

Newsletter



New Venue for the Lifetime Dementia Cafe



In February the Life Time Dementia cafe held their first meeting in the Living Well Hub on Horsemarket Street in Warrington town centre.

They meet on the 2nd Tuesday of each month at 1pm.

**For more information about Lifetime's
Dementia Café, please contact the
team at Lifetime on 01925 246824
mail@lifetimegateway.org.uk**

Making Connections

Welcome to the 5th Making Connections newsletter. We are a Warrington network of over 50 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/>

The New Improved Making Connections Directory

The Making Connections Dementia Network have a directory of groups and services in Warrington that support people living with dementia, their family, friends and carers.

After a period of consultation the directory has been improved to make it more user friendly and easier to find information.

There is now a weekly timetable and a map to help you find the groups more quickly.

Page numbers take you to the detailed information about the groups such as the time, address and group contact details.

The Index pages can help you find an organisation or service to help with a specific issue.

At the back of the directory are blank pages that can be used to help you keep track of who you have spoken to and when.



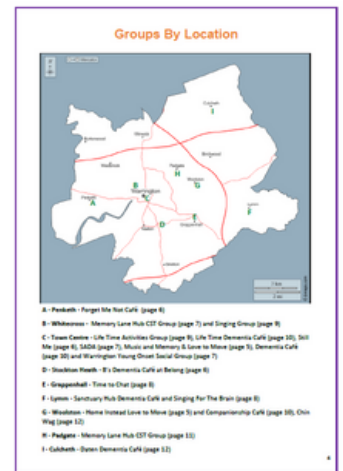
Groups at a Glance
(For the days of the month and times see pages 9 to 12)

Monday	Tuesday	Wednesday	Thursday	Friday
	Penketh Forget Me Not Café Memory Lane Hub CDT Group Warrington Young Adult Social Group Love to Move Warrington	Memory Lane Hub CDT Group Memory Lane Hub CDT Group Memory Lane Hub CDT Group Memory Lane Hub CDT Group	Memory Lane Hub CDT Group Memory Lane Hub CDT Group Memory Lane Hub CDT Group Memory Lane Hub CDT Group	
Love to Move Warrington	Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group	Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group	Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group	Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group Still Me Dementia Group

Memory Lane Hub Young Adult Group
The group meets twice a month at 10.30am in the Old Hall Office there is no fee. The group meets amongst themselves when not to meet. This group has a coffee in lunch and a chat.
Contact - Warrington Young Adult Social Group on 01925 246 888 (page 9)

Dementia Inclusive Gardening Club
Dementia Community Centre, 10 John Street, Warrington, Cheshire, Warrington M50 2ST. Visit our Facebook Page - Dementia Community Centre or contact Tracy - Community Engagement Worker at 01925 246 888.

The garden group runs on Wednesdays 10.30am to 12.30pm, running from February to late October. A central part of the group is to have a chat and share ideas for a chat up the garden. The group meets around this, gardening can be as little as 10 minutes as the person wants to do. The members bring their own tools and we have a list of the garden.



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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	

The directory is updated quarterly, so before going to a group we suggest you contact them first to see if anything has changed like the time, day or place.

We also advertise changes to groups on our Facebook Page. Like and follow our page to stay updated.



To get your copy either download it using the link on the front page of this newsletter or call Lisa Betteridge on 01925 246888 who can arrange for a copy to be emailed to you.



ALERT - Group Change



SADA (South Asian Dementia Awareness)

SADA stands for South Asian Dementia Awareness and also the word SADA in Punjabi means 'our', 'our group'.

From the 13th May the group will be meeting **alternate Tuesdays** between **11:00am and 1:00pm**.

The sessions will be held in the **Whittle Hall Community Centre (Lonsdale Close, Great Sankey, Warrington, WA5 3UA)**.

Led by two volunteers who speak multiple languages, there will be fun and interactive activities with plenty of opportunities to chat and enjoy refreshments.

