



# MAKING CONNECTIONS

## Dementia Groups and Support Services in Warrington

Making Connections is a network of over 40 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.

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

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



Last Updated 1/5/2025

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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 12)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>		<b>Penketh Forget Me Not Café</b>  <b>Memory Lane Hub CST Group Whitecross</b>  <b>Warrington Young Onset Social Group</b>  <b>Love to Move Woolston</b>	<b>Memory Lane Hub Singing Group at Whitecross</b>	<b>Memory Lane Hub CST Group Padgate</b>	<b>Fun Friday Social</b>
<b>Afternoon</b>	<b>Love to Move and Music &amp; Memory</b>	<b>Still Me DEEP Group</b>  <b>SADA (South Asian Dementia Awareness)</b>  <b>B's Café</b>  <b>Life Time Dementia Café</b>	<b>Lymm Dementia Café and Singing for the Brain.</b>  <b>Time to Chat, Memory Lane - Grappenhall</b>  <b>Life Time – Activities Group</b>	<b>Music &amp; Memory Dementia Café</b>  <b>Companionship Café - Woolston</b>	<b>Daten Dementia Café</b>  <b>Chin Wag - Woolston</b>

## Memory Lane Hub Young Onset Group

The group meets twice a month at Dorado's in town (the Old Post Office) there is no set day. The group decide amongst themselves when next to meet. The group have a coffee or lunch and a chat.

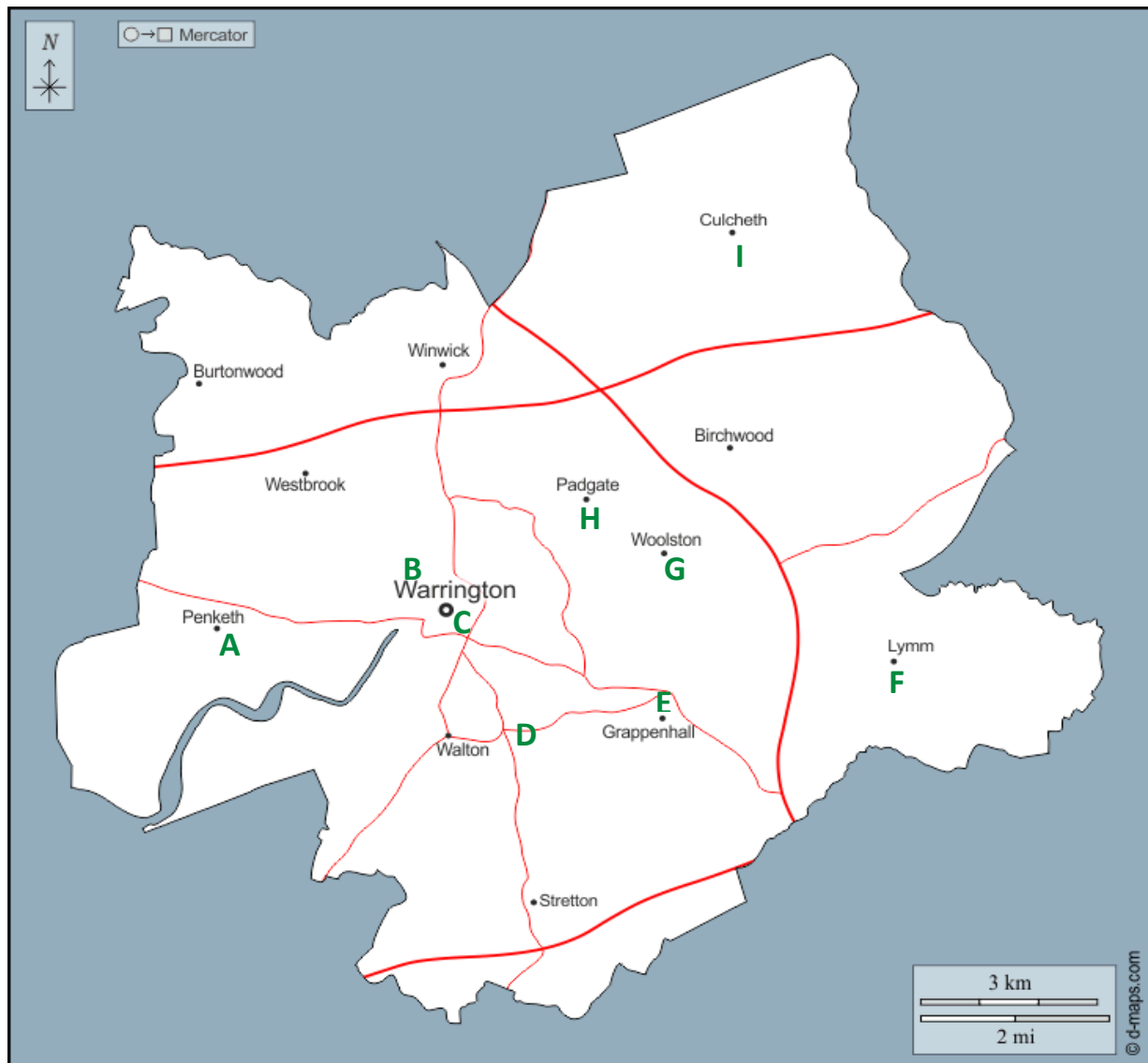
Contact – Warrington Wellbeing Team on 01925 818017 (option 4)

