



MAKING CONNECTIONS

Dementia Groups and Support Services in Warrington

Making Connections is a network of over 50 different groups and organisations in Warrington that support people living with dementia and their family, friends and carers.

This directory is updated on a regular basis, but we suggest you check with individual groups and organisations that the information within this document is accurate. **(Last Updated 19/1/2026)**.

If you would like to add information to the directory, please contact Lisa Betteridge (lisa@advocacyhub.org.uk, 01925 246 888).

Follow us on Facebook to get the latest updates and news.



This directory has been printed with thanks to the donations made by Purple Accounts in Stockton Heath.

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These pages are blank for you, a professional or a service to complete. You can record the details of conversations and meetings – who you have spoken to, who they work for, how to contact them and what you have discussed and agreed.

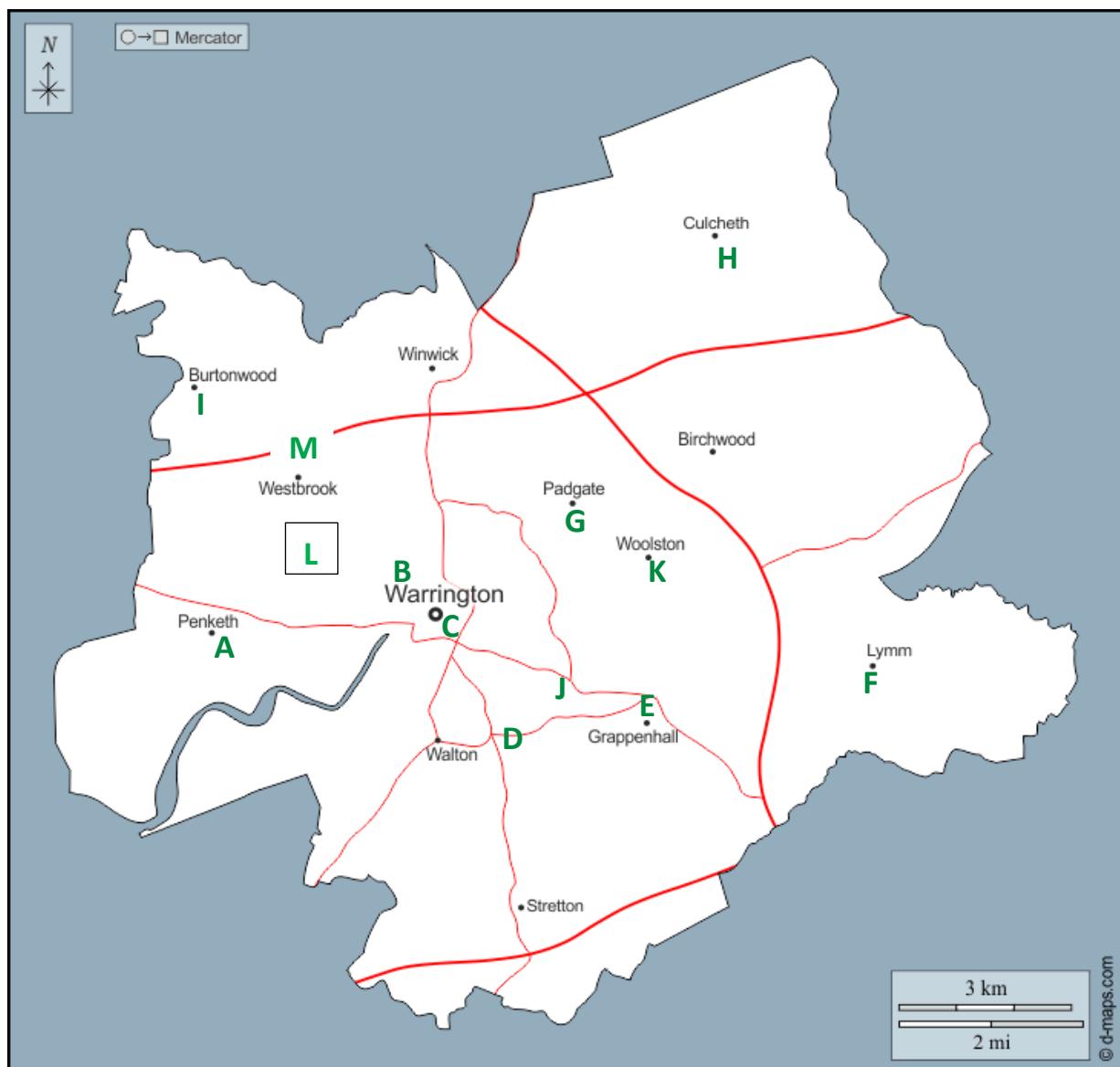
Groups at a Glance

(For the days of the month and times see pages 5 to 13)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Monday Fun Social	Penketh Forget Me Not Café SADA (South Asian Dementia Awareness) Love to Move My Time - MCST	Memory Lane Hub Singing Group at Whitecross Reminisce Cafe	Memory Lane Hub CST Groups at Whitecross and Sandy Lane	Fun Friday Social Burtonwood Forget Me Not Cafe
Afternoon	Love to Move and Music & Memory	Still Me DEEP Group Life Time Dementia Café B's Café	Lymm Memory Café and Singing for the Brain. Time to Chat, Memory Lane - Grappenhall Life Time – Activities Group	Companionship Cafe	Daten Dementia Café Chin Wag - Woolston

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.

Groups By Location



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GROUPS ON MONDAY

Love to Move & 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

Salvation Army, 66 Academy Street, Warrington, WA1 2BQ

Organisation

Jackie Holbrook 07597341253, musicandmemory.warrington@gmail.com

Support/Description

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

Monday Fun Social

Time/date

10:30am to 12:00pm, every Monday

Location: address & postcode

Westy Community Centre, Bridgewater Avenue, Latchford, Warrington, WA4 1TA

Organisation

Warrington Wellbeing Hub - 01925 818017 Option 4

Support/Description

Drop in, no booking required.

GROUPS ON TUESDAY

Penketh Forget-me-not café

Time

10.00am-12.00pm

Day

Tuesday

Location: address & postcode

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

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. Donations welcome of £2. Contact Sue on forgetmenotdementiacafe@gmail.com.

Still Me DEEP Group

Time

1:30pm to 3:00pm

Day

1st and 3rd Tuesday of each month

Location: address & postcode

The Living Well Hub, 26 – 30 Horsemarket Street, Warrington, WA1 1XL

Organisation

