

# Newsletter



## Are you following our Facebook Page?

Stay up to date with the latest news from the network.



## CrISP Training



### Carer Information and Support Programme

CrISP is a course designed to equip carers with the information, understanding and coping techniques to support a person living with dementia both now and as the dementia progresses.

**5 week programme - 1pm to 3pm**

**Starting on Tuesday 15th October** in the Gateway,  
Sankey Street, WA1 1SR

To book your place contact Warrington Carers Hub

**0300 303 0623**

**[enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)**

## Making Connections

Welcome to the latest Making Connections newsletter. We are a Warrington network of over 39 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](https://www.warringtonspeakup.org.uk/warrington-dementia-project/)

or visit

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

## Meet the Network



### MAKING CONNECTIONS

Warrington Dementia Network Event

On the 4th July we held our 3rd 'Big Event' in the Gateway. Over 100 people enjoyed an afternoon of laughter and fun whilst connecting with the numerous dementia support services in Warrington. The Music and Memory group, the Penketh Forget Me Not Choir and a Love To Move session by Melissa from Home Instead kept us all entertained.

In May, during Dementia Action week, we spoke to a staggering 91 people whilst in Golden Square sharing information and raising awareness about the dementia services in Warrington.



### What's next....

Our next 'Big Event' will be taking place in February 2025. More details to follow in our autumn newsletter and on our Facebook page.





## Penketh Forget Me Not Cafe

Mid July saw the Penketh Forget-me-not cafe embark on their annual summer trip out.



This year we ventured aboard The Lady Diana for an afternoon's cruise along the River Dee. The crew looked after us well providing us with drinks and a scumcious buffet. There was a commentary provided giving information about the River and we were blessed by some lovely weather.

Everyone appeared to have a lovely time enjoying the scenary, good food and of course excellent company of friends made at the cafe. Where will next year's adventure take us?

**The Penketh Forget Me not Cafe meets every Tuesday between 10am and 12pm at St. Pauls Church, Warrington Road, Penketh, WA5 2RX**



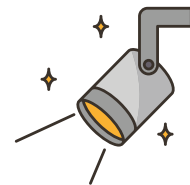
## Dementia Game



Dipak, one of the Still Me DEEP group members, is an avid game maker and has created this Let's Talk! game. Tried and tested by the group, the game is designed to encourage conversation through reminisce, and activities for those living with dementia.

For your free copy contact Lisa on 07532 013 795 or [lisa@advocacyhub.org.uk](mailto:lisa@advocacyhub.org.uk)

**The Still Me DEEP group meets on the 1st and 3rd Tuesday of each month between 2pm and 3:30pm at the Living Well Hub, Horsemarket Street, WA1 1XL**



WELCOME TO OUR  
Companionship  
Cafe

Home Instead Charities

For all older adults looking for *friendship, connections* and *creativity*

2nd & 4th Thursday of every month  
1:00PM - 2:30PM

We're based at  
Woolston Neighbourhood Hub, Hall Road, Woolston, WA1 4PN

Next session Feb 22nd!

Join us for games, chatting, snacks and more!

Contact us at:  
info@homeinsteadwarrington.co.uk  
01925 230006

Or visit our website:  
<https://www.homeinstead.co.uk/warrington>

FR FUNDRAISING REGULATOR

Companionship cafes

Melissa writes, "I am delighted to report that things do seem to be starting to take off at the Home Instead Charities Companionship Café, hosted at Woolston Neighbourhood Hub, we have had some great sessions with participants sharing their interests, including an incredible stamp collection, some great quizzes and a spontaneous line dancing display from two real pro's.

We have a great team of friendly volunteer, some of whom are from the Home Instead Warrington and Lymm office.

We are in the process of planning a visit to the Mayoral Chambers at the Town Hall in the Autumn.

The Home Instead Charities Companionship Café sessions are completely free. Our aim is to support older adults in the Warrington area to meet new people, enjoy some games and chair based activities to music and have a brew on us!"



For more information please contact **Melissa Critchley** on **01925 230006** or email **[melissa.critchley@homeinsteadwarrington.co.uk](mailto:melissa.critchley@homeinsteadwarrington.co.uk)**

## More from Melissa at Home Instead.....

“As part of the Warrington Disability Awareness Day, we were really excited to run a taster session on Love to Move for anyone who was interested in finding out more about the programme. This was part of the Arts and Sports side to the event and is something I am aware that the planning team intend to build upon. As a relative novice to Love to Move, it was quite daunting, but those who took part were really supportive and enthusiastic and could see the benefit of the workout.



For those of you who don't know, the Love to Move initiative is all about strengthening neural pathways in the brain, which allows people to use more of their brain to compensate for any deterioration that occurs either due to the natural process of ageing or more specific conditions such as dementia or Parkinson's which affect how parts of the brain works.

Love to Move have many examples of how the programme has positively impacted on a person's well being in general but specifically on experiencing cognitive improvements. There are a couple of community classes running in Warrington, details can be found in the Making Connections Directory (see Page 1).

