



Sunflower Centre
Age Concern Sandwich
01304 614237

Sunflower News May 2019

Dementia Action Week

This year Dementia Action Week will be 20 – 26 May. The Sunflower Centre and Sandwich Dementia Action Alliance joining the Alzheimer's Society initiative and raising awareness of dementia and encouraging people to take action to support people in their community.

Roadshow

Sandwich Dementia Action Alliance will be hitting the road with their Dementia Roadshow on Wednesday 22nd May. We will once again be visiting both Ash Village Hall from 10 – 12pm and Eastry Village Hall from 2 -4pm, with organisations that support people living with a dementia and their family/carers. Please come along and join us for some good conversation over refreshments and find out about the support available.

Dementia Friendly Golf

Prince's Golf Club will be starting some Dementia Friendly Golf Sessions on the last Wednesday of the month at 11am. To find out more about this why not come along to a Coffee Morning on Friday 24th May 2019, 10 – 12pm at Prince's Golf Club, Sandwich Bay, CT13 9QB. The first golf session will be on Wednesday 29th May at 11am at Prince's.

Spring Fair

Age Concern Spring Fair will be on Thursday May 30th. There will be various stalls including garden plants, tombola, raffle, bric a brac and live music. Come along and join the fun.

Dates for your Diary

Sandwich Friends Group at Eastry

The Sandwich Friends Group will meet at The Five Bells, Eastry on the first Tuesday of the month, with the next group being Tuesday 7th May 2019, 10.30 – 12.30. Refreshments are provided, I hope you can join them. Brought to you by Right at Home and Age Concern as a Sandwich Dementia Action Alliance initiative, working together to build dementia friendly communities.

Sunflower Cafe

Sunflower Café will be Wednesday 8th May 2019, 10 – 11.30 am, in the TV Lounge at Age Concern. Please join me for coffee, tea and good conversation. All welcome

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Monday Mayhem

Monday Mayhem will be Monday 20th May 2019, 9.45 – 11.45 am, in the dining room at Age Concern. Come along and join Sara as she leads us in some chair -based exercises, a sing song and lots of fun and laughter. Then why not stay for lunch, served at 12.15, £6.50 for two courses. Please advise of any dietary requirements. 01304 614237.

Dementia Drop in Clinic

Dementia Drop in Clinic will be held at Age Concern on Thursday 30th May 2019, 2 -4 pm. The Memory Service Doctor will be here for support and advice. Information and support also available from organisations such as Right at Home, Carers' Support and the Alzheimer's Society and Age Concern.

Sandwich Friends Group

Will be at the Drill Hall, The Quay, Sandwich on Tuesday 28th May 10.30 – 12.30. Refreshments are provided. Brought to you by Right at Home and Age Concern as a Sandwich Dementia Action Alliance initiative, working together to build dementia friendly communities.

All are welcome to any of our events and are good opportunities to access support, meet new friends, enjoy good conversation and have fun! If there is a subject area or organisation you would like to know more about, please let us know and we can arrange for that to happen.