



MAKING CONNECTIONS

Dementia Groups and Support Services in Warrington

Salvation Army (Love to Move and Music and Memory)

Time

Love to Move 1:15pm to 2:30pm

Music and Memory 1:30pm to 3:30pm

Day

Every Monday – Alternate weeks for each group

Location: address & postcode

66 Academy Street, Warrington, WA1 2BQ

Organisation

Jackie Holbrook 07597341253. Salvation Army 01925 415000

Support/Description

£1.00 for Love to Move and £1.50 for Music & Memory

The Oaks Forget-me-not café

Time

10.00am-12.00pm

Day

Tuesday

Location: address & postcode

St. Paul's Church, Warrington Road, Penketh, WA5 2RX

Organisation

The Oaks 01925 486955, centremanager@the-oaks.org.uk.

Support/Description

The Forget-Me-Not Café is a warm, open space which provides support for people living with dementia and their carers each week. Not sure if there is a cost. Contact Sue on forgetmenotdementiacafe@gmail.com.

Life Time – Dementia Cafe

Time

1.00pm - 3:00pm

Day

First Thursday of every month

Location: address & postcode

The Gateway, 101 Sankey Street, Warrington, Cheshire WA1 1SR

Organisation

Andrea via Lifetime on 01925 246824

Support/Description

There's also a dementia group – **Activities for People Living with Dementia** which is every Wednesday between 1:30 and 3:30 (alternates between the men's group and the ladies group each week and booking is required)

Memory Café Lymm

Time

1.30-3.00pm

Day

2nd and 4th Wednesday of the month

Location: address & postcode

Lymm United Reformed Church, Brookfields Road, Lymm, WA13 0QL, 01925 737950

Organisation

memorycafe@lymmsanctuaryhub.co.uk

Support/Description

A space to chat and engage in dementia friendly activities i.e singing or games. Free to attend (donations welcome).

Singing for the Brain

Time

1.30pm-2:30pm

Day

6th & 20th Sept

4th & 18th Oct

15th Nov

6th and 13th Dec

Location: address & postcode

Lymm United Reformed Church, Brookfields Road, Lymm, WA13 0QL, 01925 737950

Organisation

Smiley Tunes - singing@lymmsanctuaryhub.co.uk

Support/Description

Led by a local singer and musician trained by the Alzheimer's Society. Sessions funded but donations appreciated.

Memory Lane Hub

Time

10:30am to 12:30pm

Day

Every Friday

Location: address & postcode

Whitecross Community Centre, Lexden Street, Warrington, WA5 1PT

01925 248460

Organisation

Warrington Wellbeing Hub - dwhite@warrington.gov.uk

Memory Lane, Time to Chat

Time

1:30pm to 3:00pm

Day

Second Wednesday of each month

Location: address & postcode

Grappenhall Library, Victoria Avenue, Grappenhall, WA4 2PE

Organisation

Friends of Grappenhall Library, Julie McQuillian (grappenhallcommunitylibrary@gmail.com)

Still Me DEEP Group

Time

1:30pm to 3:00pm

Day

2nd and 4th Tuesday of each month, starting on 14th March

Location: address & postcode

Pause Listening Space, The Gateway, 89 Sankey Street Warrington, WA1 1SR

Contact Lisa Betteridge on 01925 246888 or lisa@advocacyhub.org.uk.

Organisation

Still Me is supported by Warrington Speak Up. DEEP stands for Dementia Engagement and Empowerment Project which is a national network of over 100 groups. The group is;

- **for people living with dementia** – There may be a facilitator helping in the background, but each group is led by people living with dementia for people living with dementia.
- **rights based** – it encourages groups to identify and speak out about the issues that are important to them and their local community.
- **influence** – it engages and empowers people living with dementia to influence attitudes, services and policies that affect their lives. The network aims to end the stigma around dementia.
- **peer support** – company is everything. Having someone to talk to who is in the same situation. Helping each other to come to terms with their diagnosis.

Time Square Dementia Cafe

Time

11:00am to 12:30pm

Day

Friday 10th March, Friday 21st April, Friday 12th May (More dates to be confirmed)

Location: address & postcode

Chester University Building, Time Square, Warrington Town Centre (behind the new market)

Organisation

The café is run by student volunteers, there is no charge and refreshments are provided. For more information call 01925 535080 or email dementiacafewarrington@chester.ac.uk

Daten Community Memory Cafe

Time

12:30pm to 2:30pm

Day

Every Friday

Location: address & postcode

Sunflower Cafe, The Daten, Charnock Road, Culcheth, WA3 5SH

Organisation

Andrea Hartley (andreaheartley54@yahoo.co.uk)

Leanne Borshik (leanne.borshick@gmail.com)

B's Café – Belong Warrington Dementia Cafe

Time

2:00pm to 4:00pm

Day

Last Tuesday of every month

Location: address & postcode

Belong Warrington, Loushers Lane, Warrington, WA4 6RX

Organisation

Free entry and refreshments. Call 01925 593800 to book.

