

Dementia Services Showcase Ashford

Monday 18th May

Ashford Community Support Hub, Farrow Court,
Stanhope Road, Ashford, TN23 5RF
10am - 3pm | Free to attend



As part of Dementia Action Awareness Week, join Age UK and over 25 other organisations, including Kent Association for the Blind, Bright Shadow, NHS Talking Therapies, Carers Support, and the Alzheimer's Society, for our Dementia Showcase!

Speak with professionals, hear about our services, and take part in free sessions open for anyone to attend throughout the day!

9:30am – 3:00pm | SMMSE Memory Check (Drop-in Session)

No appointment needed—just drop in at a time that suits you. A friendly one-to-one memory check using a simple pen-and-paper activity, taking around 30 minutes, with guidance on next steps if needed.

10:00am – 11:00am | Friends Session | Niki Young

A relaxed and welcoming session where people can chat, enjoy gentle activities, and build friendships in a comfortable, supportive space.

10:30am – 12:00pm | MCST | Lauren Povey

A friendly introduction to Cognitive Stimulation Therapy, with engaging activities and group discussions designed to support memory and thinking skills.

11:30am – 1:00pm | Staying Connected | Niki Young

A supportive session focused on helping people stay connected, build confidence, and reduce feelings of isolation through shared ideas and activities.

2:00pm – 3:30pm | Mature Drivers Seminar | KCC Kent Road Safety

An informative and supportive session offering practical advice to help older drivers stay safe, confident, and informed on the road.



For more information, please call: 01303 269602

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**As part of Dementia Action Awareness Week,
join us for a community event, open to
professionals and the public.**

-  **Discover the support available**
-  **Learn about our dementia services**
-  **Access information, advice and guidance**
-  **Meet our team and partner organisations**
-  **Activity taster sessions including MCST
(Maintenance Cognitive Stimulation Therapy)**
-  **Mature Drivers' Seminar (from Kent Road Safety)**

For more information, please call: 01303 269602

Organisations wishing to showcase their services should contact: admin@ageukhla.org.uk

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