



## List of dementia groups in West Cheshire

Day of the week	Name of Group	Venue	Time	Frequency	Contact
Monday	Bounce Back with Deep – Dementia support group	United Reform Church, Blacon, CH1 5DZ	10am – 12pm	Every Monday	Jim Ibell/ Georgia Gough georgia@cwtogether.org.uk Jamesibell@yahoo.com
Monday	Chester Zoo Memory Cafe	Chester Zoo Bembe coffee shop, CH2 1LH	10.30am – 12pm	2 <sup>nd</sup> and 4 <sup>th</sup> Mon each month	01244 389789 l.barker@chesterzoo.org
Monday	Upton Dene Dementia Cafe	Upton Dene nursing home, Cauldecott Close, Chester, CH2 1FD	1pm – 4pm	Every Monday	01244 569 825 Bernie Harding bernie.harding@sanctuary.co.uk
Monday	Oasis dementia group	Emmanuel Church, Old Hall Road, Leftwich, Northwich, CW9 8BJ	10.30am - 12pm	Every Monday (from 11 Sept)	emmanuel.leftwich@gmail.com www.leftwichchurch.org
Tuesday	Winsford Dementia Cafe	St Andrews Methodist Church, Winsford, CW7 1AA	10.30am	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday in month	Bill Young 07437 047986 Young-w4@sky.com
Tuesday	Singing for the brain	Hartford Village Hall, 244 Chester Road, CW8 1LW	1.15pm – 2.45pm	1st and 3rd Tuesday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Tuesday	Singing for the brain	United Community Church, Hoole Road, Chester, CH2 3NT	1:30pm–3:00pm	Fortnightly on a Tuesday,	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Tuesday	Dementia Cafe	Tarporley Community Centre, High Street, CW6 0AY	11.30am – 1pm	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Tuesday	Helsby Activity group (People with dementia, their carers and families)	Helsby Community Centre, Lower Robin Hood Lane, Helsby, WA6 0BW	11am - 12.30pm	Alternate Tuesdays	cheshire@alzheimers.org.uk 0300 369 0570
Wednesday	Main Street Memory Cafe	Main Street Community Church, Frodsham, WA6 7DF	10.30am – 2.30pm	Every Wednesday	07772 582740 rebecca-rowland@hotmail.com
Wednesday	Friendship Café (for those with Dementia and their carers)	Northwich Methodist Outreach Centre, CW9 5EA	2pm – 4pm	3 <sup>rd</sup> Wednesday of the month	Rupert Adams 07745 691792 rupertadams1@sky.com
Wednesday	Lache Dementia Cafe	Lache Community Centre, Hawthorn Road, Chester, CH4 8HX	1pm – 3pm	Every Wednesday	Georgia Gough georgia@cwtogether.org.uk
Wednesday	Singing for the brain	Main Street Community Church, Frodsham, WA6 7DF	1.30pm – 3pm	Block of 10 weeks	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee

## List of dementia groups in West Cheshire continued

Day of the week	Name of Group	Venue	Time	Frequency	Contact
Wednesday	Bounce Back with Deep - Dementia support group	United Reform Church, Blacon, CH1 5DZ	12pm - 3pm	Every Wednesday	Jim Ibell/ Georgia Gough georgia@cwtogether.org.uk jamesibell@yahoo.com
Wednesday	Here and Now (Mixed social group)	Deva Point ECH, Blacon Point Road, Blacon, Chester, CH1 5FD	12pm - 1pm	2nd Wednesday of the month	hereandnowchester@gmail.com Tel 01244 379651 Karen
Thursday	Bounce Back with Deep - Dementia support group	Holy Trinity Church, Blacon, CH1 5ET	10am – 12pm	Every Thursday	Jim Ibell/ Georgia Gough georgia@cwtogether.org.uk jamesibell@yahoo.com
Thursday	Here and Now (mixed social group)	United Reform Church, Blacon, CH1 5ET	11.15am – 2.15pm	Every Thursday	hereandnowchester@gmail.com Tel 01244 379651 Karen
Friday	Singing for the brain	Hartford Village Hall, 244 Chester Road, CW8 1LW	11am – 12.30pm	1st and 3rd Friday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Friday	Love to move (chair based exercise to improve memory)	Hartford Village Hall, 244 Chester Road, CW8 1LW	10am – 12.30pm	Every fortnight	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee

### Dementia Day Services

\* Accurate as of August 2023

- **Bright Memories** Mon, Wed, & Fri 10am - 3pm, Northwich, £50 per day including x2 course lunch. E: brightmemories@ageukcheshire.org.uk T: 07917 638820
- **VIVO** - 5 days a week, 9am - 5pm, Ellesmere Port and Chester (cost unknown). E: sarah.powell@vivocarechoices.co.uk T: 0300 1235059

### 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](http://eolp.co.uk/knowledge-base) T: 01270 310260 E: [info@eolp.org.uk](mailto:info@eolp.org.uk)