

# Newsletter

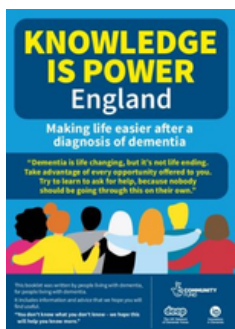


## Knowledge is Power booklet

Have you downloaded your copy of the new Knowledge Is Power booklet made in collaboration with the DEEP network?

You can download your copy here

<https://www.dementivoices.org.uk/deep-resources/resources-by-deep-groups/>



The Knowledge is Power booklet has been written by people with dementia for people with dementia.

It includes information and advice that will hopefully make life easier after a diagnosis of dementia.

Your local DEEP group, Still Me, meets twice a month - see page 5

## Making Connections

Welcome to the second 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/>

## Meet The Network

On Thursday 1st February the Making Connections Dementia network held their 3rd 'Big Event' where we came together in the Gateway to show case what we do and share information and advice to people living with dementia, their carers, friends and family. We had over 50 people attend.

I have had a great day, sorry- I am getting emotional and tearing up, it has been so nice and really informative

I have enjoyed today, my husband has dementia and it has been good to socialise with other people in the same position

Today has shown me that I am not on my own, there are other people out there like me



Throughout the afternoon we had a variety of activities taking place including the very talented Penketh Forget Me Not Choir, hand massages by the students at Warrington Vale Royal College, Love to Move and various organisations promoting their services.

### What's Next...

Join us for Dementia Action Week in Golden Square. We will be outside Starbucks on Tuesday 14th May, Wednesday 15th May and Thursday 16th May between 10:00am and 2:00pm.

The next 'Big Event' takes place on Thursday 4th July between 2:00am and 4:00pm at the Gateway on Sankey Street.

## Follow us on Face Book

The Making Connections network now has a Face Book page where you can keep up to date with what is going on in Warrington. Please follow, like and share.



## Any Time Fitness Raise Funds for the Network

From everyone in the Making Connections Dementia Network, we would like to say a huge THANK YOU to the guys at Anytime Fitness Stockton Heath.

Leanne, Aiden and Sophia completed a step challenge in February to help raise money for the network which is part of the Still Me Dementia Project. They walked or ran a staggering 1,509,783 steps! 🙌



In total, they raised a fabulous £115! All of the money has gone towards the publication of this newsletter, which is one of the ways the network raises awareness about the services available for those living with dementia and their carers in Warrington.

Thank you Leanne, Aiden and Sophia, you are all superstars 🌟

You might be caring for someone around-the-clock or just for a few hours a week. It might be in your own home, in their home, or they might live quite far away. You may be balancing your unpaid caring role with other things like your children, work or education.

If your wellbeing and day-to-day life is affected, contact the team for a carers assessment so that they can help you to find services and support that can help you to look after yourself and the person you care for.

To request a carers assessment, you can contact the **One Front Door team** on 01925 443322 (option 1 followed by option 2) or email [servicereception@warrington.gov.uk](mailto:servicereception@warrington.gov.uk).

### Have your say...

WBC are looking for carer's who are interested in helping to shape carer services in Warrington. Can you provide feedback about services, documentation and support experiences in Warrington.

If you would like to be involved, please email Jackie Mahoney at [jaqueline.mahoney@warrington.gov.uk](mailto:jaqueline.mahoney@warrington.gov.uk) with your Name, Address and Contact Number.



In October 2023 the team won Team of the Year at the council's award ceremony. The team were very happy with this outcome, and it was a double celebration as the team manager, Jackie Mahoney, also won the Leadership Award. You can find out about support for carers at [www.warrington.gov.uk/carers](http://www.warrington.gov.uk/carers)



## The Living Well Hub

The new Living Well Hub is now open on Horsemarket Street in Warrington town centre (next door to Cafe Caruso).

The hub is a fully accessible 'one stop shop' aimed at helping people to live as healthily and independently as possible.

Each day has a different focus with Tuesday devoted to offering support to those living with, and caring for those with dementia. There are a variety of services and professionals on hand for you to speak to.

