



# Virtual Support

We don't want social distancing to mean people get disconnected so we have been embracing the use of technology.

Many of our support and activity groups are now being delivered online and all you need is a smartphone/laptop/computer/tablet, an internet connection and an email address.

We also have set up a closed Facebook group for people affected by dementia to get more peer support and be able to share their experiences together.

If you do run into any technical issues please do get in touch and someone from our team will be happy to help you.

**Singing Back The Memories**

**Regular Support Groups**

**Closed Facebook Group**

**Welfare calls via video**

Gravesend Virtual Support Group

**10:30am - 11:30am**

Tuesday 12th May  
Tuesday 26th May  
Tuesday 9th June  
Tuesday 23rd June  
Tuesday 7th July

Dartford Virtual Support Group

**10:30am - 11:30am**

Wednesday 13th May  
Wednesday 27th May  
Wednesday 10th June  
Wednesday 24th June  
Wednesday 8th July

Virtual Partnership Drop-in Sessions

**11:00am - 1:00pm**

Monday 11th May  
Monday 15th June  
Monday 13th July

Virtual Singing Back The Memories

**2:00pm - 3:00pm**

Every Monday  
(Excluding Monday 25th July as it is a bank holiday)

Meopham Virtual Support Group

**10:30am - 11:30am**

Tuesday 5th May  
Tuesday 19th May  
Tuesday 2nd June  
Tuesday 16th June  
Tuesday 30th June

Swanley & West Kingsdown  
Virtual Support Group

**10:30am - 11:30am**

Wednesday 6th May  
Wednesday 20th May  
Wednesday 3rd June  
Wednesday 17th June  
Wednesday 1st July

Kindred Spirits Virtual Support Group

**7:00pm - 8:00pm**

Tuesday 12th May  
Tuesday 26th May  
Tuesday 9th June  
Tuesday 23rd June  
Tuesday 7th July

Please  
make sure  
you are  
logged on  
5-10 mins  
prior to  
the  
meeting  
starting