



Sunflower Centre
Age Concern Sandwich
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www.ageconcernsandwich.com



Sunflower News April 2024

Dementia Safeguarding Tags

The new Dementia Safeguarding Tags which have been developed by Dover District Council are now available from Age Concern Sandwich, Age UK South Kent Coast, The Riverside Centre Dover. The tags are an extra tool in supporting people living with dementia to help keep them safe when they are out and about on their own. The tags are free, can be attached to a coat, bag or walking aid and hold emergency contact details. Shops, cafes, and businesses across the Dover District are supporting the initiative.

New Groups

Carers Chat for anyone caring for someone living with a dementia, will be on Thursday 4th April, 1.30 – 3pm at Age Concern Sandwich and each 1st Thursday of the month. Come along and chat with others who share similar life experiences and access support from the Dementia & Me service. Deal Drop-in Hub on Wednesday 10th April, 2 – 4 pm at St George's Church, Deal and each 2nd Wednesday of the month. Support and advice from organisations such as: Carers' Support, Stilwell and Singleton Solicitors, Dover District Council and Dementia & Me team.

Tea Dance

Leon, from Your Leisure, will once again be leading a Tea Dance at the St Richard's Memory Café on Tuesday 9th April 2024, 4 – 6pm. Come along to dance, chat and enjoy the music.

Wills and Estate Planning

A subject most people do not like to talk about but writing a will is important as it's the only way to ensure that your 'estate' goes to the people and causes you love and support. We will be welcoming Stilwell and Singleton Solicitors to Age Concern Sandwich on Thursday 18th April at 1.30pm to give a presentation and answer any questions you may have.

Save the Date

Thursday 16th May 2024 will see the return of our Dementia Roadshow at Sandwich Guildhall, CT13 9AH, 10 – 2pm. We will have a range of organisations that support people living with a dementia and their family/carers. Organisations attending include: DDC, Carer's Support, Alzheimer's Society, Crossroads, Kent Fire and Rescue, Lifeline 365 and many more. Come along and find out how these organisations can support you or someone you care for. Good conversation and refreshments guaranteed.

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Dates for your Diary April 2024

Mondays, Pilates at Age Concern Sandwich, 12.30 – 1.30 pm. At Age Concern Sandwich.

Tuesdays, Music 4 Wellbeing, 10.30 – 11.30am at Age Concern Sandwich. NOT 13th February.

Wednesdays, Seated Exercise Sessions at Age Concern Sandwich 2 – 3pm.

Fridays, Drums Alive at Age Concern Sandwich 2.30 – 3.30pm

Wednesday 3rd April 2024. Live music at Cin Cin's, 15a South Court, Deal CT14 8JW, 2 – 4 pm. Every 1st and 3rd Wednesday.

Thursday 4th April 2024. Carers' Chat. Peer Support Group at Age Concern Sandwich 1.30 – 3pm. 1st Thursday of the month.

Tuesday 9th April 2024, St Richard's Memory Café to include a Tea Dance, 4 – 6pm at St Richard's Church, Mill Hill, Deal. CT14 9JA. 2nd and last Tuesday of the month.

Wednesday 10th April 2024, Memory Café at Age Concern Sandwich, 10.30 – 12 noon. Every 2nd and 4th Wednesday of the month. Support from the Dementia & Me Co-ordinator.

Wednesday 10th April 2024. Drop-in Hub at St George's Church, High Street, Deal. 2 – 4 pm. Then every 2nd Wednesday of the month. Dementia & Me, DDC, Stilwell and Singleton Solicitors for support and advice.

Monday 15th April 2024, Hi Kent, Hearing aid after care including batteries. 9 – 10am at Age Concern Sandwich.

Wednesday 17th April 2024, Live music at Cin Cin's, 15a South Court, Deal CT14 8JW, 2 – 4 pm. Every 1st and 3rd Wednesday.

Thursday 18th April 2024 Diabetes Peer to Peer Support Group, 9.30 at Age Concern Sandwich. A monthly group on the 3rd Thursday.

Thursday 18th April 2024. DDC Help Desk at Age Concern Sandwich, 10 – 12pm.

Thursday 18th April 2024, Wills and Estate Presentation by Stilwell and Singleton Solicitors, 1.30 at Age Concern Sandwich.

Tuesday 23rd April 2024, Social Prescribers Coffee Morning, 10 – 11.00 am noon. At Age Concern Sandwich.

Wednesday 24th April 2024 Memory Café at Age Concern Sandwich 10.30 -12. Support from the Dementia & Me- Co-ordinator. 2nd and 4th Wednesday of the month.

Thursday 25th April 2024, Dementia Drop-in Clinic at Age Concern Sandwich 2 – 4pm. Support available from Memory Service consultant and nurse from St Martin's Hospital, Dementia & Me Co-ordinator, Stilwell and Singleton Solicitors and Carers' Support.

Tuesday 30th April 2024, St Richard's Memory Café 4 – 6pm at St Richard's Church, Mill Hill, Deal. CT14 9JA

Many of our events are free to attend but donations are gratefully received.

Find us on Facebook: Age Concern Sandwich
Sunflower Centre Dementia Services in Sandwich