



# MAKING CONNECTIONS

## Dementia Groups and Support Services in Warrington

### Groups at a glance

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Penketh Forget Me Not Café	Salvation Army Dementia Café		Memory Lane Hub  Time Square Dementia Café
Afternoon	Salvation Army (Love to move and Music & Memory)  Love to Move Woolston	Still Me DEEP Group  B's Cafe	Lymm Dementia Café and Singing for the Brain.  Time to Chat, Memory Lane - Grappenhall  Life Time – Activities Group	Life Time Dementia Café  Companionship Café - Woolston	Daten Dementia Café  Chin Wag - Woolston

(For the days of the month and times see the following pages)

## GROUPS ON MONDAY

### Salvation Army (Love to Move and 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

66 Academy Street, Warrington, WA1 2BQ

Organisation

Jackie Holbrook 07597341253

Support/Description

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

### Love to Move - Woolston

Time

Love to Move 1:30pm to 2:30pm

Day

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday

Location: address & postcode

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

Organisation

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

## 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. Not sure if there is a cost. 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.

## GROUPS ON WEDNESDAY

### Salvation Army (Dementia Cafe)

Time

11:00am to 12:30pm

Day

2<sup>nd</sup> Wednesday of each month

Location: address & postcode

66 Academy Street, Warrington, WA1 2BQ

Organisation

Jackie Holbrook 07597341253

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.

### 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 McQuillian ([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@lymmsanctuaryhub.co.uk](mailto: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 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

Andrea via Lifetime on 01925 246824

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. **Referral criteria and booking applies - For more details contact Andrea.**

## GROUPS ON THURSDAY

### Life Time – Dementia Cafe

Time

1.00pm - 3:00pm

Day

First Thursday of every month

Location: address & postcode

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

Organisation

Andrea via Lifetime on 01925 246824

Support/Description

The Dementia Café is open to anybody living with or affected by dementia. Refreshments can be purchased.

### 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)

## GROUPS ON FRIDAY

### Memory Lane Hub

Time/date

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

Location: address & postcode

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

Organisation

Warrington Wellbeing Hub - 01925 248460

Support/Description

The cognitive stimulation group and carers café is a 6 week programme - [Booking required](#).

### Time Square Dementia Cafe

Time

11:00am to 12:30pm

Day

Friday - dates for 2024 to be confirmed

Location: address & postcode

Chester University Building, Time Square, Warrington Town Centre (behind the new market)

Organisation

The café is run by student volunteers, there is no charge and refreshments are provided. For more information call 01925 535080 or email [dementiacafewarrington@chester.ac.uk](mailto:dementiacafewarrington@chester.ac.uk)

### 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.

*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.

The team run Cognitive Stimulation Therapy (CST) courses for people living with mild to moderate dementia and carers support groups. The number of CST groups will be expanding from one currently to four by the end of 2024. A singing group takes place weekly at Whitecross community centre on a Wednesday and a range of new activities and groups are being developed at community centres across the town, starting in May 2024. For more information see the contact details below.

Telephone 01925 248 460 or email [warringtonwellbeing@warrington.gov.uk](mailto:warringtonwellbeing@warrington.gov.uk) [Warrington Wellbeing | warrington.gov.uk](https://warrington.gov.uk/Wellbeing)

## Talking Point

Face to face information, support and guidance;

- The Gateway, Sankey Street – every Tuesday, 10:00am to 12:00pm
- Latchford Methodist Church Hall – every Wednesday, 11:30am to 1:30pm
- Burtonwood Library – 1<sup>st</sup> and 3<sup>rd</sup> Wednesday, 3:00pm to 5:00pm
- Burtonwood Community Centre – 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 1:00pm to 3:00pm
- Encounter Centre, Birchwood – every Thursday, 10:00am to 12:00pm

### 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 will help people living with dementia to access the services and support they may need as a result of their diagnosis. They 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)**