<https://whh.nhs.uk/about-us/news-events-and-features/latest-news/new-multi-million-pound-living-well-hub-opens-warrington-town-centre>



The building incorporates dementia friendly design with contrasting colours to denote corridors and toilets.

### Still Me DEEP Group



The group now meets in the new Living Well Hub on the **1st and 3rd Tuesday** of each month between **1:30pm and 3:00pm**.

It is a friendly peer support group that links in with the national DEEP network.

There is no charge and no need to book.

# The Daten Community Memory Cafe



Andrea Hartley, the cafe's founder writes, 'the memory café started on March 17th 2023.

The Daten club asked me if I had any ideas to start a new group to meet weekly and I came up with the idea to start a memory cafe for people with dementia which has always been very close to my heart having worked with dementia for a number of years.

It started very slow but word of mouth went round and we now have 12 members with their carers. As we have grown friendships have been made.

One year on and we have won our first award which we are all very proud of. This would not have been possible without the commitment and dedication of our volunteers.

Our plans for the future include setting up our own Facebook page, hopefully to start our own newsletter, trips have been booked for the wizard boat in the spring and we are starting a small sensory garden outside the cafe for our keen gardener's.

The group meets every Friday at 12:30pm at The Daten, Charnock Road, Culcheth, WA3 5SH.

You can contact Andrea on [andreaheartley54@yahoo.co.uk](mailto:andreaheartley54@yahoo.co.uk)



# Warrington Well Being Dementia Navigation Service



Since 2017, Warrington Wellbeing Dementia Navigation Service has offered personalised support to individuals living with dementia and their carers.

In 2023, the team underwent training to deliver cognitive stimulation therapy (CST), successfully conducting five courses at Whitecross Community Centre over the past year. Alongside providing CST, the team extends support to carers, offering speakers and the opportunity to share experiences.

The success and positive outcomes from these courses have prompted the team to expand and a second CST course will be starting in May at Padgate Community Centre.

Here is some feedback from participants and carers;

“Excellent staff. Really enjoyed coming to classes, very friendly staff, made to feel welcome and nothing is too much trouble.”

“It has given her more confidence to join more groups. As a carer it is fantastic we are getting lots of useful information about dementia activities available and support available for us. The social side is great too we have made friendship groups and have shared experiences. It has made us realise that there is lots of help at a scary time.”

In response to client demand, a singing group was started, which has flourished, meeting weekly on Wednesday’s 10:30-11:30am at Whitecross Community Centre.

A new group is forming for individuals with young onset dementia, under the age of 65. The group is still in its early stages, so more information will be available soon.

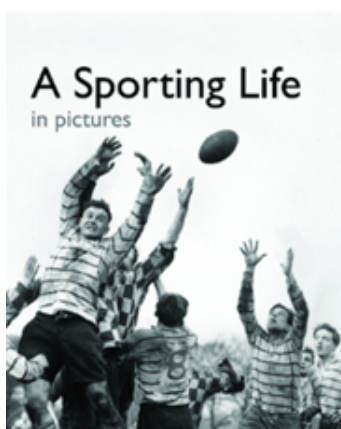
**To book on the Cognitive Stimulation Therapy Course or find out more about the other services on offer email [warringtonwellbeing@warrington.gov.uk](mailto:warringtonwellbeing@warrington.gov.uk) or call 01925 248460.**

## Love to Read... Recommendations from the Home Library Service



Amy Foster, the Library Engagement & Outreach Coordinator recommends Pictures To Share by Helen Bate.

High quality imagery combined with short, large print texts. These books provide an accessible way to enjoy art and literature specifically designed for people with cognitive limitations such as Dementia.



Available free to borrow from Warrington libraries.

### NEW GROUPS

#### Companionship Cafe

**Where** - Woolston Neighbourhood Hub (Hall Road, Warrington, WA1 4PN)

**Dates** - 2nd and 4th Thursday of each month

**Times** - 12:30pm to 2:30pm

**For more information contact**

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

#### Chin Wag

**Where** - Monks Social Club, Hillock Lane, Woolston, WA1 4NF

**Dates** - Last Friday of the month

**Times** - 12:00am to 2:00pm

**For more information contact**

Tony on 07976 204 833 or email [warringtonchinwag@gmail.com](mailto:warringtonchinwag@gmail.com) to reserve your place.