



| DEMENTIA CAFES | WHEN | TIME | VENUE | CONTACT |
|--|---------------------------------------|---------------|--|--------------------------------|
| 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. BOOKING IS NOT REQUIRED – Feel free to drop in. | | | | |
| STROOD | 2 nd Tuesday of the month | 1:30 - 3:30 | Strood & Frindsbury Working Men's Club 2 Frindsbury Road, Strood, ME2 4SS | Sara Morrissey 07840 843106 |
| CHATHAM | 3 rd Monday of the month | 1:30 – 3:30 | St Mary's Island Community Centre Island Way West St Mary's Island, Chatham ME4 3EP | Sara Morrissey 07840 843106 |
| WAINSCOTT DEMENTIA HUB *SUPPORTED BY ADSS | 3 rd Thursday of the month | 2:30 – 4:30 | Montgomery Court Choir Close, Wainscott, Rochester ME3 8FP | Sara Morrissey 07840 843106 |
| HOO PENINSULA | 1 st Thursday of the month | 10:30 – 12:30 | The Fenn Bell Conservation Project (The Fenn Bell Inn) St Mary's Hoo Rochester ME3 8RF | Sara Morrissey 07840 843106 |

| PEER GROUPS | WHEN | TIME | VENUE | CONTACT |
|--|---|---------------|--|---|
| 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. | | | | |
| ROCHESTER | 1 st and 3 rd Friday of the month | 10:30 – 12:00 | Medway Archive Centre 32 Bryant Road Strood, Rochester ME2 3EP | Ross Mullis 07971 451137 Booking Required |
| LORDSWOOD | 1 st and 3 rd Friday of the month | 13:30 -15:00 | Lordswood Leisure Centre North Dane Way Lordswood Chatham ME5 8YE | Ross Mullis 07971 451137 Booking Required |

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



| CREATIVE ARTS | WHEN | TIME | VENUE | CONTACT |
|---|--|-------------|--|--------------------------------|
| <p>This support group focuses on Creative Arts, providing people with the opportunity to meet others and build social networks in the local community, as well as encouraging cognitive function and dexterity. BOOKING IS NOT REQUIRED – Please feel free to drop in.</p> | | | | |
| WALDESLADE | 4 th Monday of the month | 1:30 - 3:30 | The Net Community Hub 70 Silverweed Road Walderslade Chatham ME5 0QX | Sara Morrissey 07840 843106 |

| 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. BOOKING IS NOT REQUIRED – Please feel free to drop in.</p> | | | | |
| RAINHAM | 4 th Tuesday of the month | 1:30 – 3:30 | United Services Club 171 High Street, Rainham ME8 8AY | Sara Morrissey 07840 843106 |

| 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> | | | | |
| MEDWAY MOVERS (Walking group) | 2 nd Wednesday of the month | 10:30 – 12:30 | Meeting at Eternal Lake Nature Reserve Salt Lane Cliffe Rochester ME3 7RT | Sara Morrissey 07840 843106 |

| CARERS SUPPORT | WHEN | TIME | VENUE | CONTACT |
|---|--|---------------|---|--|
| <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> | | | | |
| ROCHESTER Carer Peer Support Group | 4 th Thursday of the month | 10:30 – 12:30 | Rochester Baptist Church Hall (Upper & Side Hall) 8 Crow Lane Rochester ME1 1RF | Sara Morrissey 07840 843106 Booking Required |

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