

Age UK Faversham and Sittingbourne offers services for people aged 50+ living in our local area. Referrals are not needed for our services—just contact us directly.

The Fountain—Dementia Day Care

Day services for people living with dementia offer a more specialist and higher level of support, with a warm, friendly and stimulating atmosphere. The Fountain operates from our Faversham centre Monday to Friday.

Cogs Club

Cogs Clubs meet weekly in Faversham and Sittingbourne, and are designed for those living with mild to moderate dementia. The programme uses cognitive stimulation therapy to help develop and maintain an active mind, together with a social aspect which generates firm friendships.

Dementia Cafes and Drop In Services

Our dementia cafes are a chance for people living with dementia and their carers to get together informally for a cuppa, cake and a chat. The Drop In is a one-stop clinic which brings healthcare professionals and representatives from other relevant services together, to offer you support and guidance.

Dementia Carer Support

We offer one-to-one support and advice to make life easier for those caring for someone living with dementia. This support may be in practical ways, or simply providing a friendly ear.

For more information call:

FAVERSHAM

01795 532766

SITTINGBOURNE

01795 477520

or visit **ageuk.org.uk/favershamandsittingbourne**



Local services to support your needs



A local charity, helping you to love later life

Social Day Services

You can access our social day care clubs at The Silver Social Hub in Faversham, and at Heather House in Sittingbourne. Fully accessible transport is available for those clients who may find it difficult to get to a centre by themselves.

You can enjoy a two-course hot meal, freshly prepared in our own kitchens, meet up with friends and enjoy a range of activities, exercise classes, outings, entertainment and much more.

Pop In Cafe

You are always welcome to drop in to any of our centres—maybe for a coffee, a sandwich or some lunch. We are open from 9am—3pm during the week, and our Faversham centre also opens for lunch at weekends.

Information and Advice

Our FREE Information and Advice service offers impartial information on a range of subjects affecting later life; from accessing aids and equipment, to applying for benefits and blue badges. You can meet with our trained staff at either of our centres, and home visits can be arranged if you can't get to us.

Befriending

We recognise the value and benefit of friendship, and how isolated people can sometimes feel. We offer a FREE befriending service; a volunteer, who shares your interests, will visit you on a regular basis for a cuppa and a chat.

Bathing

Our Faversham and Sittingbourne centres have professional accessible baths with power hoists, to allow you to bathe in comfort and with dignity. Our trained care staff are on hand at all times to assist if required.

Foot Care

All of our centres have on-site chiropody and basic foot and nail care services. These are offered to you at subsidised prices and are bookable in advance.

Hairdressing

Our centres have on-site hairdressing salons where you can access a full range of hair design services, including a traditional shampoo and set. Booking is essential.

Hands 2 Help Domestic and Companionship

If you're struggling to stay on top of the chores, shopping, or just getting about, Hands 2 Help can offer a personalised service suited to your needs. We aim to send the same person to you each visit so that you can build a rapport.

Community Navigation

In Faversham, we have a Community Navigator who works within the Connect Well East Kent programme. Community Navigators work with people for up to 12 weeks to help them access the things that they need, such as aids and adaptations, clubs, hobbies and activities.

Become a Volunteer

We are always looking out for new volunteers who can spend a few hours supporting one of our valued services. Please come in and talk to us—we'll be very happy to speak to you.