

Sunflower News July 2021

Are you on Facebook? If so, do have a look at our Facebook page, The Sunflower Centre, Dementia Services in Sandwich. You can still look at the page even if you are not on Facebook!

Music for Well-Being

If you enjoy singing, there is still time to join Music 4 Wellbeing for their Thursday singing sessions over Zoom. If you are interested in joining in the fun, let me know and I can ensure you get the Zoom link.

Summer Fayre

Age Concern Sandwich are holding a Summer Fayre on Thursday 29th July. We hope you can join us to try your luck at the Tombola, browse the stalls and enjoy some refreshments.

Message in a Bottle

The Message in a Bottle scheme is a Lion's Club initiative. A simple and free idea to encourage people to keep their personal and medical details on a standard form and in a common location – the fridge. In the event of emergency services being called to your home they will know you have a bottle as the two labels displayed, one inside your front door and the other on the fridge door. This saves the emergency services time as they will know about any health conditions or medications you have.

Thanks to Deal and Walmer Lions Club we have a supply of the bottles and Message in a Wallet for you to have.

Safe and Well Visit

Have you had your Safe and Well Visit from Kent Fire and Rescue. The purpose of the free visit is to check that you have working smoke alarms and fit new ones if needed. Did you know that if you are hard of hearing there is an alarm that flashes ensuring that everyone is kept safe. To find out more call [0800 923 7000](tel:08009237000) Monday to Friday 9 am – 5pm.