

Dementia Friendly CINEMA

Enjoy dementia friendly cinema mornings with different films each session, in a small, comfortable environment at one of our two Sevenoaks locations. For film information please call the venue.

Light refreshments provided.

ADVANCE BOOKING ESSENTIAL

Limited seating available. EVERYONE WELCOME

Weald Heights Care Home

Bourchier Close
Sevenoaks, TN13 1PD

Bookings Contact:
Amelia - 01732 747700

Dates for 2019

23rd February
27th April
29th June
24th August
26th October
28th December

Rivermere Care Home

64-70 Westerham Road,
Chipstead TN13 2PZ

Bookings Contact:
Steph - 01732 748400

Dates for 2019

16th March
18th May
20th July
21st September
16th November



In partnership with:



**Sevenoaks
Area**

Dementia Friendly Community



Care With
A Difference

Forget-me-not Cafés



Companionship over a cuppa



Forget-Me-Not Cafés provide support and companionship to those who are recognising issues with their memory or cognition as well as their carers, family and friends.

Activities are driven by attendees' wishes and have included singing, quizzes, talks from organisations offering services and support, percussion sessions, reminiscence activities, exercises, Tai Chi and craft activities.

Our cafés are held in:

**Chipstead • Edenbridge • Hildenborough
Sevenoaks • Westerham**

See next page for list of the café times and venues.

Forget-me-not Cafés are run in partnership with:



**Sevenoaks
Area**

Dementia Friendly Community

The Community Forum works towards making the Sevenoaks Area truly Dementia Friendly through sharing local information and best practice. All members are

voluntary and work in partnership to create and deliver new services, training, offer support and raise awareness of dementia. We encourage local groups, organisations and businesses to apply for recognition to be working to become Dementia Friendly.

Please contact us if you would like more information or to get involved by emailing symone.salwan@homeinstead.co.uk.

Our Forget-me-not Cafés run monthly from 5 locations:



Chipstead Forget-me-not Café
FOURTH WEDNESDAY of EVERY MONTH
from 10.30am to 12.00 noon
at Rivermere Care Home,
64-70 Westerham Rd, TN13 2PZ



Edenbridge Forget-me-not Café

LAST FRIDAY of EACH MONTH
from 10.30am to 12.00 noon
at The Eden Centre,
Four Elms Road, TN8 6BY



Hildenborough Forget-me-not Café
SECOND WEDNESDAY of EVERY MONTH
from 11.00am to 12.30pm
at St John's Church Centre,
Foxbush, TN11 9HT



Sevenoaks Forget-me-not Café

FIRST FRIDAY of EVERY MONTH
from 10.30am to 12 noon
at The Hayloft, Knole,
Sevenoaks TN13 1HU



Westerham Forget-me-not Café
THIRD FRIDAY of EVERY MONTH
from 11.00am to 1.00pm
at The Congregational Church,
Fullers Hill, TN16 1AB



For more detailed information visit our website:

www.forgetmenotcafe.org.uk

or email

hello@forgetmenotcafe.org.uk

Forget-me-Notes

Sing-a-long with a cuppa



Church Hall, Christ Church URC
2 Littlecourt Road
Sevenoaks TN13 2JG

(Sevenoaks station is nearby)

FREE Car Parking on-site

Join us for a **FREE fun afternoon** of singing old favourites with our musical host **Phil Raymond**.

Light refreshments provided

This group meets once a month on the **THIRD THURSDAY from 2.00-4.00pm.**



Open to anyone living with dementia and their carers -
and everyone who just enjoys a good sing-a-long!

2019 Dates:

21st February - 21st March - 18th April - 16th May - 20th June -
18th July - 15th August - 19th September - 17th October -
21st November - 19th December

If you would like to know more or have any questions, call Kieron on **01732 447055** or email kieron.brennan@allabouthomecare.co.uk or Elaine at elaine.murray@thegoodcaregroup.com

In partnership with:

ALL ABOUT
HOME CARE

the Good
Care group

Sevenoaks
Area
Dementia Friendly Community

Home
Instead
SENIOR CARE
to us, it's personal.