



## **KEEPING PEOPLE WITH DEMENTIA CONNECTED**

Church-Based Groups and Activities for People with Dementia  
West Kent, Medway, Bromley and Bexley (most with Anna Chaplaincy Support)

### **Friendship and Support for Carers and People with Dementia**

#### **Hildenborough Dementia Café at St John's Church Centre**

At St John's Church, Foxbush, Hildenborough TN11 9HT. 2<sup>nd</sup> Wednesday of the month  
11:00 am – 12:30 pm. Companionship over a cuppa; [www.forgetmenotcafe.org.uk](http://www.forgetmenotcafe.org.uk).  
Call Elaine on 07946 534476, or Amelia on 07580 601182.

#### **Pembury Memory Café at Pembury Baptist Church**

At Pembury Baptist Church, Romford Road, Pembury TN2 4HT. 3<sup>rd</sup> Friday of the month,  
2:00 – 4:00 pm. Refreshments and cake, craft, games and activities, often live music  
and singsongs. A free space for people with dementia and their friends, carers and  
families to enjoy Call 01892 825590, email [office@pemburybaptistchurch.org](mailto:office@pemburybaptistchurch.org).

#### **Dementia Café at St Peter and St Paul's Aylesford**

In the big hall at the Brassey Centre, Station Road, Aylesford ME20 7QR.  
2:00 – 4:00 pm, 1<sup>st</sup> Wednesday of the month. Music, singing, activities, crafts and  
games, plus tea and cake. Contact Anna Chaplain Jane on 07462 682980.

#### **Gillingham Dementia Café at St Mark's Church**

At St Mark's Church, Canterbury Street, Gillingham ME7 5UA. 1:00 – 3:00 pm on the  
2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. Parking on site; toilet facilities available;  
wheelchair accessible. Share in light refreshments, conversation, information and  
activities. Phone Paul on 07486 050163 or Anna Friend Pauline on 07950 191912.

#### **Hoo Dementia Inclusive Companion Café at St Werburgh's Church**

At Hoo St Werburgh Church, Church Street, Hoo ME3 9AL. 1:00 – 3:00 pm on the 3<sup>rd</sup>  
Friday of the month. For anyone with a long-term condition (including dementia) and  
their carers, plus anyone who would like to come along for friendship, companionship,  
conversation and refreshments. Phone Anna Chaplain Margaret on 01634 251979.

### **Rochester Dementia Memory Café**

At The Parish Centre, St Peter's, Delce Road, Rochester ME1 2EH. 4<sup>th</sup> Friday of each month 2:00 – 3:30 pm. Meet and relax in a social setting, over tea and cakes. Health and care professionals make regular visits. Contact Anna Friend John on 07989 783447, email [johnportman@talktalk.net](mailto:johnportman@talktalk.net).

### **Rochester Carers Group**

At the Parish Centre, St Peter's Church, Delce Road, Rochester ME1 2EH. 10:00 - 11:30 am 2<sup>nd</sup> Tuesday of each month, supported by Carers First. Come to meet with John Portman and others who are or have been in a similar position to chat, share information, and have a tea or coffee. Volunteers are on hand to support the cared for person. Contact Anna Friend John on 07989 783447, [johnportman@talktalk.net](mailto:johnportman@talktalk.net).

### **Singing for the Memory Medway**

At The Parish Centre, St Peter's Church, Delce Road, Rochester ME1 2EH. 2:00 – 3:30 pm, 2<sup>nd</sup> Friday of each month. Singing session for people living with dementia and other cognitive impairments, and their carers and friends. Led by experienced singers using folders with the words of songs and also the Silver Song Music Box which provides music backing with words displayed on a large screen. Tea, coffee, and biscuits are served. Visit [www.parishofrochester.org.uk](http://www.parishofrochester.org.uk) or contact Anna Friend John on 07989 783447 or [johnportman@talktalk.net](mailto:johnportman@talktalk.net).

### **Medway Dementia Friendly Gardening Group**

At the Gardens of Eastgate House, High Street, Rochester. 10:00 am – 12:00 noon every Friday. Led by Gardening Tutor from Rochester Adult Education. Tools provided. Gardening for an hour and a quarter followed by social time in cafe. Contact Anna Friend John Portman on 07989 783447 or [johnportman@talktalk.net](mailto:johnportman@talktalk.net).

### **Medway Dementia Peer Support Group**

At Gillingham Community Hub, 11 The Vineries, Gillingham ME7 2AD. 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month from 11:30 am – 2:00 pm. For people living with dementia to meet together to talk about, and share, their experiences without a carer or family member being with them. Numbers limited to 10 so that everyone can participate in discussions. Refreshments provided but participants bring own lunch. Contact Anna Friend John Portman on 07989 783447 or [johnportman@talktalk.net](mailto:johnportman@talktalk.net).

