



MEMORY CAFES	WHEN	TIME	VENUE	CONTACT
<p>For people living with dementia, their family, friends, and supporters to access information and practical advice regarding dementia from our staff and volunteers, including refreshments, games, and more fun activities. <b>BOOKING IS NOT REQUIRED – Feel free to drop in.</b></p>				
<b>WEST KINGSDOWN</b>	1 <sup>st</sup> Tuesday of the month	10:30 - 12:30	The Village Hall, London Rd, West Kingsdown, TN15 6BZ	PDS Team 01474 533990
<b>SHORNE</b>	3 <sup>rd</sup> Tuesday of the month	1:30 - 3:30	Shorne Village Hall, 16 The Street, Shorne, DA12 3EA	Tracey Maguire 07971 451122
<b>DARTFORD</b>	3 <sup>rd</sup> Wednesday of the month	1:30 - 3:30	Temple Hill Community Centre, Temple Hill Square, Dartford DA1 5HY	Tracey Maguire 07971 451122
<b>LONGFIELD</b>	3 <sup>rd</sup> Thursday of the month	10:30 - 12:30	Longfield Working Man's Club, 2 Fawkham Road, Longfield DA3 7QP	Tracey Maguire 07971 451122
<b>NEW ASH GREEN</b>	4 <sup>th</sup> Thursday of the month	10:30 - 12:30	Redlibbits Golf Club, Manor Lane, Ash Sevenoaks TN15 7HT	Tracey Maguire 07971 451122
<b>SWANLEY</b>	2 <sup>nd</sup> Friday of the month	1:30 - 3:30	St Peters Community Centre, College Rd, Swanley, BR8 7RH	PDS Team 01474 533990
<b>GRAVESEND</b>	3 <sup>rd</sup> Friday of the month	10:30 - 12:30	The Masonic Hall, 25 Wrotham Rd, Gravesend DA11 0PA	PDS Team 01474 533990
<b>Gravesend Guru Nanak</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month	10:30 – 12:30	Guru Nanak Gravesend Wellbeing Centre, Khalsa Avenue, DA12 1LU	Karen Heath 07742 882892 Or Guru Nanak Darbar 01474 53781
<b>Dartford Gurdwara</b>	<i>*New date &amp; time to be confirmed</i>	TBC	Dartford Gurdwara 8-10 Highfield Road Dartford, DA1 2JJ	Ross Mullis 07971 451137

**For further information about any of our groups, please give us a call on 01474 533990**



YOUNG ONSET GROUP	WHEN	TIME	VENUE	CONTACT
<p>This group is dedicated to people who are under 65 and living with dementia, their carers and supporters, we create a safe space to talk and share experiences, focusing on issues that matter to younger people. If you and your loved one would like to join us, please do speak to a member of the team..</p>				
Kindred Spirits	1 <sup>st</sup> Tuesday of the month	6:30pm - 8:30pm	Venue TBC	Tracey Maguire 07971 451122 Booking required

PEER GROUPS	WHEN	TIME	VENUE	CONTACT
<p>Peer support offers people in the early stages of dementia the opportunity to share experiences, talk to others in a similar position and form friendships beyond the group. Before you join us for the first time, we will come and meet with you at home to answer any questions you may have:</p>				
SWANLEY	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of the month	10:30 – 12:00	St Peters Community Centre, College Rd, Swanley, BR8 7RH	Ross Mullis 07971 451137 Booking Required
GRAVESEND	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month	10:30 - 12:00	Safeharbour Wellbeing Centre, DA11 8AE	Ross Mullis 07971 451137 Booking Required
DARTFORD	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month	2:00 – 3:30	Community Centre Temple Hill Square, Dartford DA1 5HY	Ross Mullis 07971 451137 Booking Required
GRAVESEND INFLUENCER GROUP (lunch included)	2 <sup>nd</sup> Wednesday of every month	12:00 - 1:30	Safeharbour Wellbeing Centre, DA11 8AE	Karen Heath 07742 882892 Invite Required



ARTS AND CRAFTS	WHEN	TIME	VENUE	CONTACT
<p>This support group focuses on Arts and Crafts, providing people with the opportunity to meet others and build social networks in the local community, as well as encouraging cognitive function and dexterity. <b>BOOKING IS NOT REQUIRED – Please feel free to drop in.</b></p>				
<b>DARTFORD</b>	1 <sup>st</sup> Wednesday of the month	1:30 - 3:30	Community Centre Temple Hill Square, Dartford DA1 5HY	PDS Team 01474 533990
<b>GRAVESEND</b>	4 <sup>th</sup> Friday of the month	2:00 – 4:00	Safeharbour Wellbeing Centre, DA118AE	PDS Team 01474 533990

