

# Newsletter



## Do you know about Talking Points?



Talking Points are places you can go to get friendly, face-to-face information, support and guidance to help you to live and stay well in Warrington.

At every session, the helpful Talking Point team will give you a warm welcome, a hot drink and listen to you as you talk through your concerns or issues.

You can be connected to people, places and services to support you in a variety of areas such as:

- Carer support
- Loneliness / social isolation
- Energy advice
- Transport and travel
- Cost of living support
- Accessing community activities

Talking Points can help with much more - just ask!

To find a Talking Point near you call **01925 443322** or go to <https://www.warrington.gov.uk/talking-points>.

## Making Connections

Welcome to the 4th Making Connections newsletter. We are a Warrington network of over 35 different services and groups who support people living with dementia and their carers.

Click on the link below to download a copy of our services directory.

[Warrington Dementia Project - services directory](#)

or visit

<https://www.warringtonspeakup.org.uk/warrington-dementia-project/>



## Lifetime Moves to the Gateway



Lifetime has officially moved to the Gateway (Sankey Street), bringing with it a range of enhanced activities. This move marks a new chapter for Lifetime, with new social opportunities, and expanded support services.

Whether you are in your fifties, sixties, seventies or eighties and above, Life Time can offer age-relevant advice, training, social events and, if you have a health issue, introduce you to the right information and support.

In the Gateway, Lifetime will continue to provide its popular, dementia-friendly session. The Activities for People living with Dementia session is thoughtfully designed to provide enjoyable, stimulating activities to promote both mental and physical well-being.

The café area will also host our Dementia Café (first Thursday of the month), a welcoming space for people with dementia and their caregivers to relax, chat, and connect with others in a similar situation. The café provides a comfortable environment to enjoy a tea or coffee, helping to foster a sense of community among participants.

The café isn't just a place for refreshment; it's a social hub where participants can meet with others who understand their journey, share experiences, and build meaningful relationships. It also offers caregivers a chance to connect, exchange tips, and find support from others who truly understand.

Our team is looking forward to welcoming both familiar and new faces to the Gateway. We're dedicated to ensuring that our sessions continue to be a source of joy, comfort, and support for people living with dementia and their loved ones.



**For more information about Lifetime's dementia-friendly session and Dementia Café, please contact The Lifetime Team 01925 246824  
[mail@lifetimegateway.org.uk](mailto:mail@lifetimegateway.org.uk)**



## New Dementia Group



### **SADA** **(South Asian Dementia Awareness)**

The group met for the first time on Tuesday 19th November. SADA stands for South Asian Dementia Awareness and also the word SADA in Punjabi means 'our', 'our group'.

The group offers a safe space for people to meet from the South Asian communities in Warrington. If you are living with dementia, you care for someone who has dementia or you would like to support a person living with dementia, why not come along and meet the group.

Led by two volunteers who speak multiple languages, there will be fun and interactive activities with plenty of opportunities to chat and refreshments are provided. The group meets on the **1st and 3rd Tuesday of each month between 1:30pm and 3:00pm.**

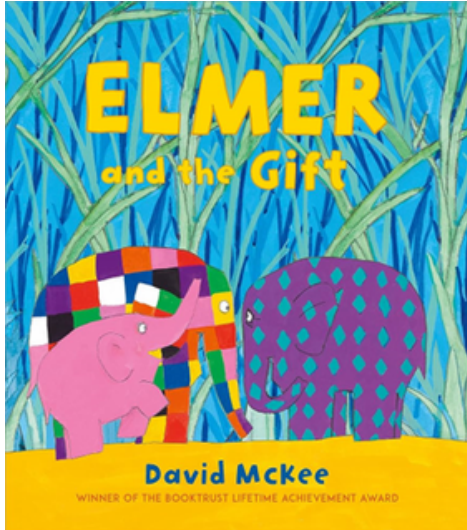
The sessions are held in the **Living Well Hub (Horsemarket Street, Warrington town centre, WA1 1XL)** and provide opportunities to link in with professionals who support people living with dementia and their friends, families and carers.



