



List of dementia groups in East Cheshire

Day of the week	Name of Group	Venue	Time	Frequency	Contact
Monday	Company Corner Coffee morning	Congleton Cricket Club, Booth Street, Congleton CW12 4DG	10am – 12 noon	weekly	Liz on 0771 7736645
Monday	Dementia Friendship Group Dementia cafe	Nantwich Museum, Pillory Street, Nantwich CW5 5BQ01270	2pm - 3.30pm	3rd Monday of the month	627104 education@nantwichmuseum.org.uk
Monday	Arts for Dementia	Sandbach Art Room 2 Bradwall Road, Sandbach CW11 1GR	1.30pm–3pm	Weekly	Tracey Mee: 01270 757757 or Rebekah Thomas: 07557 883035
Monday	Coffee and Chat Dementia Café	Elworth Grange Care Home, James Brindley Drive, Sandbach CW11 3TQ	10.30am – 12.20pm	Last Monday of the month	Emma Daniels: 01270 439950 e-mail activities.elworth@idealcarehomes.co.uk
Monday	In Together Wilmslow	Wilmslow Methodist Church, King's Close, Water Lane, Wilmslow SK9 5AR	2pm –4pm	Every Monday	email: intogetherwilmslow@gmail.com Phone: Sally 07786 482048 or Anne 01625 526479
Monday	Open Hands	Poynton Methodist Church, Civic Hall Car Park. Poynton	10am –12pm	Every Monday	Tel:01625878589
Tuesday	Making Golden Memories Social and activity group	Hopes & Beams, Broad Street, Crewe CW1 3UD	10am- 12 noon Or 1pm – 3pm	Every Tuesday	01270 255355
Tuesday	Holmes Chapel Memory Cafe Dementia cafe	Holmes Chapel Methodist Church, 4 Hawthorn Villas, Crewe, CW4 7AR	10am – 12 noon	1st and 3rd Tuesdays in the month	Space is limited so please call before attending. Dorothy Davidson 01477 537679 or davidson1@aol.com
Tuesday	Golden Memories Social and activity group	Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield, SK10 2UD	10am-12 noon	Fortnightly on Tuesdays	Pam Jagger 01625 828 425
Tuesday	Elim Church Circle of Friends Group Dementia cafe	Elim Church, London Road, Nantwich CW5 6LW	1.30pm – 3pm	Every Tuesday	Elim Church 01270 626 749

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Tuesday	Young Onset Dementia Group	Café 34 Pepper Street Nantwich	1:30pm – 3pm	Every 4th Tuesday	Dawn on 07488285861 or Lynn on 07580097468
Tuesday	B's Café—Belong Dementia Cafe	Belong Crewe—Brookhouse Drive, Crewe, Cheshire CW2 6NA	2pm –4pm	Every 2nd and 4th Tuesday	To book onto one of the sessions, please contact Jessica Butler T: 01270 561200 or E: jessica.butler@belong.org.uk
Tuesday	Living Well Social and activity group	St George's Parish Church, Fountain Close, Poynton SK12 1NH	2.15pm-4.15pm	Fortnightly on Tuesdays	Dave McClland on 07768 772881 or dave.mcclland@ntlworld.co.uk or Colin and Stephanie Rookwood on 01625 877540 or colinrookwood@icloud.com or office@poyntonparishchurch.org
Tuesday	Coffee and Chat Dementia café	Market Tavern, 8 The Square, Sandbach CW11 1AT	10am – 12 noon	1st Tuesday of the month	Dave Whitworth on 07593 533260 or enquiries@dementiafriendlysandbach.org.uk
Wednesday	Singalong group	Twyford House – Care Home and Memory Centre Richard Woodcock Way Alsager ST72DF.	2pm – 3.30pm	2nd Wednesday of month	Tel: 01270 325443. alsager.dfc@gmail.com
Wednesday	Coffee and chat Drop-in	Bollington Library	2pm onwards	Every Wednesday	Gill Lancaster 0780827159
Wednesday	The Afternoon Club	St Marys Caritas Centre Delamere Street Crewe	2pm—3:30pm	2nd and 4th Wednesday of the month	Dawn on 07488285861 or Lynn on 07580097468
Wednesday	Poynton Golden Memories Social and activity group	Poynton Civic Hall, SK12 1RB	11am – 3pm	Fortnightly on Wednesdays	Judy Hatton: 01625 879376 Mary Moss: 07500 558280 Derek Scriven: 01625 875261 Pauline Winfield: 01625 879273
Thursday	Time Out Club Social and activity group	Bromley Farm Community Centre, Edinburgh Road, Congleton CW12 3EN £20 incl. lunch	10am – 3pm	Every Thursday	Glen Williams or Margaret Butcher on 01270 279707 or bscdt@tiscali.co.uk
Thursday	In Together Handforth	St Mary's Church, Wilmslow Road, Handforth SK9 3JX	2-4pm	Every Thursday	email: intogetherwilmslow@gmail.com Phone: Sally 07786 482048 or Anne 01625 526479

