



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.

Please see overleaf for details of current groups or call us on
01892 522591



What's on in your area?

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 and get information and advice as well as help to get you out of the house and socialise. We currently have memory cafés in the following locations:

- **Chamberlain Court, TUNBRIDGE WELLS (77 Mount Ephraim, TN4 8BS). Every 3rd Thursday of the month, 10:45 – 12:45.**
- **Evernden House, CRANBROOK (Rope Walk, TN17 3ET). Every 2nd Wednesday of the month 10:30 – 12:30, starting 12th July 2023.**
- **Emerald Walk, SHERWOOD, Tunbridge Wells (off of Greggs Wood Road, TN2 3FA). Every 2nd Friday of the month 12:00 – 14:00– starting 13th October 2023. Veggie soup and a Roll are available as a light lunch at our Sherwood Memory Café – please advise of any specific dietary requirements in advance.**

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 they may have, whilst also having fun and making friends along the way.

- **Age UK, Wood Street, Tunbridge Wells TN1 2QS— Every 4th Wednesday of the month, 10:00—11:30.**

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.

- **Chamberlain Court Tunbridge Wells — Every 2nd Thursday of the Month— 10:15 film start—Limited places, please call 01892 522591 to book your place**

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

- **Chamberlain Court, TUNBRIDGE WELLS (77 Mount Ephraim, TN4 8BS). Every 4th Tuesday of the month, 11:00 – 12:15**

YOUNG ONSET DEMENTIA specific groups also opening across the borough—please call the office for more information on **01892 522591** or email **info@ageuk.org.uk**