It was also very special to be able to meet with the Mayor and Mayoress of Warrington and explain the programme, unfortunately the Mayor wasn't really dressed for taking part but I know she would but hopefully there will be other opportunities in the future.



Here at Home Instead Warrington and Lymm we are often asked about issues relating to planning in older age. We are therefore delighted to have teamed up with Silvertime Legal to host an informative and entertaining session on planning for the future.

The session lasts approximately 40 minutes, with a flexible format to accommodate attendees needs, including a Q&A segment. It is an engaging session, and the speakers are known for their blend of humour and insight, covering crucial aspects of estate planning, including Wills and Trusts, Lasting Powers of Attorney, Managing Care Fees, and Sideways Disinheritance.”

**Date & Time: Thursday 26th September @ 6pm**

**Venue: Wellbeing Suit, Woolston Neighbourhood Hub, Hall Road,  
Woolston, WA1 4PN**

**Places are limited, please call Jenny to reserve yours on 01925 230 006.**



# Memory Lane Hub

## (Warrington Well Being Team)

We've had an action-packed few months, full of exciting new developments and a fantastic D-Day event for our group members!

In May, we kicked off a brand-new CST (Cognitive Stimulation Therapy) program at Padgate Community Centre, adding to our existing program at Whitecross Community Centre.

We've also started a post-CST singing group, which now meets every Wednesday from 10:30 AM to 12 noon. The group has really taken off and is a great way to boost our group members confidence! If you're interested in joining us, give us a call at 01925 248460 to learn more. Exciting news for our singing group - we've been awarded a grant to start a second group in North Warrington! Stay tuned for the launch date.

The highlight of the past few months was our D-Day event on Wednesday, June 6th, where we brought together all the past CST cohorts. Warrington Wellbeing, along with members from our CST courses and the singing group, planned and hosted this memorable D-Day celebration. Over 70 people joined us to commemorate the 80th anniversary of D-Day. We had a sing-along, enjoyed delicious food, and even dressed up in fabulous 1940s outfits!

A huge shout out to Warrington Vale Royal for kindly sponsoring the event with beautiful flowers, and to the amazing volunteers from the local community, Whitecross Ladies Group, and Friends of Whitecross, who helped make the day so special. Fun was had by all!

In other exciting news, our team will be moving to new offices at the Greenwood Community Centre at the beginning of September.



## Alzheimer's Society - Young Onset Group

Our Young Onset Group has been meeting monthly since May. The August session was quiet as we had a few people away on holiday, but we are looking forward to seeing the group grow over the next few months.

The group is being lead by our Dementia Adviser, Lali who is continually consulting with people with young onset dementia and their carers to make sure that we are delivering the group to best meet their needs and we look forward to trying different things over the winter.

Anyone living with or caring for a person with dementia under or around the age of 65 is welcome. We're also looking at a bespoke version of our CrISP programme – watch this space!

**For more information about the young onset group contact the Warrington team on 01925 572239 or [warrington@alzheimers.org.uk](mailto:warrington@alzheimers.org.uk)**

## Dementia Friendly Warrington

A focus group has been established to explore ways to support Warrington to become more dementia friendly. Membership of the forum includes Still Me, WVA (Good Neighbours Dementia Co-ordinator) and the Alzheimer's Association.

Our first priority has been to work with businesses in the town centre, promoting the concept of a dementia friendly Warrington and encouraging them to nominate a dementia champion who will take participate in the Alzheimer's Society Dementia Friends training. In return businesses will receive free publicity via the network, and for a small fee be given a sticker for their window to inform members of the public that they are a validated dementia friendly location.

Several businesses have already signed up to the scheme, if you are interested contact **Chris** at [christine@warringtonva.org.uk](mailto:christine@warringtonva.org.uk).



# MAKING CONNECTIONS DEMENTIA NETWORK



Alzheimer's Association	Live Wire	St Rocco's
Arlington House Care Home	Living Well Hub	St. Mary's Care Home
Brampton Lodge	LLAMs	Telecare Services
Belong	Lymm Sanctuary Hub	Warrington Transport
Chester University		Urgent Care Response
Culcheth Memory Cafe		Warrington Bid
Carers Hub		W'ton Visually Impaired Grp
Chin Wag Dementia Cafe		W'ton Disability Partnership
Grappenhall Time to Chat		W'ton Wellbeing Service
Home Instead		WGH - Engagement Officer
Healthwatch Warrington		WGH - Dementia Nurse
Home Library Service		Warrington Wolves
Heathside Mews Care Home		WVA - Good Neighbours
Keate House Care Home		WBC Carer Support Team
Lifetime	McIntyre Memory Cafe	WBC LD Social Care Team
	PCN Leads	
	Penketh Forget Me Not Cafe	
	Music & Memory	
	Social Prescribers	

If you are a group, service or organisation who would like to be part of the dementia network, please contact **Lisa** on **07532 013 795**,  
**[lisa@advocacyhub.org.uk](mailto:lisa@advocacyhub.org.uk)**

The network meets in person every 6 weeks. If you would like to attend to share information please let Lisa know or Lisa can share your information with the network via the email group.