Louise Kelly (Experience Co-ordinator) – louiseann.kelly@belong.org.uk

Warrington Wolves Foundation

Offload Programme and Digital Memories (www.warringtonwolvesfoundation.com)

Telephone 01925 248894 or email community@warringtonwolvesfoundation.com.

Warrington Disability Partnership Luncheon Club

Wednesdays 11:00 to 2:00 at the Centre for Independent Living, Evelyn Street, Sankey Bridges, WA5 1BA.

Telephone 01925 240064

Home Library Service

One of our friendly volunteers will choose books matched to your reading interests and needs and deliver them to your home. The same volunteer will visit you regularly to collect and exchange items by an agreed appointment.

A volunteer can also visit you on a regular basis and read to you in your own home for an hour or so. It's your choice whether you want to read along or sit back, relax and listen.

Contact Amy Foster, Library Engagement and Outreach Co-ordinator on 01925 912661 or email afoster@livewirewarrington.org

Warrington Voluntary Action - Good Neighbours Project

Good Neighbours support people who are feeling lonely or have little or no contact throughout the week and need help with the little things. This could be anything from a friendly telephone call or getting involved with a group, sorting out your shopping or doing some light exercise. Good Neighbours volunteers can:

- Make weekly phone calls for a friendly chat
- Meet for a weekly walk or chat either one-to-one or as part of a group
- Support people to get or remain engaged in community activities

- Collect things you need in the case of accident and emergency

Contact Christine Ditchfield (Dementia Coordinator) christine@warringtonva.org.uk
01925 246881

Dementia Care Navigators (Warrington Wellbeing Service)

A dementia care navigator can assist you to navigate the various services that are available after your diagnosis or the diagnosis of someone you care for.

They will provide one to one support for as long as you need it and will find out what is important to you. Some of the things they can help with are;

- Council tax disregard
- Blue Badge
- Community activities
- Carer support
- Financial support (e.g. Attendance Allowance)
- Support to access other services such as adult social care, Carecall, CAB, Lifetime and many more

Telephone 01925 248 460 or email warringtonwellbeing@warrington.gov.uk [Warrington Wellbeing | warrington.gov.uk](http://WarringtonWellbeing.warrington.gov.uk)

Alzheimer's Society

0151 420 8010 or warrington@alzheimers.org.uk

Dementia Adviser Service – personalised 1:1 service providing information, signposting and support with issues such as;

- Understanding a diagnosis of dementia
- Legal matters including Lasting Powers of Attorney
- Benefits and managing your money
- Living well with dementia and keeping active
- Support with every day tasks and getting further help

Still Me (Dementia Engagement and Advocacy Project)

Still me, supported by Warrington Speak Up (www.warringtonspeakup.org.uk), provides independent advocacy support for people living with dementia in Warrington.

An advocate will help people living with dementia to access the services and support they may need as a result of their diagnosis. They can support under the Care Act when Adult Social Care are completing Care and Support Assessments (including Carer Assessments), Care and Support Plans or Care and Support Reviews.

The advocate will ensure the person's views and wishes are central to decisions that are being made about their care and support needs and make certain that their rights are upheld.

For more information contact Lisa Betteridge on 01925 246888 or lisa@advocacyhub.org.uk

Warrington Carers Hub

Warrington Carers' Hub is offering carers a wide range of support services as listed below;

- Single point of contact for all adult, parent and young Carers
- Carers wellbeing assessment and support plan
- Dedicated Support Worker
- 1-2-1, peer and group based support
- Supporting Carers to take a break and do something for themselves
- Providing information, advice, and guidance on a range of topics relevant to the caring role
- Helping Carers to access community, health, and wellbeing services
- Access to a range of activities and training
- Support to develop emergency and contingency plans and support with future planning
- Access to online support including a Carers Community Network
- Access to a volunteer manned Carers Help and Talk (CHAT) Line
- Volunteering opportunities
- Access to a regular Warrington Carers' Hub magazine.

For enquiries or to make a referral:

Telephone: 0300 303 0623 (calls charged at local rate and lines open 9am to 5pm Monday to Friday)

General Email: enquiries@warringtoncarershub.org.uk

Visiting webpage: www.warringtoncarershub.org.uk

Dial A Ride Warrington

Dial-a-Ride provide a door-to-door accessible minibus transport service in Warrington for people aged 5+ with registered disabilities/mobility difficulties.

Staff escort members to and from the vehicle and assist with personal belongings. All buses are fully accessible.

Journeys catered for include shopping trips, healthcare appointments, social, community and leisure activities, church services and functions, education, employment, and direct access to Shopmobility.

Individual membership is £15 per year.

Journeys commencing before 9.30am between Monday to Friday, are charged at the full adult single journey fare.

After 9.30am between Monday to Friday, and all day Saturday, free travel concessions apply with an eligible bus pass.

Blind pass holders and essential carers always travel free.

Please be aware that there may be a waiting list is in operation.

Membership packs and application forms can be obtained online or by calling;

Telephone 01925 419988

E-mail dial1@btconnect.com

Disclaimer – All information in this directory is checked for accuracy on a regular basis. However, we suggest dates and times are checked before attending a group.