

# Sevenoaks Wellbeing Day *at Knole Sevenoaks*



A **FREE** day of cultural and sensory experiences for people living with dementia and their carers

**Tuesday 16<sup>th</sup> May 2017**

**10.30am to 3.30pm - The Hayloft, Knole, Sevenoaks TN13 1HU**

In partnership with Home Instead Senior Care, The Good Care Group, National Trust Knole and Kent County Council, you are invited to attend our Wellbeing Day in the historic building of Knole.

The event is open to anyone living with dementia, recognising issues with their memory or cognition and their carers. Transport can be provided from the Sevenoaks area if required.

### ***What you can expect from the day:***

An exclusive garden tour, laughter therapy, tai chi and the chance to view artefacts and costumes.

There will also be individual opportunities for massage, foot health review and carers advice.

Refreshments will be available throughout the event including lunch and a cream tea.

### ***How to apply:***

If you would like to join us for our Wellbeing Day or have any questions about the event, please call **01732 759854** or email **sevenoaks@homeinstead.co.uk**.

Attendance is for the full day and not for individual sessions or activities.

Photographs will be taken during the event to be used for promoting future events and publicity. If you do not wish your photo to be taken, please advise us at registration.

**Sponsored by:**



**Please RSVP by calling 01732 759854**