



- ❖ Established in 2014 in response to the PM's Dementia Challenge working with Kent Dementia Action Alliance
- ❖ Members from organisations across Sevenoaks District
- ❖ Registered as a Charity June 2019
Five Trustees manage the Charity



Our Achievements

- Winner- Community Project Forget-me-not Cafés 2016
- Winner – Dementia Friendly Organisation Kent SDC 2017
- Winner- Inspiring Dementia Friendly Community 2017
- Finalist – Inspiring Dementia Friendly Community 2018
- Winner - Dementia Friendly Initiative of the Year 2019
- Winner- Inspiring Dementia Friendly Community 2019
- Finalist – Community Partnership Project Kent 2019



Dementia Friendly
CINEMA




Forget-me-Notes
Sing-a-long with a cuppa



Forget-me-nots
Companionship over a cuppa

Forget-me-not Cafés

Companionship over a cuppa 

Forget-me-not Cafés were established in 2015

- ❖ 2015 - Edenbridge and Westerham - 5 years
- ❖ 2017 - Sevenoaks – 3 years
- ❖ 2018 - Hildenborough - 2 years
- ❖ 2018 - Forget-me-not's Singing Group – 2 years
- ❖ 2019 - Launch Tunbridge Wells LGBT Café

What Happens?

Each café runs monthly

There is no cost to you

Activities and peer support

Make friends / chat / listen

Refreshments provided

Forget-me-not Cafés

Companionship over a cuppa

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



Edenbridge Forget-me-not Café

LAST FRIDAY of EACH MONTH *excl. Aug & Dec*

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 *excl. Aug*

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

Tunbridge Wells LGBT+ Forget-me-not Café

SECOND FRIDAY of EVERY MONTH

from 10.30am to 12.00 noon

at The Milking Shed, 1 Long Barn,

Mouseden Farm, Halls Hall Road, TN2 4RF



Westerham Forget-me-not Café

THIRD FRIDAY of EVERY MONTH *excl. Apr & Aug*

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



What Happens?

Singing Group runs monthly

There is no cost to you

Enjoy singing a variety of songs together

Make friends / chat / listen

Refreshments provided

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 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
SENIORE CARE
It all starts here.

What Happens?

Check what's showing

Book your seat

Enjoy film in a Sympathetic environment

Dementia Friendly **CINEMA**

Enjoy FREE dementia friendly cinema mornings with different films each session, in a small comfortable environment at one of our four locations. For film information please call the venue directly. Start time 10.30am. *Light refreshments provided.*

Emerson Grange
Rowhill Road, Swanley, Kent
BR8 7FP
Dates for 2019
(First Wednesday each month)
5th June
3rd July
7th August
4th September
2nd October
6th November
4th December
Bookings Contact:
Sam - 01322 610090
emersonpark.haa2@cinnamoncc.com

Lavender Fields
High Street, Seal, Sevenoaks,
TN15 0AE
Dates for 2019
(Second Tuesday of the month)
11th June
13th August
8th October
10th December
Bookings Contact:
Andy - 07948 425249
Andrew.Wilson@greensleeves.org.uk

Rivermere
64-70 Westerham Road,
Chipstead TN13 2PZ
Dates for 2019
(Third Saturday of the month)
20th July
21st September
16th November
Bookings Contact:
Steph - 01732 748400
rivermere.csm@averyhealthcare.co.uk

Weald Heights
Bourchier Close
Sevenoaks, TN13 1PD
Dates for 2019
*(Last Saturday of the month
except in August)*
29th June
24th August
26th October
28th December
Bookings Contact:
Amelia - 01732 747700
Amelia.Moore2@careuk.com



EVERYONE WELCOME
ADVANCE BOOKING ESSENTIAL
FREE Limited seating available



ew for 2019

Tunbridge Wells LGBT Forget-me-not Café

Activities and peer support

Make friends / chat / listen

Refreshments provided

Forget-me-not Cafés
LGBT+
Companionship over a cuppa

Invitation to our LAUNCH EVENT

Friday 22nd November 2019 from 10.30am - 12.00pm
The Milking Shed, 1 Long Barn, Mouseden Farm, Halls Hole Road
Tunbridge Wells, TN2 4RF

Please join us as we celebrate the launch of our new LGBT+ Forget-me-not Café in Tunbridge Wells, providing support and companionship to those in the community who are recognising issues with their memory or cognition as well as their carers, family and friends.

This will be the fifth Forget-me-not Café in West Kent with others running in Edenbridge, Hildenborough, Sevenoaks and Westerham.

Please RSVP to Sue Solomon on **07384 254802** or send an email to **admintw@homeinstead.co.uk**.

