

Community Dementia Support Offer Nantwich and Rural – Spring 2021

Day	Activity	Where	When	Getting in touch
Monday	Dementia Friendship Group – social group for anyone living with dementia and their carer, partner/friend. We do not charge for these sessions, but donations are appreciated. Activities include: speakers/craft and music activities, and are volunteer supported, every 3 rd Monday is supported by Musical Moments all sessions provide refreshments.	Nantwich Museum Pillory Street Nantwich CW5 5BQ	Every 1 st and 3 rd Monday of the month – 2pm – 3.30pm	01270 627104 or email education@nantwichmuseum.org.uk .
Tuesday	Circle of Friends – a friendship group open to all including those with memory challenges, their loved ones and carers. Experience fun and friendship in a relaxed and supportive environment. Food and refreshments provided. Supported by volunteers from Nantwich Elim Church	Regents Perk Café London Road, Nantwich, CW5 6LW	Every Tuesday 1.00pm – 3pm	David Nixon email: nixon.d@sky.com mobile: 07767 441405
Tuesday	Tues Lunch Club – run by ADCA	Audlem – currently based at Hankelow Methodist Chapel Hall, CW3 0JN	Every Tuesday 11am – 2.30pm	Initially please call/leave a message on 07984 785907
Thursday	Thursday Club – a weekly social drop in with some optional activities and refreshments ran by trained experienced volunteers	St Marys Parish Hall Nantwich Town Centre	Every Thursday from 10.30am – 12.30pm	thethursdayclubnantwich@gmail.com or call Dawn on 07488 285861 or Lynn on 07580 097468
Thursday	ADCA Dementia Support group	Audlem – Public Hall Annexe,	Every Thursday 11am – 2pm	Initially please call/leave a message on 07984 785907
Friday	ADCA Friday Coffee Morning	Audlem – Public Hall Annexe,		Initially please call/leave a message on 07984 785907
Friday	Dementia café – with use of sensory room, gardens, some fun physical guided exercises	The Wingate Center Wrenbury Hall Dr, Wrenbury, Nantwich CW5 8ES	Every Friday and transport can be provided	Frances on frances.underhill@eolp.org.uk

Other useful information

From Alzheimer's Society

- Use our Dementia Connect online support tool to find dementia information and support [Find support near you | Alzheimer's Society \(alzheimers.org.uk\)](#) – this is a directory of local services and groups which may be useful for you. You just put in your post code and it will show you local groups and services, including those that are not funded by Alzheimer's Society.
- Visit our website <https://www.alzheimers.org.uk/> for the most up to date information and advice
- Join our online community Talking Point <https://www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community> where people affected by dementia can receive valuable support from people in a similar position
- Our website contains a wide range of publications that is designed to support and inform anyone that is affected by dementia and it is free.
- We also have printable, simple versions of our most popular information on dementia, called Helpsheets <https://www.alzheimers.org.uk/get-support/publications-factsheets/helpsheets-about-dementia> . They are one single page long, and each one covers a single topic.
- Call our Dementia Connect support line – open 7 days a week on **0333 150 3456** to speak directly to one of our dementia advisers– this can be the beginning of someone's dementia journey and people can then be connected with support in their local area. The lines sometimes can be busy so please do keep trying, or leave a voicemail and someone will definitely get back to you. You can also write to them at dementia.connect@alzheimers.org.uk or email: cheshire@alzheimers.org.uk

From Age UK Cheshire

Age UK Cheshire Dementia Support Worker Nantwich. Finding out that you or someone you care for has been diagnosed with dementia can be an anxious time. Our Dementia Information and Support Service provides an individual service that is based upon your personal circumstances and support needs whether you are the person diagnosed with dementia or their carer. The Dementia Information and Support Services aims to work at a pace that's right for you. We can help to

coordinate support services and activities around you. If you would like to access this service for yourself or someone you care for **please speak to your GP surgery about a referral.**