



# Dementia Daybreak

For many people with Dementia we are an ideal source of support, friendship and stimulation, as well as providing a few hours respite for a carer.

**Monday - Friday**  
**10am - 3pm**

# What we offer:

The centre offers a full range of activities, including exercise classes, singing and musical activities, shared reminiscing and nostalgia sessions, and arts and crafts. We encourage people to retain existing skills and to develop new interests. People can choose what they want to be involved in, and we will help them to get the most out of their time at the centre.

**Daybreak is £24.00 per day, which includes lunch. Transport can be provided for an additional cost of £10.00**

**The Joe Fagg Community  
Centre, Farrow Court,  
Stanhope Road,  
Ashford,  
Kent,  
TN23 5RF**

For more details, please contact Age UK Ashford at:

**01233 668765**

**[www.ageuk.org.uk/ashford](http://www.ageuk.org.uk/ashford)**