Our new café will be running the **second Friday** of each month, starting from **Friday 13th December 2019**.



A dementia friendly community is friendly for all!

What else do we do?

Wellbeing Days

Information and signposting

Ageing Suit - giving insight to others

Events and awareness



Sevenoaks Wellbeing Days at Knole Sevenoaks

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

Tuesday 1st May & Friday 14th September 2018
10.30am to 3.30pm - The Hayloft, Knole, Sevenoaks TN13 1HG

The event is open to anyone living with dementia, recognising issues with their memory or cognition and their carers.

What you can expect from the day:
Activities such as relaxation, Tai Chi, history/nature talks, singing and the chance to have a massage, refreshments will be available throughout the event including lunch and a cream tea.

How to book:
To join us for our Wellbeing Day or have any questions about the event, please contact us on 01732 769854 or email sevenoaks@homeinstead.co.uk.
Photos taken during the event will be used for promoting future events and your photo to be taken, please advise us at registration.

Home Wellbeing Event
2018 from 10.30am to 2.30pm
High St, Tonbridge, TN9 1SG
Registration information, email sevenoaks@homeinstead.co.uk or call 01732 769854.

Home Instead
The Good Caregroup
National Trust
Writing to Survive Dementia Friendly

Coping with Dementia as a family

24 February 2016, 6pm to 8.30pm at:
Sevenoaks District Council, Aryle Road, Sevenoaks, TN13 1HG

Presentations * Legal Advice * Financial advice
Question and answers * Support and specialist advice
One to one advice (advance booking required)

To book a FREE place, and a one to one session, call 01732 227000

Writing to Survive Dementia Friendly

cripps
The Good Caregroup
atrium
Sevenoaks

Sevenoaks Wellbeing Days at Knole Sevenoaks

Run Walk or Push Against Dementia (RWP)

In 2016 SADFC produced its first community wide event working in partnership with Sevenoaks District

RWP is a 3k- 5k- or 10k run or walk event in Knole Park

Family friendly, fun and achievable

In three years of events we have raised £20'000





Challenges 2020

Covid-19 as a local and national challenge

Complete stop to all café and group gatherings

The loss of our fellow trustee and co-chair

We could not put on our annual fund raising event

Uncertain times both personally and as a group

response

Forget-me-not Zoom café monthly


Virtual Dementia Tour Bus in Sevenoaks moved to 2021

Planned Dementia Friendly Allotment an accessible space for people to come and potter, enjoy the area and get involved. Opening in Sept 2020

Work planned to reopen two café's late 2020 with Covid Protocol – Survey to patrons Oct 2020

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Sevenoaks Area
Dementia Friendly Community
Charity registered in England, number 1142582

Forget-me-not Garden Allotment

Hello

We are a small charity based in the Sevenoaks District supporting people living at home with Dementia, and their families. The money we raise sustains 5 Forget-me-not Cafés and the Forget-me-nots singing group held in the district.

This project has been a vision for some time, and we hope to create a Forget-me-not Garden Allotment where our patrons can come and enjoy the space, potter and get involved in gardening in a quiet, safe, friendly environment.

We have some work to do to create a sensory, productive garden allotment, but we are stoked and will press on with the help of volunteers, donations, and a bit of hard work.

If you would like to know more, or have suggestions, please contact Elaine Murray, Chair Trustee; Kieron Brennan, Trustee; or Sharon Gavin, who is leading this project.

Best wishes

Elaine, Kieron and Sharon - SADFCTrustees and volunteers.
Email: info@forgetmenotgarden.co.uk



Site was stripped and some containers arrived





Two local gardening companies laid the lawn for us







- We have worked hard over lockdown – Best Lawn in Sevenoaks!
- We will open our Forget-me-not Allotment to our patrons early September in memory of Symone Salwan



The Final Push
Late August early
September 2020

Saturday 5th
September



We have
made
accessible
parking for
the car on the
plotment,
there is also a
park on
the site.



We are already growing fruit and
Vegetables and have planted
Apple Trees



What's next

Launch 2021 RWP

Sustain and grow existing groups

Share best practice throughout Kent

Sport themed project 2021/22





**Sevenoaks
Area**

Dementia Friendly Community

Elaine Murray & Kieron Brennan
Chair – Treasurer - Trustee's

Sevenoaks Dementia Friendly Community Charity

*the Good
Care group*

Forget-me-not Cafés



Companionship over a cuppa



ALL ABOUT
HOME CARE

care^{UK}

Other Things to Consider

- ❖ Age UK run pop up cafés across West Kent
- ❖ Sevenoaks District Council have 'Your Local Guide to services'
- ❖ Advice from - Dementia UK
Alzheimer's Society 'Dementia Connect'