The group offers a safe space for people to meet from the South Asian communities in Warrington. If you are living with dementia, you care for someone who has dementia or you would like to support a person living with dementia, why not come along and meet the group.



There is no charge and no need to book. If you would like more information or a chat before you come along please contact Dipak on:
dipakehv@gmail.com and 07966 068 279.

The poster for SADA (South Asian Dementia Awareness) features the 'Still Me' logo at the top left and the 'Good Values Club' logo at the top right. The title 'SADA' is prominently displayed in large red letters, with 'South Asian Dementia Awareness' written below it in a smaller font. The poster lists the start date as 'Every Fortnight from Tuesday 13th May 2025' and the time as 'Time 11am to 1pm'. It specifies the location as 'Whittle Hall Community Centre, Lonsdale Close, Great Sankey, Warrington WA5'. The poster is divided into sections for 'Fun Activities', 'Cognitive' (Memory Games, Picture Matching, Puzzles), 'Creative' (Musical games, Antakshri, Singing, Art & Craft), 'Multisensory Stimulation' (Smell, Movement, Touch, Vision, Hearing & Taste), and 'Communications'. It also mentions 'Food Tasting in every Session'. The poster includes illustrations of people participating in various activities and a contact number for Dipak: 07966 068 279.

Meet the Network - Our latest 'Big Event'



13th March 2025



On the 13th March we held our 5th 'big event' at the Gateway and it was our biggest yet with over 100 people who attended, including 20 organisations from the network providing information and advice.

In addition to the organisations and professionals we had an art display from the residents at Keate House in Lymm, afternoon tea, hand massages, a Love to Move demonstration and singing with Music and Memory.

The next 'big event' will be in the Autumn, and in the meantime the network are planning to get involved in the Alzheimer's Society **Dementia Action Week** (19th May to 25th May). The focus this year is to raise awareness of the importance of an early diagnosis for people affected by dementia. Keep an eye on our Facebook page (Dementia Friendly Warrington) for more information.

Use the following link to find out more about Dementia Action Week 2025 -

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>



**1 in 3 people
living with
dementia do not
have a diagnosis.**

**A diagnosis is vital to give
people access to the care,
treatment and support
they desperately need.**

If you're worried about
yourself, or someone close
to you, then check your
symptoms today using our
symptoms checklist.

Visit [alzheimers.org.uk](https://www.alzheimers.org.uk)

**Alzheimer's
Society**
Together we are help & hope
for everyone living with dementia

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity No. 1044044.

New Love to Move sessions for people living with Parkinson's

Home Instead Warrington and Lymm have been running Love to Move sessions for people living with Parkinson's and their loved ones. This has been made possible through a grant from Parkinson's UK who have been working on ways of helping people living with the condition to remain as active as possible. Love to Move, a programme created by the British Gymnastics Foundation, has been slightly adapted to meet the needs of this particular group of people by putting more emphasis on making sure the activities are choreographed to songs that are easy and enjoyable to sing along to, also making sure there is greater emphasis on voice projection and enunciation as well as exercising facial muscles. However, like all Love to Move sessions across the country the main focus is on having fun, feeling included and staying engaged. The funding is to trial the course for six months, monitor the impact and if it is valued by the participants to keep it going into the future



These sessions are weekly at **Woolston Neighbourhood Hub**, on **Tuesday** mornings from **10.30am until 11.30am**.

Booking in advance is essential and there is a small fee for attending.

Contact Jenny at Home Instead on info@homeinsteadwarrington.co.uk or telephone 01925 230006.

Parkinson's dementia is very similar to another type of dementia, called dementia with Lewy bodies, and they share the same symptoms. These are the two main types of dementia that can affect people with Parkinson's. To find out more follow the link - <https://www.parkinsons.org.uk/information-and-support/thinking-and-memory-changes>



Hummingbird Dementia Day Services, operated by Hummingbird Home Care, is a family-owned company dedicated to providing professional and personal support for adults living with Dementia and cognitive impairments.