**There is no charge and no need to book. If you would like more information or a chat before you come along please contact Dipak on: [dipakehv@gmail.com](mailto:dipakehv@gmail.com) and 07966 068 279.**



## Books to help young people understand a bit about dementia



Aunt Zelda knows she is supposed to give something to Elmer... she just can't remember what it is!

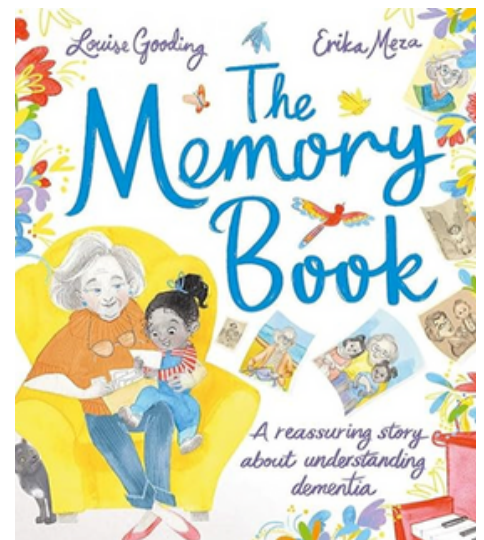
After a heart warming adventure, Elmer and his friends manage to solve the mystery.

The book also includes a special page from Alzheimer's Research UK to help adults speak to young people about dementia.

When Grandma starts to forget who the people in the photographs are, Mum explains that Grandma is living with something called dementia. She says, "Grandma is still the person we know and love, she's just a little different now"...

The book gives practical information to help young children understand dementia and the changes it can bring.

"A helpful book for families affected by dementia" –  
CARERS UK



A book aimed at children aged 9-11 years about memory loss, identity and an unbreakable bond between grandmother and granddaughter.

"Grandma Farida is losing her memory - but I'm going to help her remember a huge secret."





## An interview with Chris from Good Neighbours Dementia Services



### What does Good Neighbours Dementia offer to individuals?

We offer support to individuals living with dementia and their care givers to identify and access activities, groups and events that are dementia specific or dementia friendly. We also support, via a network of volunteers companionship visits for those who live alone, are lonely and isolated for a period of 12 weeks.

### Do you help care givers?

Yes, we support caregivers to navigate the support available, we will introduce to other professionals like Warrington Carers Hub and carer support groups and activities. We will signpost and arrange support from CAB, Adult Social Care and introduce carers to local care homes that offer day care or experience days.

### Do you do home visits?

Yes, we arrange a suitable time to visit you in your home to discuss the support you may need with the person who has dementia and their loved one.

### Do you support new groups?

Yes, if you are looking to set up a new group we can help you to access training, and provide information to make your group more dementia friendly. We can also connect you with other groups that can offer information and advice.

Good Neighbours  
**Dementia**  
Services

Live well with dementia

**For Families**

We believe that dementia shouldn't hold anyone back from living a full life. We will visit your family (in whatever form that takes) and try our best to make sure everyone is getting what they need.

We can connect to local services, volunteers and other support options to help you live the best you can with dementia

**Dementia friendly spaces**

**For Groups**

We can support your team by:

- Connecting you with training
- Giving easy (and cheap) ways to make your service more dementia friendly
- Connecting people to your services

For more information and a no-pressure chat:  
[christine@warringtonva.org.uk](mailto:christine@warringtonva.org.uk)  
01925 246881

## Digital Resources



<https://www.dementiauk.org/information-and-support/>

Click on 'Dementia' and you will be taken to a page with a wide range of information and advice including how to get a diagnosis, how to understand and deal with challenging behaviours, how to introduce paid help and lots more.

<https://www.carersfirst.org.uk/caring-for-someone-with/>

**Carers**  
**First**

Lots of information and guidance on this page. Click on 'Resources' and you will be taken to another page that has links to videos, podcasts, leaflets in different languages and much more.



Do you have questions around dementia, do you use social media?

We have our Dementia Friendly Warrington Page, which is where you can:

- Message professionals with any questions you may have and we will respond as quickly as possible.
- Check what is going on in Warrington for activities, groups and events.

We will be bringing you information posts in the future, do you have a subject that you would like us to cover? Message us to let us know.

Just search for 'Dementia Friendly Warrington' on Facebook. Don't forget to like and follow our page!