Still Me is supported by Warrington Speak Up. Contact Lisa Betteridge on 01925 246888 or

lisa@advocacyhub.org.uk

Support/Description

A peer support group that links in with the DEEP network. DEEP stands for the Dementia Engagement and Empowerment Project which is a national network of over 100 groups.

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.

SADA (South Asian Dementia Awareness) Group

Time

11:00am to 1:00pm

Day

Every fortnight on a Tuesday (First session for 2026 is on 6th January)

Location: address & postcode

Whittle Hall Community Centre, Lonsdale Close, WA5 3UA

Organisation

Part of the Still Me Project, supported by Warrington Speak Up. Contact Lisa Betteridge on 01925 246888 or Dipak on 07966 068279.

Support/Description

A peer support group for people from the South Asian community in Warrington who are affected by dementia or would like to find out more about dementia.

Life Time – Dementia Cafe

Time

1.00pm - 3:00pm

Day

2nd Tuesday of every month

Location: address & postcode

The Living Well Hub, 26 – 30 Horsemarket Street, Warrington, WA1 1XL

Organisation

Lifetime on 01925 246824 or mail@lifetimegateway.org.uk

Support/Description

The Dementia Café is open to anybody living with or affected by dementia.

Love To Move – Home Instead at Life Time

Time

10.30am - 11:30am

Day

Every Tuesday of the month

Location: address & postcode

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

Organisation

Home Instead on 01925 230006 or info@homeinsteadwarrington.co.uk

Support/Description

A seated movement programme aimed at supporting people with various conditions including dementia and Parkinsons. All activities can be done in a wheelchair also. Loose clothing and leisure footwear is recommended.

There is a charge of £5 per person (which includes a free tea/coffee).

My Time – Age UK Maintenance Cognitive Stimulation Therapy

A twelve-week evidence-based programme for people living with mild to moderate dementia. It is open to anyone with a diagnosis or anyone waiting to be assessed/diagnosed.

Group members take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning.

Each 12 week block takes place in a different venue in Warrington.

Referral to the programme can be made by the individual, a professional involved in their care, or a carer/ family member.

To find out where the next course is taking place and to book - Call 0300 003 1992 or email mcst@aukmm.org.uk.

GROUPS ON WEDNESDAY

Time to Chat

Time

1:30pm to 3:00pm

Day

2nd and 4th Wednesday of each month

Location: address & postcode

Grappenhall Library, Victoria Avenue, Grappenhall, WA4 2PE

Organisation

Friends of Grappenhall Library. Contact Julie on grappenhallcommunitylibrary@gmail.com for further information and to reserve places.

Support/Description

A warm and welcoming group. Activities include games, quizzes, craft, specialist large piece jigsaws. Time to Chat is free with light refreshments provided.