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Thursday	Singing for the Brain	Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield SK10 2UD	11 am – 12.30pm	2nd and 4th Thursdays	Alzheimer's Society in Cheshire 0300 369 0570 or cheshire@alzheimers.org.uk
Thursday	ABCD Club Social and activity group	Broken Cross Methodist Church, Chelford Road, Macclesfield SK10 3JR	1.30pm – 3.30pm	1st and 3rd Thursdays	John on 07915252535 or Jean on 01625 402446
Thursday	Golden Memories Sutton Social and activity group	Sutton St James Church Hall, Church Lane Sutton Macclesfield, SK11 0DS	9:30am – 12:30pm	1st and 3rd Thursdays	Judith Harries on 01260 253945 or pastoral@peakparishes.org.uk
Thursday	Singing for the Brain	Elim Church, London Road, Nantwich CW5 6LW	2pm – 3.30pm	Every 2nd and 4th Thursdays	Alzheimer's Society Cheshire on 0300 369 5070 or cheshire@alzheimers.org.uk
Thursday	Singing for the Brain	St Peter's Church, Elworth, Sandbach CW11 3HU	1.15 pm - 2.45pm	1st & 3rd Thursdays	Alzheimer's Society in Cheshire 0300 369 0570 or Email: cheshire@alzheimers.org.uk
Thursday	Coffee and Chat Dementia cafe	Sandbach Rugby Club 124 Bradwall Road, Sandbach CW11 1RA	11am – 12:30pm	2nd Thursday	Dementia Friendly Sandbach – Dave Whitworth on 07593 533260 or enquiries@dementiafriendlysandbach.org.uk
Thursday	The Thursday Club	St Marys Parish Hall Nantwich	10:30am – 12:30pm	Every Thursday	The Thursday club on 07488285861 or 07580097468 Email thethursdayclubnantwich@gmail.com or visit our face book page
Friday	Alsager Memory Cafe	1st Floor (lift available) Alsager Library, Sandbach Road North, Alsager ST7 2QH	10.30am - 12.30pm	Last Friday of the month	Kath Reader Tel: 01270 375325

