

Newsletter



The Datan Go Barging!

Thanks to Andrea and her brilliant volunteers, the Datan Friday group set sail in July on the Warrington Disability Partnership's new barge – The Wizard II – John B.

Boarding at Thorn Marina in Stockton Heath the twelve intrepid sailors enjoyed a relaxing two-hour cruise to beautiful Lymm where they had some time to wander around before heading back.

The barge is fully accessible with a friendly crew on hand to offer help and information as required.

Details on how to hire for your own group, contact Kate Picken on 01925 240064 or email Kate k.picken@disabilitypartnership.org.uk



The Datan group meets every Friday at 12:30 to 2:30pm at the Sunflower Cafe in the Datan, Culcheth.

Making Connections

Welcome to the latest Making Connections newsletter. We are a Warrington network of 60 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/>



A Day In The Life Of Jean at Keep Me Company



It was clear after a few minutes chatting to Jean that there is no typical Day in the Life of! As Jean says, 'every single client and every single day is completely different'.

I met with Jean at Westbrook Library Forget Me Not Café. She was with Margaret and Bill. Margaret and Bill were Jean's first clients. They were reliant on community transport to get to groups, but timings meant they sometimes had to leave early. Jean passed them her details and she is now supporting them 3 times a week. Margaret enjoys the support as much as Bill and she says it has made a positive difference to her wellbeing. Having Jean there is good company for them both.

Need a little extra help getting to appointments or running essential errands?

Keep Me Company offers friendly, reliable support so you never have to go alone

What I Provide

- ✓ Accompaniment and waiting support
- ✓ Optional note-taking during appointments
- ✓ Help with shopping or small errands
- ✓ Support to attend community groups
- ✓ Dementia carer support/respite
- ✓ Safe door-to-door transport

Why Choose Keep Me Company

- ✓ Feel supported from start to finish
- ✓ Reduce stress and worry
- ✓ Maintain independence and dignity
- ✓ A friendly presence by your side when it matters

You don't have to face important moments alone.

Let **Keep Me Company** be there for you.

 **07368 547510**

 keepmecompansupport@gmail.com

Jean intended to provide support on weekdays. However, her support is very person centred and she will always try to be flexible. For example, she takes one client to her regular hair appointment on Saturdays so she can stay in touch with her friends.

Jean's experience and individual approach has helped many clients regain confidence to go out and socialise again.

Initially, Jean was worried about leaving a secure job to start her own venture but after just four weeks her time was fully booked and she wished she had made the move before.

Jean has found that more services, like her own, are desperately needed. If you or anyone you know would like information and guidance on how to set up your own micro-enterprise then contact Diane at Community Catalyst, tel. 07776 596395.

Thank you for talking to us Jean - we wish you continued success!



It's All About The Groups!

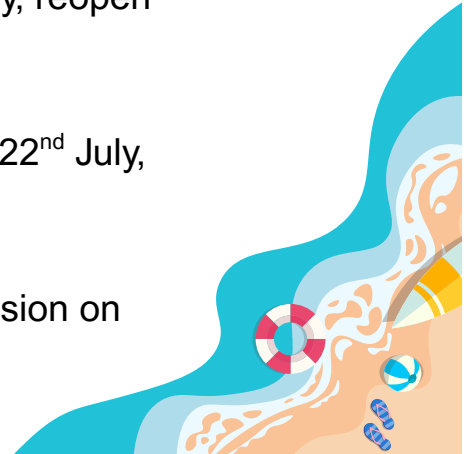


The following groups are having a summer break.....

Daten in Culcheth - last session on 31st July, reopen on 4th September.

The Lymm Memory Cafe - last session on 22nd July, reopen on 9th September

The Lymm Singing for the Brain - last session on 15th July and reopen on the 2nd September



NEW

Did you know there is a new group in Winwick?

The Forget Me Not Cafe meets every Thursday at 10:30am in the Winwick community Centre, WA2 8LG.

Everyone welcome, no need to book and there is no charge.



Going to groups helps in lots of ways including helping to slow down the progression of dementia.

Kath spoke to us about a recent appointment that her mum, Pat had at the Later Life and Memory Service. The consultant was pleased to see an improvement in Pat's memory and put this down to Pat going to different dementia support groups. Getting out and socialising not only combats loneliness but the activities that take place at the groups all help to keep the brain working.

There are many dementia groups available in Warrington, the link to the directory is on the first page.



NEW

Free session starting after the summer in the Living Well Hub, Horsemarket Street (opposite the Blue Bell pub).

A great way to stay active whilst challenging those brain cells!

Every Tuesday the hub is devoted to all things dementia. If you have a burning question or need some help drop by, no appointment needed.



vivify
Community Dance & Sport

Mature Movers

FREE

Living Well Hub, Warrington

For people living with dementia and their carers.

Enjoy a 45-minute seated exercise class set to a great mix of music. Gentle, fun, and suitable for all abilities.

13:30-14:15

Starts 22nd September

4th Tuesday of each month

Email sam@vivifycommunity.co.uk for more details



WARRINGTON WOLVES
THE WIRE
Community Foundation

150 YEARS
1876 • WARRINGTON WOLVES • 2026

PRIMROSE & BREW
MEMORY CAFE

 Come along for a brew and a chat.
Sharing memories. Building connections. 

 Community cafe
Halliwell Jones Stadium

 Every Last Wednesday
of the month

 10AM
12PM

 Free
to attend

GET IN TOUCH

 Community@WarringtonWolvesFoundation.com

 01925 248894

 Registered with
FUNDRAISING
REGULATOR
Registered Charity 18072314

As part of Warrington Wolves 150th Anniversary legacy. A new volunteer-supported Primrose & Brew Memory Cafe has been launched.

A welcoming place to share stories, memories and conversation in a warm and friendly environment.

**Every last Wednesday of the month
10am – 12pm**

(Community Cafe, Halliwell Jones Stadium)

Each month the Wire2Wolves archive is opened, sharing different pieces of memorabilia and historic moments to help spark conversation, memories and connection.

Whether you want to reminisce about Warrington, rugby league, local history or simply enjoy a brew and a chat, everybody is welcome.

Tea & coffee available

Friendly and welcoming environment

Open to all!



Age UK Mid Mersey have delivered the 'My Time' 12-week MCST programme in partnership with Torus at Harper's Green in Padgate. MCST stands for Maintenance Cognitive Stimulation Therapy. The group are pictured above receiving their certificates during the final session.

Going forwards, My Time will be delivered at Whitecross Community Centre. Referral is open for November. Please contact AUKMM on 0300 003 1992 or mcst@aukmm.org.uk if you would like to discuss a referral.

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.

The sessions can -

- **Stabilise memory:** Help to keep thinking and memory skills stable over a longer period.
- **Slow decline:** Can delay the worsening of symptoms for individuals with mild to moderate dementia.
- **Boost mood:** Increases overall happiness, energy levels, and general wellbeing.



SCORCHING SUMMER WORDSEARCH



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SWIM
SUNCREAM
SHORTS
RELAX
SANDALS
WAVES
ICECREAM
AIRPLANE
PARASOL
PICNIC
COCKTAIL
BEACH
SEASIDE
SANDCASTLE
FLIPFLOPS
SUNHAT
SUNSHINE
JULY
SUNGASSES
DONKEY
TRAVEL
AUGUST
POOL
HOLIDAY

