

Dementia Drop in Clinic Ashford

Advice on treatment, including medication and therapies. Support and strategies Ideas to promote wellbeing and maintain activities. Discuss the impact of changing relationships and responsibilities. Signposting and information about other services available.

First Friday of every Month 12pm—2pm

Rotates across three sites: St Stephen's Health Centre, Ham Street surgery and New Hayesbank Surgery

For more information, please call 01233 658125.

Dementia Cafe's

Ashford Dementia Café Kennington: Conningbrook Hotel | Canterbury Road | Kennington | Ashford TN24 9QR

Opening times: 12:00 – 14:00, every third Tuesday of the month

Ashford Dementia Café: St Teresa's Church Hall | Maidstone Road | Ashford TN24 8TX

Opening times: 10:00 – 12:00, every first Wednesday of the month.

Hawkinge House Dementia Café: Hawkinge House Day Centre | Hawkinge House | Hurricane Way | Hawkinge CT18 7SS

Opening times: 09:00 – 17:00

NB: this facility is available solely for residents of Hawkinge House and those who support them (relatives/friends/carers).

Age UK: www.ageuk.org.uk/ashford/our-services

Dementia Day Break club for those living with mild to moderate dementia. The club is modelled on Cognitive Stimulation Therapy (CST), it involves actively stimulating and engaging people whilst in a group setting, to improve their memories.

Age UK Ashford Day Break Club | Age UK Farrow Court | Stanhope road | Ashford | Kent TN23 5RF.

Contact Tel: 01233 668765

Tenterden and District Day Centre Cogs Club | Tenterden & District Day Centre | Church Road | Tenterden | Kent TN30 6AT.

Thursday 10am to 3pm.

Contact Tel: 01580 762882.

Alzheimer's Society: www.alzheimers.org.uk

National helpline: 0300 2221122 | East Kent Office: 08450 405919

The Alzheimer's society Talking Point forum.alzheimers.org.uk. Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online.

24 Dementia helpline 0800 500 3014 Freephone | Offering support and advice.

For medical enquiries, Dementia UK on 0845 257 9406

Admiral Nursing

Eureka Business Park, Eureka Place, Trinity Road, Ashford TN25 4BY | 01233 658100

<https://www.kmpt.nhs.uk/services/ashford-admiral-nursing/6614>

Peer support Ashford

Peer support groups are for people who have been recently diagnosed with dementia and would like to speak to others in a similar position to themselves. The group is able to provide reassurance from other people who understand what it is like to have been diagnosed with dementia and live with it day to day. Groups are facilitated by someone from the Alzheimer's Society who is able to answer questions and offer support.

The Community Room, Hythe Road | Willesborough | TN24 0YE, Ashford. Tel: 01303 260674

Forget Me Nots Kent

www.kmpt.nhs.uk/get-involved/forget-me-nots.htm

The Forget Me Nots are a group of around 20 people with dementia from across east Kent who are active within Kent and Medway Partnership Trust. The group aims to help people with dementia get their voices heard.

Many organisations, including our Trust, are trying to improve the quality of service they offer to people with dementia. It's vital that the opinions of people living with a diagnosis are heard by those who make decisions – by getting involved, you can help raise the standards of services across Kent.

To find out more contact: 01304 216625 (Reinhard Guss)

Support for Carers

Carers' Support (Ashford)

Provides access to support and information about services for carers which includes:

- Meet & Talk Groups
- Information
- 1-2-1 Support
- Training and Education
- Telephone Support
- Carers Assessments
- Respite Opportunities

Address: Norman House, Beaver Business Park | Beaver Road | Ashford | TN23 7SH |

Telephone: 01233 664393 |

Email: admin@carers-ashford.org.uk

Website: <http://carers-ashford.org.uk/>

Crossroads Care

Crossroads Care Kent support Carers and the people they care for.

They provide support including:

- Short breaks
- Palliative Care
- Support to access social activities
- Support in a crisis
- Specialist dementia support staff

Contact: 03450 956701

Support for carers line: 03300 100177

Email: enquiries@crossroadskent.org

Website: <http://www.carerskm.org/>

**24 Dementia helpline 0800 500 3014 Freephone | Offering support and advice.
For medical enquiries, Dementia UK on 0845 257 9406**