



YOUNG ONSET DEMENTIA SUPPORT

Dementia and me is a service to help enrich the lives of people living with Dementia

WHAT'S ON IN YOUR AREA

Young Onset Memory Café - 1st Wednesday of the Month starting 5th October 2022; 14:00—16:00; Town lock Daycentre, Lockside, **TONBRIDGE**, TN9 1EA.

Young Onset Peer Support— 2nd Thursday of the Month starting 10th November 2022; 14:30—16:30; Hollybush Court, Hollybush Close, **SEVENOAKS**, TN13 3UX.

Carers Group (for those supporting somebody living with YOD)— 2nd Thursday of the Month starting 8th November 2022; 14:30—16:30; Hollybush Court, Hollybush Close, **SEVENOAKS**, TN13 3UX.

Young Onset Dementia Cinema Club— 3rd Tuesday of the Month, starting 15th November 2022; 10:15 film start; Chamberlain Court, 77 Mount Ephraim, **TUNBRIDGE WELLS**, TN4 8BS. (Limited Spaces—Please call 01892 522591 to book your place).

Please call contact your local branch for more information on any of these groups:

Age UK Tunbridge Wells 01892 522591 **Age UK Maidstone 01622 753618**

Age UK Tonbridge 01732 366100 **Age UK Sevenoaks 01732 454108**

WHO ARE THESE GROUPS FOR?

These free groups are open to anybody living in West Kent with a diagnosis of Dementia under the age of 65 and their families/ carers. Information and advice will also be available at our memory cafes for anybody just wanting to find out more!

Your local branch of Age UK is also running a range of services open to support anybody living with Dementia—please contact us for more details!