



Have you heard about  
The Sunflower Centre  
At Age Concern Sandwich?



It is a small friendly day centre for people living with a dementia.  
Offering activities including reminiscence,  
painting, crafts, singing, quizzes and lots of fun, with dedicated, caring  
staff a day out, giving carer's some respite.

### Also Available:

#### Monday Mayhem

3<sup>rd</sup> Monday of the Month, 9.45 - 11.45  
A monthly meeting for fun and friendship.

Followed

#### Monday Lunch Club

#### Sunflower Café

2<sup>nd</sup> Wednesday of the month 10 - 11.30am  
Come and join us for good conversation and free refreshments.

#### Dementia Drop in Clinic

Last Thursday of the month 2 - 4pm  
An opportunity to meet the Memory Service Doctor  
And dementia support services.

If you would like to find out more, please contact  
Sally Barclay on 01304 614237  
Or pop into Age Concern Sandwich.