### **Carers Coffee Morning run by South Gillingham Churches**

At Rainham Library, Birling Avenue, Rainham ME8 7LR. 10:00am – 12:00 noon, 2<sup>nd</sup> Wednesday in the month. For carers and family members looking after people of all ages, supported by Carers First and Admiral Nurses. Contact Anna Friend Maureen at [maureen37deanwd@virginmedia.com](mailto:maureen37deanwd@virginmedia.com).

### **Meopham Carers Support Group with St John's Church**

At St John's Centre, Wrotham Road, Meopham DA13 0AA. Every Tuesday 10:00 am – 12:00 noon. For carers (including for people with dementia) and those for whom they are caring. Cuppa, cake, chat, seasonal events, lunches out and occasional outings. Contact Hazel on 01474 3289945.

### **Musical Memories Sing-along Choir at Tonbridge Methodist**

At Tonbridge Methodist, Higham Lane, Tonbridge TN10 4JG. 10:30 am – 12:00 noon 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. Enjoy some musical fun! Refreshments available. Contact Richard on 01732 770735, email richardjism@hotmail.co.uk.

### **Cameo at St. George's Church, Weald**

At St George's Church Rooms, Church Road, Weald TN14 6LT. 2<sup>nd</sup> Monday in the month at 2:30 pm in summer months and 12 noon in winter months. A place of welcome for all older adults including people with dementia and carers with talks, games, sandwiches, cake and tea or coffee, seasonal events including Holiday at home in summer, and occasional outings. Contact Anna Friend Shirley on 01732 463554.

### **Golden Oldies at St George's Church, Weald**

At St George's, Church Road, Weald TN14 6LT. 3<sup>rd</sup> Monday in the month 2:30 pm. A chance to see favourite films of old – films with subtitles and interval. All older adults including people with dementia and carers welcome. Contact Anna Friend Sarah on 01732 463458.

### **Café on the Green, Weald**

At Memorial Hall, Weald Village Green Weald TN14 6PT. Every Tuesday 10:00 am – 12:00 pm. Coffee, tea and cake, and opportunity for a chat in a welcoming environment, for all ages and including those living with dementia and carers. Contact Nikky or Sarah at wellness@st.georgesweald.co.uk.

### **St Martin's Memory Café in Chelsfield, Orpington**

In the Brass Crosby Room at St Martin of Tours Church, Church Road BR6 7RF. 2:00 – 4:00 pm 1<sup>st</sup> Monday of the month. A place of welcome and worship for all those with memory problems and their carers; come to enjoy a relaxed afternoon with gentle activity, including a hymn and a prayer, a cup of tea and a homemade cake. Phone Jackie on 01689 854119 or email memorycafe@smartinschelsfield.org.uk.

### **Chislehurst Friendship Café**

Christ Church Chislehurst, 40 Lubbock Road BR7 5JJ. 10.30 am – 12.00 noon on 1<sup>st</sup> Thursday of the month. Varied activities, singing, armchair keep fit, arts and crafts, guest speakers. Contact Anna Friend Gill on 020 8467 6187.

### **St Augustine's Warm Space**

At St Augustine's Church, Southborough Lane, Bromley BR2 8AT. 11:00 am – 4:00 pm every Thursday in the Garden Room. All are welcome. Tea, coffee and cake, creative time, board games and jigsaws. Contact Anna Friend Johanna on 020 8467 9587.

### **Forget Me Not Café in Bromley Common**

St Augustine's Church, Southborough Lane BR2 8RT. 1:30 – 3:30 pm on the 3<sup>rd</sup> Tuesday of the month. Tea, coffee, cake and chat, with quizzes, games and music. Contact Anna Chaplain Diana on 020 8464 1151, email dianaepattison@gmail.com.

### **Holy Trinity Church Coffee and Chat Drop In**

Holy Trinity Church North Room, Church Lane, Bromley Common BR2 8LB. 10:30 am – 12:00 noon every Thursday. Tea, coffee, homemade cakes and conversation. Open to all, including those with dementia. Contact vicar@htc-bc.org.uk or Anna Chaplain Diana on 020 8464 1151, email dianaepattison@gmail.com.

### **The Memory Singers in Bromley**

At Bromley United Reformed Church (URC), 20 Widmore Road, Bromley BR1 1RY. Every Wednesday 2:00 – 3.30 pm. Contact the Dementia Resource Hub on 0203 328 0366, or email [bromley@dementiahub.org.uk](mailto:bromley@dementiahub.org.uk).

