Young Onset Dementia Service

Age Connects Torfaen is an accredited Dementia Friendly organisation.
Charity no. 1037278

www.ageconnectstorfaen.org
The Widdershins Centre at Age Connects Torfaen provides a café and drop in service for people aged between 40 and 65 years, with a memory loss or young onset dementia diagnosis.

In recognition of our commitment to dementia awareness, we have been accredited with the Dementia Friendly Communities Award.

**Our aims:**

To promote independence, social interaction and a sense of wellbeing by providing a variety of age appropriate activities.

Dementia is a life-changing condition to have at any age, but when you are young and believe you have a long and full life ahead of you, it is all the more difficult to take in.

It is important to know that you are not alone. We can offer support for you as well as your friends and family.
Our activity programme is designed to be both stimulating and therapeutic and is guided by the service user.

Age Connects Torfaen aims to provide a relaxed environment where people can enjoy leisure time, keep active, develop new friendships and receive one to one support so that they can get the most out of life and adapt to the new direction life has now taken.

Activities include:

- A weekly activity programme, including arts and crafts, chance to dance and dementia friendly cooking sessions.
- Monthly relax and retreat sessions
- Around the World themed lunches
- Access to health and beauty suite

Other services include:

- Transport to our services
- Support through our buddy system
- 'Time to talk’ - signposting to specialised services
- Monthly carers support
- Interactive Sensory Omni system
How do I access the service?
Referrals can be made by yourself, a family member or through health or community based services.

Will there be a charge?
There will be monthly free sessions and a nominal charge will apply for more complex activities.
Transport charges will vary depending on your area.

Weekly activity timetable at Widdershins Centre:

Monday: 1:00-3.15pm
Chance to Dance 2.15-3.15

Wednesday: 11-14.00pm
Pamper Time 11-12.30

Friday: 1pm- 3.30pm

Time for Me Sessions
We appreciate that home life and relationships can be strained when caring for a person with dementia. We operate a drop-in service every Monday and Wednesday, where your loved one will be in a friendly and safe environment to allow you to take some time for yourself.

If you are interested in our Early Onset Dementia Service, contact us on:
Tel: 01495 769264
Email: kerry.beckett@ageconnectstorfaen.org
Address: Widdershins Centre, East Avenue, Sebastopol, Torfaen, NP4 5AB.