## Christmas Events and Closures



**The Living Well Hub** (Horsemarket Street, WA1 1XL) closes on 24th December 2024 and reopens on the 6th January 2025.



**The Carers Hub** (<https://www.n-compass.org.uk/our-services/carers/warrington-carers-hub>) closes at 12pm on 24th December and reopens on 2nd January 2025.



**The Penketh Forget Me Not Cafe** will be closed on 24th December 2024, but will be meeting on 31st December as usual.

**For more information contact Sue at [forgetmenotdementiacafe@gmail.com](mailto:forgetmenotdementiacafe@gmail.com).**

**Chin Wag** (Monks Social Club, WA1 4NF) will be holding their last session in 2024 on the 20th December instead of on the 27th December.

**For more information contact Tony on 07976 204 833.**



**The Memory Lane Hub Singing Group** (Whitecross Community Centre) holds their last session before Christmas on 11th December. They return on the 8th January.

**For more information call 01925 248460.**

**SADA and Still Me** (Living Well Hub, WA1 1XL) will be holding their last sessions before Christmas on the 17th December and they return on the 7th January 2025.

**For more information contact Lisa on 01925 246888.**







## Christmas Events and Closures

### 3K SANTA DASH/WALK Sunday 8th December 2024



10.00am Start

Walton Gardens WA4 6SN

Entry fee **£10**

includes 5 piece Santa Suit

Scan to

book online



Contact Ellie Thompson  
01925 240064 or  
ethompson@disabilitypartnership.org.uk

Supported by  
**birchwood**

**Warrington Disability Partnership** closes at 1pm on 24th December 2024 and reopens on 2nd January 2025.

For more information go to <https://www.disabilitypartnership.org.uk/events/>



**WDP's SANTA'S GROTTTO 2024**

In Partnership with: **WARRINGTON** Borough Council **warrington worldwide** **F11**

**Walton Gardens Old Riding School Warrington - WA4 6SN**  
Quiet Hour & Schools - Via Appointment Only

**Santa will be in his Grotto on:**  
 Saturday 30th November - 10am until 4pm  
 Sunday 1st December - 10:30am until 4pm  
 Saturday 7th December - 10am until 4pm  
 Sunday 8th December - 10:30am until 4pm  
 Saturday 14th December - 10am until 4pm  
 Sunday 15th December - 10:30am until 4pm  
 Wednesday 18th December - 2pm until 7pm  
 Thursday 19th December - 2pm until 7pm  
 Friday 20th December - 2pm until 7pm  
 Saturday 21st December - 10am until 4pm  
 Sunday 22nd December - 10:30am until 4pm  
 Monday 23rd December - 10am until 4pm

**£10** Per Ticket  
 \*Includes Booking Fee, Visit to Santa, Present & Puzzle Trail  
 \*Accompanying Adult Ticket - suggested donation of £1

**Scan the QR Code to Book Online**

For further information, please contact Kate Picken on 01925 240064 or [k.picken@disabilitypartnership.org.uk](mailto:k.picken@disabilitypartnership.org.uk)  
 Registered Charity No: 1113597. All proceeds go to Warrington Disability Partnership

**Daten Community Memory Cafe** (Sunflower Cafe, The Daten, Charnock Richard Road, Culcheth, WA3 5SH)

The last cafe for 2024 takes place on Friday 13th December and the cafe returns on Friday 10th January 2025.

For more information contact [andreaheartley54@yahoo.co.uk](mailto:andreaheartley54@yahoo.co.uk)



**Life Time** (The Gateway, 101 Sankey Street, Warrington, WA1 1SR)

The last Dementia Cafe takes place on 5th December and meets again on 9th January 2025.

The Dementia Activities Group finishes on 18th December and meets again on Wednesday 8th January.

For more information contact **Andrea** on **01925 246824**

**Memory Cafe, Time to Chat** (Grappenhall Library, Victoria Avenue, Grappenhall, WA4 2PE)

The last cafe before Christmas takes place on Wednesday 13th December and the cafe returns on Wednesday 10th January.

For more information contact [grappenhallcommunitylibrary@gmail.com](mailto:grappenhallcommunitylibrary@gmail.com)