## My Time – Age UK Maintenance Cognitive Stimulation Therapy

A 4 hours programme over 12 weeks 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. Booking is essential. To find out where and when the next course is taking place and to book - Call 0300 003 1992 or email [mcst@aukmm.org.uk](mailto:mcst@aukmm.org.uk).

# Groups By Location



**A - Penketh** - Forget Me Not Café (page 6)

**B - Whitecross** - Memory Lane Hub CST Group (page 7) and Singing Group (page 9)

**C - Town Centre** - Life Time Activities Group (page 9), Life Time Dementia Café (page 10), Still Me (page 6), SADA (page 7), Music and Memory & Love to Move (page 5), Dementia Café (page 10) and Warrington Young Onset Social Group (page 7)

**D - Stockton Heath** - B's Dementia Café at Belong (page 6)

**E - Grappenhall** - Time to Chat (page 8)

**F - Lymm** - Sanctuary Hub Dementia Café and Singing For The Brain (page 8)

**G - Woolston** - Home Instead Love to Move (page 5) and Companionship Café (page 10), Chin Wag (page 12)

**H - Padgate** - Memory Lane Hub CST Group (page 11), **Greenwood** – Fun Friday Social (page 12)

**I - Culcheth** - Daten Dementia Café (page 12)

## 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](mailto: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](mailto:forgetmenotdementiacafe@gmail.com).

### Still Me DEEP Group

Time

1:30pm to 3:00pm

Day

1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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.

## Memory Lane Hub Cognitive Stimulation Group and Carers Cafe

### Time/date

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

### Location: address & postcode

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

### Organisation

Warrington Wellbeing Hub - 01925 818017 Option 4

### Support/Description

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

## Warrington Young Onset Social Group

### Time/date

11:00am to 1:00pm, every 2<sup>nd</sup> Tuesday

### Location: address & postcode

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

### Organisation

Alzheimer's Society 0151 420 8010 or [lali.kelly@alzheimers.org.uk](mailto:lali.kelly@alzheimers.org.uk)

### Support/Description

Aimed at those aged under 65 (or just over or still working) who have been diagnosed with any type of dementia. Supported by our Dementia Advisers and other partners who provide tailored information about living with young-onset dementia. This is also an opportunity to meet others and socialise in a safe, understanding and relaxed environment.

## SADA (South Asian Dementia Awareness) Group

### Time

11:00am to 1:00pm

### Day

Every fortnight on a Tuesday starting on 13<sup>th</sup> May.

### 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.

## Love to Move - Woolston

### Time

Love to Move 10:30am to 11:30am

### Day

Every Tuesday

### Location: address & postcode

Woolston Neighbourhood Hub, Hall Road, Warrington, WA1 4PN

### Organisation

Home Instead - [Melissa.critchley@homeinsteadwarrington.co.uk](mailto:Melissa.critchley@homeinsteadwarrington.co.uk)

### Support/Description

Open to people who have a diagnosis of Parkinson's and Parkinson's related dementia.

Please contact Melissa to obtain a sign-up sheet. The sessions are delivered in eight-week blocks and are on a rolling basis.

There is a charge of £5 per session. But if someone is coming in a caring capacity they don't have to pay.

