Support in a crisis
- Specialist dementia support staff

Contact: 03450 956701

Support for carers line: 03300 100177

Email: enquiries@crossroadskent.org

Website: <http://www.carerskm.org/>

Age UK Dementia Outreach Service

This free service provides one to one ongoing support, advice and information to those who care for an older person living with dementia.

For further information contact your local Age UK (details over leaf)

**24 Dementia helpline 0800 500 3014 Freephone | Offering support and advice.
For medical enquiries, Dementia UK on 0845 257 9406**