### **Lychgate Lunch at St Peter and St Paul's Bromley**

At St Peter and St Paul's Church Rooms, Bromley. 1<sup>st</sup> Wednesday of the month, at 12:30. Delicious home-cooked food, good friends and great fun. Everyone welcome. Booking is helpful but not essential. Cost £3.50. Contact Anna Chaplain Sophie on 07963 156673, email [sophie.sutherland@gmail.com](mailto:sophie.sutherland@gmail.com).

### **St Edmund's Drop In Café, Beckenham**

At St Edmund's Church Hall, Village Way, Beckenham BR3 3NP. 2:00 – 4:00 pm every Thursday. Conversation, friendship, tea and activities, for those with memory problems and their carers. Contact Nicola and Judith via email at [stedmundsdropin@gmail.com](mailto:stedmundsdropin@gmail.com).

### **Singing for the Brain at St John's Sidcup**

At St John the Evangelist, Church Road, Sidcup DA14 6BX. 2:30 – 3:30 pm every Tuesday. A relaxed and informal dementia singing group. All sessions free of charge and include refreshments. Contact Anna Chaplain Liz, 07909 335349, email [etragheim@hotmail.com](mailto:etragheim@hotmail.com).

### **Places of Welcome at St John's Sidcup**

At St John the Evangelist, Church Road, Sidcup DA14 6BX. 10:00 am – 1:00 pm every Wednesday. People of all ages welcome, but volunteer helpers trained as Dementia Friends. All sessions free of charge and tea, coffee and cake provided. Contact Anna Chaplain Liz, 07909 335349, email [etragheim@hotmail.com](mailto:etragheim@hotmail.com).

### **St A's Welcome Café at St Augustine's Slade Green**

At St Augustine's, Slade Green Road, Slade Green DA8 2HX. A weekly community café open to all ages which is dementia inclusive. Tea, coffee and cake served between 11:00 am and 12:30 pm, soup and sandwiches from 12:30 – 2:00 pm. Contact Rev Jim Bennett, [jdbbarnehurst@aol.com](mailto:jdbbarnehurst@aol.com), 01322 553421.

## Dementia Inclusive Worship Services

### Dementia Inclusive Worship with Rochester Cluster Churches

At St Justus Church, The Fairway, Rochester ME1 2LT. 2<sup>nd</sup> Tuesday of the month at 2:30 pm. Short service of hymns, readings, prayer and craft, followed by refreshments. Contact Anna Friend John on 07989 783447, email johnportman@talktalk.net, or office@stjustus.org.

### Rochester Cathedral CAMEO Inclusive Services

At the Lady Chapel in Rochester Cathedral, Boley Hill, Rochester. 2:30 pm on the 3<sup>rd</sup> Monday of the month. CAMEO (Come and Meet Each Other) is a short service followed by tea and chat. Contact Anna Chaplain Christine - phone 07951 007382, email annachaplain84@gmail.com.

### Hope Service at St James Tunbridge Wells

At St James Church, Ferndale Road, Tunbridge Wells TN2 3RL. Sunday afternoons at 2.30 pm. A time of creative worship and spiritual refreshment for those living with dementia or other long-term conditions. Well-known hymns, simple prayers, sensory activities, tea and cake. Suitable for all ages. For dates and further information contact Anna Chaplain Mandy, email mandygbaker53@gmail.com.

### Dementia Inclusive Service at St Peter's Pembury

St Peter's Upper Church, Maidstone Road, Pembury TN2 4PD. 1<sup>st</sup> Friday in the month. Hymns reading, short talk and prayers, followed by tea and cakes and opportunity to take part in craft and games. Contact Chris Walters, chrispwalters@hotmail.com.

## Individual Support from Anna Chaplains and Anna Friends

Many churches in Kent, Bromley and Bexley have Anna Chaplains and Anna Friends, whose role is to offer spiritual care to older people, including those living with dementia. They may arrange a home visit, perhaps bringing Holy Communion, and they often work with local care homes. Anna Chaplaincy is offered to all older people, not just those who attend church or are Christian.

More details are available on the Rochester Diocese website – [Older people and dementia - Diocese of Rochester \(anglican.org\)](https://www.anglican.org/older-people-and-dementia)

For information about the national Anna Chaplaincy project, a website is found here – [Anna Chaplaincy | Offering spiritual care in later life](https://www.anna-chaplaincy.org/)

To update this list or for information about how churches can support people affected by dementia, contact Anna Chaplaincy lead for Kent, Julia Burton-Jones. Julia works with churches throughout Kent, Bromley and Bexley.

**[julia.burton-jones@rochester.anglican.org](mailto:julia.burton-jones@rochester.anglican.org)**