We offer specialised personalised day services focusing on creating safe, small group settings that encourage clients to participate in enjoyable and meaningful activities while preserving independence.

Get in touch



hannah-d@hummingbirdhomecare.co.uk



01925 245 049

New dementia day service in Warrington

Hummingbird has placements at their new day centre at Hummingbird House in Latchford, available Monday to Friday from 10am to 4pm.

A complimentary taster session can be arranged to help you determine if the service is the right fit for your loved one.

If you would like to book this or find out more please contact Hannah and her team using the Get in Touch details in the poster.

Age UK Mid Mersey to Launch New Dementia Support Programme



Age UK Mid Mersey is set to introduce a new Maintenance Cognitive Stimulation Therapy (MCST) programme later this year in Warrington. Aimed at supporting older adults living with mild to moderate dementia or cognitive impairment.

MCST is a weekly group-based programme that offers participants the opportunity to engage in meaningful and stimulating activities designed to help maintain memory and mental functioning. Activities include discussions, word games, quizzes, physical activities, and creative and musical exercises, all within a fun and supportive environment where individuals can build new friendships.

For more information about the MCST programme or to express an interest in participating, please call 0300 003 1992 or email at MCST@aukmm.org.uk.



The Living Well Hub celebrates it's first birthday

In the 11th March the Living Well Hub on Horsemarket Street celebrated being open for 1 year. The Hub is home to 25 organisations and more than 350 staff, providing a wide range of NHS and non-clinical services under one roof.

The ground floor of the Hub is an inviting community-led space with a café area where you can drop in to discuss any issues that may be affecting your health and wellbeing.

Tuesday's focus is aging well and dementia. With a range of services available -

- Age UK Mid Mersey: 1.30pm to 4pm
- Dementia and delirium support, provided by dementia nurse specialists from Warrington Hospital: 1pm to 3pm
- Still me dementia engagement project 1:30pm to 3:30pm
- Department for Work and Pensions, support for anyone over 50: 9am to 12.30pm
- Drive ability, safe driving support for medical conditions (1st and 3rd Tuesday of the month): 9am to 12.30pm
- Livewire healthy lifestyles, active aging and dementia-friendly exercise: 9.30am to 12pm
- Warrington Carers Hub, one-to-one support for unpaid carers: 9am to 16.30pm
- Warrington Voluntary Action – good neighbours, dementia support: 1pm to 5pm (1st and 3rd Tuesday of every month)



Living Well Online

The new Living Well website is a one-stop-shop connecting people, communities and services across Warrington. It's like a Warrington-wide interactive Yellow Pages, where people can access information about a variety of services, and also connect with people on the things that are important to them.

<https://livingwellwarrington.org/>



The Warrington Wellbeing Team expand their dementia offer

New venues around Warrington have been added to the Cognitive Stimulation Therapy (CST) offer to ensure everyone has an opportunity to attend.

CST is a brief, evidence-based treatment for people with mild to moderate dementia. It involves weekly sessions of themed activities. Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group.

The new Fun Friday Social at the Greenwood Community Centre, is for anyone over the age of 65 with or without dementia. All are welcome to attend.

Lots of activities are on offer with time for all to socialise and make new connections.

Weather permitting it is hoped the outside space will be utilised for gardening projects as well as being somewhere nice to sit in the warm sunshine.



**FUN
FRIDAY
SOCIAL**

EVERY FRIDAY
10.30am-12.30pm

Starts
21st March
2025

people living with dementia must be
accompanied by a carer/friend/family member

ACTIVITIES

- ✓ Brain stimulating activities
- ✓ card games, board games. pool, darts
- ✓ quiz, music
- ✓ exercise
- ✓ Refreshments

at
Greenwood Community
Centre
Greenwood Crescent,
Warrington WA2 0DU

WARRINGTON
Borough Council

Communities
and Wellbeing

For further information contact Lynnette
on 07581 046 000 or Angela on
07525 428 659.

**Anyone wanting to find out more, can contact the duty worker
on 01925 818017 option 4**