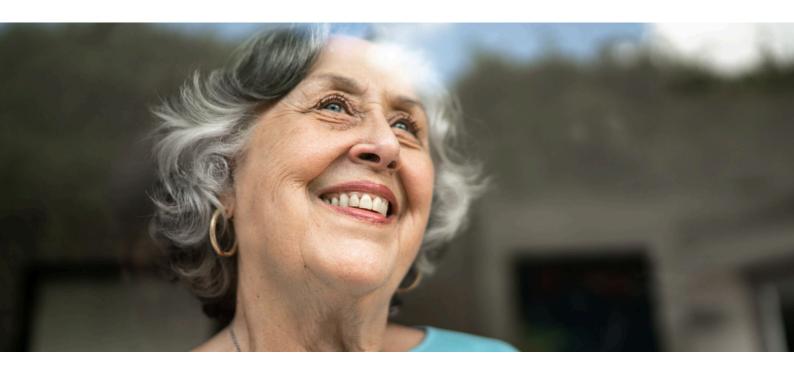# Dementia and Me is a service to help enrich the lives of people living with Dementia

Age UK Tunbridge Wells offers FREE groups and activities across the borough for those living with Dementia and their caregivers.

From Memory Cafes to Cinema Clubs, our group activities offer a safe and calm environment to meet others living with dementia, share experiences, and get information and advice.

Please see overleaf for details of current groups or call us on

01892 522591

email: info@ageuktw.org.uk
or visit: www.ageuk.org.uk/tunbridgewells

Dementia & Me

Tunbridge Wells age UK

What's on in your area?

Memory Cafes & Music Memory Cafes

Memory cafes in and around Tunbridge Wells offer a calm and safe environment to meet others living with Dementia or other caregivers, share experiences, get information and advice, take part in activities as well as help to get you out of the house and socialise. We currently have memory & music memory cafés in the following locations:

- **Chamberlain Court, Tunbridge Wells**
- **Evernden House, Cranbrook**
- **Emerald Walk, Tunbridge Wells (Music Memory Cafe)**

Dementia Peer Support Group

A relaxed social group for individuals living with early-stage Dementia or a new diagnosis to come along and share thoughts, feelings, coping strategies and ask any questions. Whilst also having fun and making friends along the way.

Cinema Club

Open for individuals living with Dementia and their caregivers. Enjoy a classic film on the big screen in a comfortable setting with a cuppa.

Carers Group

A supportive group to connect with others also caring for a loved one with Dementia, and share experiences, information and advice.

Young Onset Dementia

Specific groups for those living with young onset Dementia are also opening across the borough. Please call us using the number below for more information.

For more information about our groups, please call

01892 522591

email: info@ageuktw.org.uk

or visit: www.ageuk.org.uk/tunbridgewells

Please note: if you need personal or physical support, please come with a carer or family member.