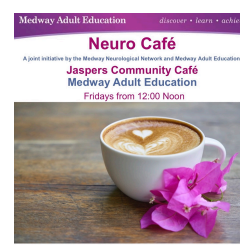


Medway Neuro-Cafes

MNN has joined the Peninsula Opportunities Group/ wHoo Cares Project and Medway Adult Education to reduce isolation in Medway. To this end MNN has helped launch or promote 4 Neuro-cafes.

1. Jaspers Neuro-cafe: Fridays 1pm to 3pm, Medway Adult Education, Rochester Community Hub, Rochester, ME1 1EW. Dementia friendly drop-in at Jasper's Community Café with optional Tai Chi course 10.30am to 12 noon. Phone: 01634 338400 for details.



2. Companion Neuro-Cafe, Lower Stoke

Is open to people affected by any neurological condition, including their carers, family and friends. This neuro-cafe is held on the 4th Thursday of each month, from 10am to 1pm, at the Peninsula Methodist Church, Lower Stoke, Allhallows Road, Rochester, Kent ME3 9SL. As well as refreshments & a chat you also have the option of joining a craft group activity.



3. Hoo Parkinson's Café & Neuro Drop-In, Taggs Coffee Shop

Meets on the 1st Wednesday of each month, from 10am to Noon. Find Taggs at 25 Church St., Hoo, Rochester, Kent ME3 9AH. Join Stuart for a chat & we may even break out into Skylarks song!! Run by Parkinson's UK, Medway WAG.



4. Cliffe Dementia & Memory Café

Open on the second Friday of the month from 1.30 to 3.30pm at St Helen's House (next to St Helen's Church), Buttway Lane, Cliffe, Kent ME3 7QP. Organised by St Helen's Fellowship in the Community, this cafe welcomes all affected by memory problems, their carers, family or friends.



You are most welcome to join us at these cafes. If you require any further information please Email: info@medwayneuro.org.uk or visit:

www.medwayneuro.org.uk



Medway Neurological Network

We are an umbrella **Community Support Group** for the neurological charities/ support groups active in Medway.

Our **Aim** is to be the voice of those affected by neurological conditions in Medway – **a single point of access**.

Our **Mission** is to: defend and improve the quality of health and social care services available to those with neurological conditions; campaign for improved disability services and facilities; promote & provide support services/ therapies/ research projects to improve health & wellbeing; raise awareness of neurological conditions in Medway.

We have 13 neurological charities/ support groups in our network:

Ataxia UK; Dystonia Society; FND Action (Functional Neurological Disorder); **Headway Medway; Kent Brain Injury Forum; Medway Brain Tumour Support Group; Medway Dementia Action Alliance; Motor Neurone Disease Association; Multiple Sclerosis Society; Multiple System Atrophy Trust; Parkinson's UK** (Medway Branch & Working Age Group); and **Transverse Myelitis Society**.

We also have 6 participating service providers on our steering group, namely: **Centre for Independent Living in Kent; Canterbury Cantata Trust; Medway Healthwatch; Medway Voluntary Action; Medway Council**, (Overview & Scrutiny Comm.); and **Medway Foundation Trust**.

Activities include: Medway Skylarks (singing & movement therapy/ research); Neuro-café's on Hoo Peninsula; Representation on a range of health and social care committees; campaigning on a range of neurological/ disability issues. We co-hosted a Neuro-Fair on 24 March 2018 & held a Neuro-Arts Festival on 20-21 July 2020.

Email: info@medwayneuro.org.uk **Web:** www.medwayneuro.org.uk

Facebook: Medway Neurological Network, **Twitter:** @medwayneuro1

Phil Bungay & Martin Nagler (Co-leads of MNN)