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Friday	Forget me Not Club	New Life Church, West Road, Congleton, Cheshire CW12 4EY F	10.30am -12 noon	2nd and 4th Friday	Call Clare Sheard on 078664 15211 before attending as places are limited.
Friday	Disley Friends	Disley Community Centre, Off Buxton Old Rd. Disley SK12 2BB	1:30pm—3:30pm	2nd Friday	Disley Friends 01663 762726
Friday	Heydays! Social and activity group 'Youth Club' £2.50	The Thirteen Club, Cedar Ave, Alsager ST7 2PH	2pm – 4.30pm	Every Friday	Kath Knight on 07443 492573 or alsagergn@gmail.com
Friday	Knutsford Friendship Cafe Dementia cafe	Knutsford Methodist Church, Princess Street, Knutsford, WA16 6BY	10am – 12 noon	Every Friday	Paula Lambe 01565 652251 or 07816308505
Friday	Singing Together	Sunflower Centre, East Cheshire Hospice, Millbank Drive, Macclesfield SK10 3DR	10.30am – 12.00 noon	1st Friday	Sunflower Centre: 01625 610364
Friday	Love to Move Exercise People Living with Dementia	Sunflower Centre, East Cheshire Hospice, Millbank Drive, Macclesfield SK10 3DR	10.30am – 12.00 noon	3rd Friday	Sunflower Centre: 01625 610364
Friday	Time Out	Main Hall, Poynton Civic Hall	2pm—4pm	Every Friday	Sharon 01625 872238
Friday	Open Hands	Poynton Methodist Church, Civic Hall Car Park. Poynton	10am –12pm	Every Friday	Call 01625 878589
Saturday	Coffee and Chat Dementia cafe	Wesley Centre, Unity Church, Wesley Avenue, Sandbach, CW11 1DG	10am – 12 noon	3rd Saturday	Dementia Friendly Sandbach – Dave Whitworth on 07593 533260 or Barbara Glassonbury on 01270 764113
Sunday	Sunday Tea Coffee and chat	Gawsworth Methodist Church, Dark Lane, Gawsworth, Macclesfield, SK11 9QZ	4pm - 5.30pm	1st Sunday	Rev Sheila Bishop 01625 433239 or Muriel on 01625 427992
Sunday	Seniors' Lounge Social and activity group	St Mary's Church Hall, Nantwich.	3pm – 4pm	2nd Sunday	Ros Reid on 01270 611344 or Cathie Riddell on 01270 629122 Or the Parish Office on 01270 625268

Dementia Friendly Activities

- **Savoy and Rex Cinemas**—Dementia friendly showings please contact cinemas directly
- **Community Dementia Companion Service**—East Cheshire Hospice Sunflower Centre offer companionship and opportunities for the person experiencing dementia to maintain their interests and social activities, either at home or in the local area if suitable. Visits last 2 hours and are usually once per week. Call the Sunflower Centre: 01625 610364

Dementia Day Services

- **Always Active Day Care and Activities For Adults living with Dementia** Mon—Fri 10:30am—3:30pm, £49 per day includes a 3 course lunch.
Gina Jones 07972 572054 enquiries@alwaysactive.org.uk
- **Age UK Cheshire East New Horizons Centre Macclesfield** Mon– Fri Full Day £53 per full day. 01625 612958 enquiries@ageukce.org
- **Betamindes Day Centre Wistaston** Mon—Fri £65 per full day, Fiona Small—01270 668837 info@betamindes.com
- **CARE4CE via Adult Social Care Various locations throughout Cheshire East** Mon—Fri 9:30am—4:30pm. Adult Social Care 0300 123 5010

Memories and reminiscence - digital resources

- **BBC Reminiscence Archive:** provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy and developed for people with dementia, based on photographs, photo books, boxes of objects and materials and interactive computer applications. <https://remarc.bbcrewind.co.uk>
- **My House of Memories:** My House of Memories (found on NHS app library) allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers. <https://www.houseofmemories.co.uk/things-to-do/my-house-of-memories-app/>

Dementia courses

- **Understanding Dementia:** What to expect when supporting someone with later stage dementia, including practical advice and tips. Online session for family/friend carers run by EOLP, free to attend for those in Cheshire. Book at: eolp.co.uk/knowledge-base T:01270 310260 E: info@eolp.org.uk
- **Dementia Carers Wellbeing Programme:** structured eight-week wellbeing and support programme open to carers of people experiencing dementia. What is unique about our programme is that the carer can bring the person experiencing dementia with them to our Sunflower Centre, where our trained dementia buddy volunteers will support them whilst the carer can attend the wellbeing programme, gain peer support, education, knowledge, skills and confidence about dementia and their caring role. Call the Sunflower Centre for more information: 01625 610364