



Virtual Support

We don't want social distancing to mean people get disconnected so we have been embracing the use of technology.

Many of our support and activity groups are now being delivered online and all you need is a smartphone/laptop/computer/tablet, an internet connection and an email address.

We also have set up a closed Facebook group for people affected by dementia to get more peer support and be able to share their experiences together.

If you do run into any technical issues please do get in touch and someone from our team will be happy to help you.

Singing Back The Memories

Regular Support Groups

Closed Facebook Group

Welfare calls via video

Gravesend Virtual Support Group

10:30am - 11:30am

Tuesday 12th May
Tuesday 26th May
Tuesday 9th June
Tuesday 23rd June
Tuesday 7th July

Meopham Virtual Support Group

10:30am - 11:30am

Tuesday 5th May
Tuesday 19th May
Tuesday 2nd June
Tuesday 16th June
Tuesday 30th June

Dartford Virtual Support Group

10:30am - 11:30am

Wednesday 13th May
Wednesday 27th May
Wednesday 10th June
Wednesday 24th June
Wednesday 8th July

Swanley & West Kingsdown
Virtual Support Group

10:30am - 11:30am

Wednesday 6th May
Wednesday 20th May
Wednesday 3rd June
Wednesday 17th June
Wednesday 1st July

Virtual Partnership Drop-in Sessions

11:00am - 1:00pm

Monday 11th May
Monday 15th June
Monday 13th July

Kindred Spirits Virtual Support Group

7:00pm - 8:00pm

Tuesday 12th May
Tuesday 26th May
Tuesday 9th June
Tuesday 23rd June
Tuesday 7th July

Virtual Singing Back The Memories

2:30pm - 3:30pm

Every Monday

(Excluding Monday 25th May as it is a bank holiday)

Please
make sure
you are
logged on
5-10 mins
prior to
the
meeting
starting