



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 trained staff and volunteers, including speakers of interest, quizzes, and more fun activities:</p>				
Sittingbourne	1 st & 3 rd Thursday of the month	12:00 – 14:00	Heather House Ave of Remembrance, Sittingbourne, ME10 4DE	Sarah Humphrey 01795 532766 Sarahhumphrey@ageukkentrivers.org.uk
Faversham	2 nd & 4 th Monday of the month	10:00 – 12:00	Age UK Faversham Centre, The old fire station, Crescent Road, Faversham, ME13 7GU	Sarah Humphrey 01795 532766 Sarahhumphrey@ageukkentrivers.org.uk
Doddington	3 rd Monday of each month	11:00- 13:00	Bistock farm, Doddington. Sittingbourne, Kent, ME9	Sarah Humphrey 01795 532766 Sarahhumphrey@ageukkentrivers.org.uk
Newington	4 th Monday of each month	11:00- 13:00	High street, Newington, Sittingbourne, Kent, ME9 7JJ	Sarah Humphrey 01795 532766 Sarahhumphrey@ageukkentrivers.org.uk
OTHER GROUPS	WHEN	TIME	VENUE	CONTACT
Film Club	2 nd Tuesday of every month	Contact for more details	Ocean Heights Sheerness	Melissa George 01795 668562 Melissa.george@ageuksheppey.co.uk
Lunch Club	3 rd Tuesday of every month	Contact for more details	Minster Working Men's Club	Melissa George 01795 668562 Melissa.george@ageuksheppey.co.uk



PEER GROUPS	WHEN	TIME	VENUE	CONTACT
<p>Peer supports offers people in the early stages of dementia the opportunity to share experiences and talk to others in a similar situation: We will come and meet you at home to tell you all about the session:</p>				
Sheerness	1st Wednesday of the month	10.00- 12:00	Sheerness East Working Men's Club, 47 Queenborough Road, Halfway ME12 3BZ	Melissa George 01795 668562 Melissa.george@ageuk sheppey.co.uk
Sittingbourne	2 nd & 4 th Thursday of the month	12:00- 14:00	Heather House, Ave of Remembrance, Sittingbourne, ME10 4DN	Sarah Humphrey 01795 532766 Sarahhumphrey@ageuk kentriders.org.uk
Faversham	1 st & 3 rd Monday of the month	11:00-13:00	Age UK Faversham Centre, The old fire station, Crescent Road, Faversham, ME13 7GU	Sarah Humphrey 01795 532766 Sarahhumphrey@ageuk kentriders.org.uk

ARTS & 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.</p>				
Forget-me-Not Crafts	4 th Monday of the month	10.00- 11:30	Sheerness East Working Men's Club, 47 Queenborough Road, Halfway ME12 3BZ	Melissa George 01795 668562 Melissa.george@ageuk sheppey.co.uk

CARERS SUPPORT	WHEN	TIME	VENUE	CONTACT
<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			Sarah Humphrey 01795 532766 Sarahhumphrey@ageuk kentriders.org.uk



YOUNG ONSET GROUP	WHEN	TIME	VENUE	CONTACT
<p>Providing a safe space for people living with young onset dementia, and their carers, to socialise over a delicious breakfast and a cuppa.</p>				
Breakfast With Me	1 st Saturday of the month	9am – 11am	Heather House Community Café Avenue of Remembrance Sittingbourne Kent ME10 4DN	Sarah Humphrey 01795 532766 Sarahhumphrey@ageuk kentdrivers.org.uk

SINGING BACK THE MEMORIES	WHEN	TIME	VENUE	CONTACT
<p>Singing Back the Memories provides an opportunity for fun social interaction using various musical interventions. Participants are also encouraged to use percussion instruments and to take part in movement activities.</p>				
Sittingbourne	1 st & 3 rd Thursday of the month	10:30 – 12:00	The Avenue Theatre, Ave of Remembrance, Sittingbourne, ME10 4DN	Sara Morrissey 07840843106
Sheerness	4 th Wednesday of the month	10:30 – 12:00	Sheerness East Working Men's Club, 47 Queenborough Road, Halfway ME12 3BZ	Sara Morrissey 07840843106

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>				
Swale Tea Dance	3 rd Tuesday of the month	1.30- 3:30	Sheerness East Working Men's Club, 47 Queenborough Road, Halfway ME12 3BZ	Sara Morrissey 07840843106

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