All parts of the Love to Move session are chair based and so no standing is required. All elements of the session can also be done in a wheelchair.

No special clothing or footwear is required, however something comfortable that allows for movement and gives a stable base is preferable.

Water will be available but there are no hot drinks, although tea, coffee and hot chocolate can be purchased at the Hub.

New attendees will be asked to complete a questionnaire as the programme is funded by Parkinson's UK to assess the impact the programme has on people attending. All information gathered will be kept private and confidential and NOT shared with any other parties.

## Life Time – Dementia Cafe

### Time

1.00pm - 3:00pm

### Day

2<sup>nd</sup> 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](mailto:mail@lifetimegateway.org.uk)

### Support/Description

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



# GROUPS ON WEDNESDAY

## Time to Chat, Memory Lane

Time

1:30pm to 3:00pm

Day

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month

Location: address & postcode

Grappenhall Library, Victoria Avenue, Grappenhall, WA4 2PE

Organisation

Friends of Grappenhall Library, Julie McQuillan ([grappenhallcommunitylibrary@gmail.com](mailto:grappenhallcommunitylibrary@gmail.com))

## Memory Café Lymm

Time

1.30-3.00pm

Day

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month

Location: address & postcode

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

Organisation

[memorycafe@lymmsantuaryhub.co.uk](mailto:memorycafe@lymmsantuaryhub.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

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month

Location: address & postcode

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

Organisation

Smiley Tunes - [singing@lymmsantuaryhub.co.uk](mailto:singing@lymmsantuaryhub.co.uk)

Support/Description

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

## 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

Led by a designated team of volunteers, 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 Andrea/Abigail.

## Memory Lane Hub Singing Group

Time/date

10:00am 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.

## GROUPS ON THURSDAY

### Companionship Café - Woolston

Time

12:30pm to 2:30pm

Day

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday

Location: address & postcode

Woolston Neighbourhood Hub, Hall Road, Warrington, WA1 4PN

Organisation

[Melissa.critchley@homeinsteadwarrington.co.uk](mailto:Melissa.critchley@homeinsteadwarrington.co.uk)

### Music & Memory Dementia Cafe

Time

1:15pm to 2:45pm

Day

3<sup>rd</sup> Thursday of each month

Location: address & postcode

In the coffee shop at the Salvation Army, 66 Academy Street, Warrington, WA1 2BQ

Organisation

Jackie on 07597 341253 or Bill on 07896 772205 or email at [musicandmemory.warrington@gmail.com](mailto:musicandmemory.warrington@gmail.com)

Support/Description

Refreshments are available to purchase. The dementia café is open to anyone affected by dementia and offers the opportunity to chat with others in a similar situation.

### Memory Lane Hub

Time/date

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

Location: address & postcode

Padgate Community Centre, Station Road, Warrington, WA2 0QS

Organisation

Warrington Wellbeing Team - 01925 818017 Option 4

Support/Description

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

## 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 ([andreaheartley54@yahoo.co.uk](mailto:andreaheartley54@yahoo.co.uk))

Leanne Borshik ([leanne.borshick@gmail.com](mailto:leanne.borshick@gmail.com))

### 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](mailto: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

Support/Description

Drop in, no booking required.

***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.***

# SERVICES and PROGRAMMES

## Warrington Wolves Foundation

Offload Programme, In the Sheds, Digital Memories and Match Day Buddies  
([www.warringtonwolvesfoundation.com](http://www.warringtonwolvesfoundation.com))

Telephone 01925 248894 or email [community@warringtonwolvesfoundation.com](mailto: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](http://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](mailto: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](mailto:christine@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](mailto: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](mailto: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](mailto:warringtonwellbeing@warrington.gov.uk)

### Still Me (Dementia Engagement and Advocacy Project)

Still me, supported by Warrington Speak Up ([www.warringtonspeakup.org.uk](http://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](mailto: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](mailto: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](mailto: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](mailto: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 – 2<sup>nd</sup> and 4<sup>th</sup> 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).

## 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)

<b>Date</b>	
<b>Name of professional</b>	
<b>Name of Agency</b>	
<b>Contact Details</b>	

<b>Date</b>	
<b>Name of professional</b>	
<b>Name of Agency</b>	
<b>Contact Details</b>	

<b>Date</b>	
<b>Name of professional</b>	
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