Memory Café Lymm

Time

1.30-3.00pm

Day

2nd and 4th Wednesday of the month

Location: address & postcode

Lymm United Reformed Church, Brookfield 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

1st and 3rd Wednesday of each month

Location: address & postcode

Lymm United Reformed Church, Brookfield 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 Singing Group

Time/date

11:00am to 12:30pm, every Wednesday

Location: address & postcode

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

Organisation

Warrington Wellbeing Hub - 01925 818017 Option 4

Support/Description

Drop in, no booking required.

Life Time – Activities for People Living with Dementia

Time

1.30pm - 3:30pm

Day

Wednesday

Location: address & postcode

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

Organisation

Lifetime on 01925 246824 or mail@lifetimegateway.org.uk

Support/Description

The group offers a range of dementia friendly activities, whilst also giving respite opportunities for primary carers to take a break from their caring responsibilities. Refreshments are provided. For more details contact the Life Time team. Please note booking is required and the session costs £2.50.

Movement and Memory

Time

1.15pm-2:30pm

Day

Every Wednesday of each month (12 week course recommended)

Location: address & postcode

Bewsey and Dallam Community Hub, Longshaw St, Warrington WA5 0DY

Organisation

Live Wire on 0300 003 0818 (Places must be booked, not a drop in)

Support/Description

Aimed at reducing the risk of developing dementia. Aimed at those living with Mild Cognitive Impairment or hearing impediments and people caring for people living with dementia. **Not for people with a dementia diagnosis.**

Reminisce Cafe

Time

10.30am - 12:00pm

Day

Every Wednesday

Location: address & postcode

Westbrook Library, Westbrook Crescent, Warrington, WA5 8UG

Organisation

Sarah (Wellbeing Team) on 07890 033 949

Support/Description

The café is open to anybody living with or affected by dementia. Suggested donation of £2.

GROUPS ON THURSDAY

Memory Lane Hub Cognitive Stimulation Group and Carers Cafe

Time/date

10:30am to 12:00pm, every Thursday

Location: address & postcode

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

Sandy Lane Community Centre, 1 Sandy Lane, Stockton Heath, Warrington WA4 2AY

Organisation

Warrington Wellbeing Team - 01925 818017 Option 4

Support/Description

The cognitive stimulation group and carers café is a 9 week programme - Booking required.

Companionship Café - Woolston

Time

12:30pm to 2:30pm

Day

Every 2nd and 4th Thursday

Location: address & postcode

Woolston Social Club, 50 Manchester Road, Woolston, Warrington, WA1 4AD

Organisation

Parking is available and booking is essential by telephoning 01925 230006 or emailing

Melissa.critchley@homeinsteadwarrington.co.uk

GROUPS ON FRIDAY

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 (andreahartley54@yahoo.co.uk)

Chin Wag

Time

12:00pm to 2:00pm

Day

Last Friday of the month

Location: address & postcode

Monks Social Club, Hillock Lane, Woolston, WA1 4NF

Organisation

Call Tony on 07976 204 833 or email warringtonchinwag@gmail.com to reserve your places.

Fun Friday Social

Time/date

10:30am to 12:30pm, every Friday

Location: address & postcode

Greenwood Community Centre, Greenwood Crescent, Warrington, WA2 0DU

Organisation

Warrington Wellbeing Hub - 01925 818017 Option 4. Drop-in, no booking required.

Burtonwood Forget Me Not Cafe

Time/date

10:30am to 12:00pm, every Friday

Location: address & postcode

Burtonwood Library, Chapel Lane, Burtonwood, WA5 4PS

Organisation

Warrington Wellbeing Hub – Call Laura on 07971 030 851. Drop-in, no booking required.

SERVICES and PROGRAMMES

Warrington Wolves Foundation

Offload Programme, In the Sheds, Digital Memories and Match Day Buddies
(www.warringtonwolvesfoundation.com)

Telephone 01925 248894 or email community@warringtonwolvesfoundation.com.

Whia (Warrington Home Information and Improvement Agency)

- Trusted Contractors
- Bathroom Adaptations
- Gardening Service
- Handyperson Service
- Repairs and Improvements – free impartial advice
- Help with Funding

Contact – 01925 246812 and www.whia.org.uk

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 Sally Callaghan (Dementia Coordinator) sally@warringtonva.org.uk
01925 246881

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

Warrington Disability Partnership

Information, advice and guidance to support people to live independently. A wide range of services are available - <https://www.disabilitypartnership.org.uk/services/atoz.shtml>

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

Telephone 01925 240064

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

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 818017 (option 4) or email warringtonwellbeing@warrington.gov.uk

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 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

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

Drive Ability North West

Occupational Therapists and Approved Driving Instructors can help you drive safely and maintain or regain your independence as a driver or passenger.