SINGING BACK THE MEMORIES	WHEN	TIME	VENUE	CONTACT
<p>Provides an opportunity for fun social interaction using the power of music. Participants are also encouraged to use percussion instruments and to take part in movement activities, as well as choosing their own songs to share with the group. <b>BOOKING IS NOT REQUIRED – Please feel free to drop in.</b></p>				
<b>NORTHFLEET</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of the month	3:00 – 4:30	St Botolph's Church Hall, The Hill Northfleet DA11 9EU	PDS Team 01474 533990
<b>SWANLEY</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the month	11:30 - 1:00	St Peters Community Centre, College Rd, Swanley, BR8 7RH	
<b>DARTFORD</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Friday of the month	10:30 - 12:00	Tree Community Centre, Cedar Rd Dartford, DA1 2RS	



CARERS SUPPORT	WHEN	TIME	VENUE	CONTACT
<p>Carers lunch is a chance for carers to meet with others in similar situations to chat, relax and enjoy a meal. There is a cost associated for the meal, which is heavily discounted by the venue(s). Please speak to Tracey to find out more about your local session.</p>				
Meopham Bartellas Carers Lunch	1 <sup>st</sup> Thursday of the month	12:30 - 2:30	Wrotham Road, Meopham, Gravesend, DA13 0JE	Tracey Maguire 07971 451122 Booking Required
The Fighting Cocks	3 <sup>rd</sup> Thursday of every month	12:30 - 2:30	The Street, Horton Kirby Dartford, DA4 9BY	Tracey Maguire 07971 451122 Booking Required
<p>Carers can bring along their loved one to join in with an activity session, whilst they join another room to share experiences with other carers, we welcome speakers of choice, refreshments and activities for the carers to have a short respite session.</p>				
Gravesend	2 <sup>nd</sup> Thursday of each month	3:30 – 5:30	Safeharbour Wellbeing Centre, DA118AE	Tracey Maguire 07971 451122 Booking Required
Swanley	4 <sup>th</sup> Tuesday Of each month	10:00 – 12:00	St Peters Community Centre, College Rd, Swanley, BR8 7RH	PDS Team 01474 533990 Booking Required
<p>This is an educational programme for family, friends, and supporters. The sessions cover many useful topics such as behaviours, understanding dementia and practical advice.</p>				
Carers Learning Workshop	Please call for upcoming dates and venues			Ross Mullis 07971 451137 Booking Required



Active Bodies Active Minds	WHEN	TIME	VENUE	CONTACT
<p>Sessions designed to get us moving and meet others and have fun! Anyone can join us, and booking is not required, although we must emphasise that to enable meaningful participation, attendees must have good mobility for the majority of these activities.</p>				
Indoor Activities & Games <i>*Starting November</i>	3 <sup>rd</sup> Tuesday of the month	10:30 – 12:30	Wilmington Community Church 39 Broad Lane, Dartford DA2 7AQ	Tracey Maguire 07971 451122
Dancing Through the Decades	4 <sup>th</sup> Monday of the month	1:30 - 3:30	Istead Rise Community Centre Worcester Close DA13 9LB	Tracey Maguire 07971 451122
Ten Pin Bowling (£3.80 per person, per game)	2 <sup>nd</sup> Wednesday of the month	11:00 - 1:00	Hollywood Bowl, 9, Medway Valley Leisure Park, Chariot Way, Rochester, ME2 2SS	Tracey Maguire 07971 451122 Sara Morrissey 07840843106
Indoor Bowls £2.50 per person	2 <sup>nd</sup> Monday of the month	2:00 – 4:00	Whiteoak Indoor Bowls Club Garrolds Close (off Hilda May Ave) Swanley, BR8 7BF	Tracey Maguire 07971 451122
Dadlams, Darts & Cards	2 <sup>nd</sup> Tuesday of every month	12:00-2:00	The Jolly Drayman, Wellington St, Gravesend Da12 1JA	Tracey Maguire 07971 451122
Lunch & Indoor Boules Stone Lodge farm	4 <sup>th</sup> Tuesday of every month	1:30- 3:30	Dartford Stone lodge Bowls & Social Club, Cotton Lane, Dartford, DA2 6PD	Tracey Maguire 07971 451122
Horse Therapy	4 <sup>th</sup> Thursday of every month	1:30 – 2:00	Arrow Riding Centre, 68 Darenth Park Ave, Dartford, DA3 2LZ	PDS Team 01474 533990 Booking Required
Swanley Dementia Cinema	2 <sup>nd</sup> Wednesday of every month	1:30 – 3:30	Emerson Park, Retirement Village, Rowhill Rd, Swanley BR8 7FP	PDS Team 01474 533990 Booking Required
Gravesend Dementia Cinema	2 <sup>nd</sup> Wednesday of every month	1:30 – 3:30	Springwood Corner Care Home 53 Ascot Road, Gravesend DA12 5AL	Tracey Maguire 07971 451122
Chair Fit (Low impact with Instructor)	Every Friday of the month	2:00 - 2:45	The Cyclopark Watling Street DA11 7NP	PDS Team 01474 533990