Second Thursday of each Calendar Month
10.30 -12 Noon

St Peter’s Church Hall,
Roberts Road,
Greatstone,
TN28 8RG

Welcome refreshments served with a smile and information to digest, helping you to live well in Littlestone, Greatstone, Lydd-on-Sea and Dungeness

Your donations are always welcome, helping us deliver this Dementia Café service, thank you for your support.

Useful Links

Alzheimer Society: 0330 3330804
www.alzheimers.org.uk

National Dementia Helpline:
0300 222 1122

Kent Dementia Helpline:
0800 500 3014

Admiral Nurses: 0800 888 6678
email: helpline@dementiauk.org

Romney Marsh Day Centre:
01797 363888
www.rmdc.org.uk

BBC Music Memories:
www.musicmemories.bbcnewyear.co.uk

CARM: 01233 758122
www.carmromneymarsh.org.uk

Pebbles Dementia Cafe is independent and operates for the Coastal Communities of New Romney and Lydd, hiring local premises for its Services.

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Supporting Coastal Residents

Living with Dementia, Their Carers and Friends
What’s a Dementia Café?

For those living with dementia, their carers or friends, it’s an opportunity to share experiences in a supportive and sensitive environment. The principle of a Dementia, Alzheimer or Memory Café was first developed and opened in The Netherlands during 1997.

Here in the UK the Alzheimer Society operates and helps Dementia Groups, such as giving their support to our Pebbles Café service. It’s also a place where you may find some guidance and helpful information on services that you may not be aware of, which could all help you to ‘live well’ in the Community.

At Pebbles Café

- **Free café entry to a friendly atmosphere for Tea /Coffee, Biscuits and a Chat**

- **Talking therapy of sharing with other café clients who are also living with Dementia or their Carers.**

- **Availability to supporting information across Health Services, home adaption guidance and Wellbeing Assistance.**

- **Opportunity to talk over your concerns with a staff member, or arrange a one-to-one with the Alzheimer’s Society Support Services or NHS Care Navigation.**

- **Receive information and guidance from guest speakers, across a range of relevant topics helping you to ‘living well’**.

- **Participate in projects, if you wish designed to help support your ‘living well’ with Dementia and Carers also manage their own wellbeing.**

Pebbles Contacts

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Ms Rochelle Saunders
Treasurer, Publicity and Safety
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Rochelle.s@btinternet.com

Pebbles Principles

Our mission is to offer a safe and supportive environment for socialising to those living with Dementia, their Carers and Friends encouraging their shared experiences, helping facilitate community support for living well

Our governance follows a Constitution and Risk Assessment with Personal data security conforming to GDPR regulation. Finances are strictly (not for profit) supported by Café Donation and external Grant Funding, operated through a Business Banking account with Lloyds Bank. Public and Employee Liability Insurance cover is arranged through a Charity Shield policy from the Methodist Insurance PLC.