

Cogs Clubs

Cogs Clubs are designed to support people who have a recent diagnosis of a dementia, or who are living with an early to mid-stage dementia.

The clubs run in Faversham and Sittingbourne locations between 10.00am and 3.00pm and include a light lunch. Cogs members attend once per week.

The programme is based on the principles of cognitive stimulation therapy (hence the name Cogs) and provides a fun environment. Which encourages club members to participate in purposeful activities. This helps to develop and maintain an active mind. Meanwhile, carers can benefit from a day of respite.

Further Information

For more information about any of our dementia services, please contact Claire Ives (Dementia Services Manager). She will be happy to arrange a home visit to discuss if necessary.

Age UK Faversham and Sittingbourne

The Old Fire Station
Crescent Road
Faversham
ME13 7GU
(public entrance opposite Tesco).

For more information call

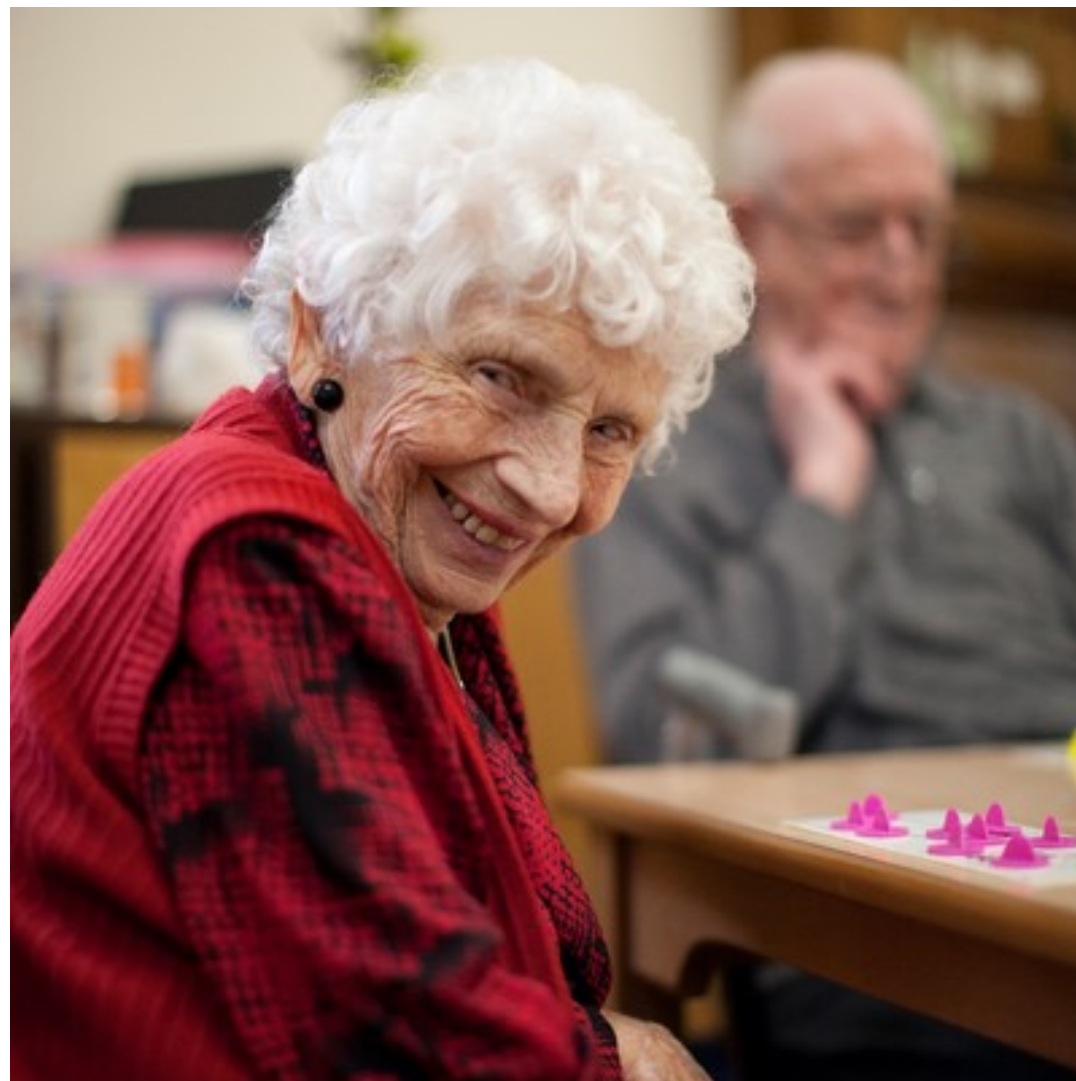
01795 532766

email reception@ageukfaversham.org.uk

or visit ageuk.org.uk/favershamandsittingbourne



Dementia Services



We provide a range of services for those living with dementia, their families and carers.

Dementia Cafes

Our Dementia Cafes are a chance for people living with dementia and their families/carers to get together informally for a tea or coffee, cake and a chat. Just come along; no booking required.

The cafes take place at the following times and venues:

Faversham—Fourth Monday of the month at The Faversham Almshouses, South Road ME13 7LU, from 10.00am—12.00noon.

Faversham—Second Thursday of the month at The Faversham Almshouses, South Road ME13 7LU, from 1.00pm—2.30pm.

Sittingbourne—Second Monday of the month at The Avenue Theatre, Avenue of Remembrance ME10 4NN, from 10.30am—12.00noon.

Dementia Drop In Clinic

A one-stop clinic what has various healthcare professionals and representatives from other useful services in attendance. They offer support and guidance to carers and their cared-for.

The clinic takes place on the last Thursday of the month from 3.00pm—5.00pm at The Silver Social Hub in our Faversham centre.

Lunches and other events

During the year we also provide occasional lunches and social events specifically for those living with dementia and their carers. Information regarding these is usually posted on the news section of our website and on the Age UK Faversham and Sittingbourne Facebook page.

Specialist Day Care for People Living with Dementia

The Fountain is our specialist dementia day care unit and is based within our Faversham centre.

For many people living with a more advanced dementia, day care can be an ideal source of stimulation and a chance to socialise. It also provides a source of respite for carers.

We aim to provide day care in a safe and cheerful environment, with trained staff and enhanced levels of staffing.



The Fountain

There is a daily programme of activities which is designed to provide an optimum level of stimulation, which includes music, arts and crafts. The service runs from Monday to Friday. A hot and nutritious two-course lunch is provided together with complementary tea, coffee and cold drinks. Transport via our fully accessible vehicles can also be arranged (there is an additional charge for this).

We are happy to accept the Kent Card.

You do not need to be referred via a professional to attend The Fountain. Please just contact us via any of the means overleaf.

Dementia Outreach Service

This free service works with the carers and families of those living with dementia. Caring for a loved one after a diagnosis can be a difficult and emotional experience.

Our outreach coordinator works directly on a one-to-one basis with carers—providing information, advice and practical support; Enabling you to do the best that you can for your loved one, whilst maintaining your own health and wellbeing.