Services include Driving Support Assessments and Mobility Scooter Advice & Support.

Website - <https://bridgewater.nhs.uk/drive-ability-north-west/>

Telephone – 01942 483 713

Email – bchft.DriveAbility@nhs.net

Warrington Borough Council

- **Equipment and Adaptations** - Information about adaptations, Care Call and Telecare. How to arrange an assessment. <https://warrington.gov.uk/equipment-and-adaptations>
- **Carer Support Service** – <https://warrington.gov.uk/carers>

For all enquiries :-

Telephone – One Front Door 01925 443302 (option 1, followed by option 2)

Email – servicereception@warrington.gov.uk

Talking Point

Face to face information, support and guidance;

- The Gateway, Sankey Street – every Wednesday, 10:30am to 12:30pm
- Latchford Baptist Church – every Thursday, 10:30am to 12:30pm
- The Oaks, Penketh – every Tuesday, 11:00am to 1:00pm
- Culcheth Library – Every Tuesday, 2:00pm to 4:00pm
- Encounter Centre, Birchwood – 2nd and 4th Thursday, 1:00pm to 3:00pm
- Fearnhead Community Centre – Every Monday, 11:00am to 12:30pm
- Living Well Hub, town centre – Every Monday 1:00pm to 4:00pm

Living Well Hub

A health and wellbeing facility to enable people to support themselves to live well and independently for longer. Each day has a different focus, with **Tuesday** being focussed on dementia.

There are a range of agencies and professionals available throughout the day offering a one stop shop for any questions, advice and support you may need.

Open between **9am and 5pm** on **Horsemarket Street**, Warrington town centre, WA1 1XL (next to Café Caruso).

Warrington Visually Impaired People

Warrington VIP (Visually Impaired People) supports individuals with sight loss, along with their families and friends, to adjust to vision impairment, enhance quality of life, and promote ongoing independence. We provide a range of services including home visiting support, social opportunities at our centre, and practical advice on welfare benefits, aids, and assistive devices. We also work to raise awareness of the needs of visually impaired people throughout our communities.

Contact: Info@warringtonvip.co.uk / 01925 632700

Address: Warrington VIP, The Old School Project, Fairfield St, Warrington. WA1 3AJ

www.warringtonvip.co.uk

<https://www.facebook.com/WarringtonVIP>

Healthwatch Warrington

We are the independent voice for people in Warrington when it comes to Health and Social Care services. Our role is to listen to your experiences—good or bad—and use your feedback to help improve services for everyone.

We have the power to make NHS leaders and care providers pay attention to what matters most to Warrington residents. Your views can drive real change.

Our service is **free, simple to use**, and designed to make a difference.

Explore our current projects and share your feedback through short surveys on our website:

Website: www.healthwatchwarrington.co.uk

 Email: contact@healthwatchwarrington.co.uk

Dementia Day Services

Hummingbird

Hummingbird Dementia Day Service, located in Warrington (Latchford), offers personalized, small-group day care for adults with dementia, focusing on meaningful activities, maintaining independence, and supporting carers, operating weekdays and some Saturdays from their Hummingbird House location at 490 Knutsford Road. Run by Hummingbird Home Care, they provide tailored support, creating a safe, inclusive environment with activities like music, games, and social interaction, and offer taster sessions for potential clients.

Contact Hannah and her team on **01925 245049** or email hannah-d@hummingbirdhomecare.co.uk for more details.

Brampton Lodge

The Brampton Day Centre is open Monday to Friday, 9am to 4pm. You can choose from attending for a whole day or half a day. Transport is provided to and from the centre and they focus on person-centred activities, making sure that there is something for everyone to enjoy.

Contact Kirsty and her team on **01925 606788** or visit their website (www.anavogroup.com/care-homes/brampton-lodge-day-centre) to start an enquiry.

Urgent Community Response Service

A step up and step down service to prevent avoidable hospital attendances and admissions and to help people return home from hospital who need extra support.

We operate 365 days per year, from 8am to 8pm, working in partnership with a wider community team.

We provide urgent (in two hours) assessment and support (in two days) for a short time, to help people recover and retain independence. To receive support from the service, please **call 01925 444220**.

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Your Notes (Use the following pages to make a record of conversations and meetings)

Date	
Name of professional	
Name of Agency	
Contact Details	

Date	
Name of professional	
Name of Agency	
Contact Details	

Date	
Name of professional	
Name of Agency	
Contact Details	

Date	
Name of professional	
Name of Agency	
Contact Details	

Date	
Name of professional	
Name of Agency	
Contact Details	