



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	01270 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 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 activities.elworth@idealcarehomes.co.uk
Monday	In Together Wilmslow	Wilmslow Methodist Church, King's Close, Water Lane, Wilmslow SK9 5AR	2pm –4pm	Every Monday	intogetherwilmslow@gmail.com Sally 07786 482048 or Anne 01625 526479
Monday	Open Hands	Poynton Methodist Church, Civic Hall Car Park. Poynton	10am –12pm	Every Monday	01625878589
Monday	Singing for the Brain	New Life Church, Fuller Drive, Wistaston, Crewe CW26TH	11.15am - 12.45pm	Every 2nd and 4th Mondays of the month	0300 369 5070 cheshire@alzheimers.org.uk
Monday	Bright Memories Dementia Day Service	The Green in The Corner Café, 7-9 Hurdsfield Green, Macclesfield , SK10 2RJ	10.30am- 2.30pm	Weekly	07917 638820 brightmemories@ageukcheshire.org.uk
Monday	Love to Move (seated exercise group)	Knutsford Methodist Church, Princess St, WA16 6BY	10.30am - 12pm	Every 2nd and 4th Monday	echospace.org.uk/dementia-support Dementia Team 01625 666990
Monday	Singing for the Soul	Knutsford Methodist Church, Princess St, WA16 6BY	10.30am - 12pm	1st Monday of the month	echospace.org.uk/dementia-support Dementia Team 01625 666990
Monday	Dementia Café	Knutsford Methodist Church, Princess St, WA16 6BY	10.30am - 12pm	3rd Monday of the month	echospace.org.uk/dementia-support Dementia Team 01625 666990

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Day of the week	Name of Group	Venue	Time	Frequency	Contact
Tuesday	Making Golden Memories Social and activity group	Hopes & Beams, Broad Street, Crewe, CW1 3UD	10am- 12pm or 1pm – 3pm	Every Tuesday	01270 255355
Tuesday	Young Onset Dementia Group	Café 34 Pepper Street, Nantwich	1.30pm – 3pm	Every 4th Tuesday	Dawn on 07488285861 or Lynn on 07580097468
Tuesday	Young Onset Dementia Group	Astbury Village Hall, Peel Lane, Congleton, CW12 4RQ	1pm - 2.30pm STARTS IN JULY	Every 3rd Tues of the month	0300 3690570 cheshire@alzheimers.org.uk
Tuesday	Holmes Chapel Memory Cafe Dementia cafe	Holmes Chapel Methodist Church, 4 Hawthorn Villas, Crewe, CW4 7AR	10am – 12 noon	1st and 3rd Tuesdays of the month	Space is limited so please call before attend- ing. Dorothy Davidson 01477 537679 or dedavidson1@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	Circle of Friends Group Dementia cafe	Elim Church, London Road, Nantwich, CW5 6LW	1pm – 3pm	Every Tuesday	Elim Church 01270 626 749
Tuesday	B's Café—Belong Dementia Cafe	Belong Crewe—Brookhouse Drive, Crewe, CW2 6NA	2pm – 4pm	Every 2nd and 4th Tuesday	Jessica Butler 01270 561200 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	office@poyntonparishchurch.org 01625 879277
Tuesday	Dementia Memory Meadow Cafe	Barony Lodge Care Home, Barony Road, Nantwich, CW5 5QS	10am - 12pm	3rd Tuesday of the month	01270 447395
Tuesday	Coffee and Chat Dementia café	Market Tavern, 8 The Square, Sandbach, CW11 1AT	10am – 12pm	1st Tuesday of the month	Dave Whitworth 07593 533260 enquiries@dementiafriendlysandbach.org.uk
Tuesday	Love to move (seated exercise group)	Wilmslow United Reform Church, Chapel Lane, SK9 1PR	2pm - 3.30pm	1st and 3rd Tuesday of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Tuesday	Dementia Café	Wilmslow United Reform Church, Chapel Lane, SK9 1PR	2pm - 3.30pm	2nd Tuesday of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Tuesday	Singing for the Soul	Wilmslow United Reform Church, Chapel Lane, SK9 1PR	2pm - 3.30pm	4th Tuesday of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990

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Day of the week	Name of Group	Venue	Time	Frequency	Contact
Wednesday	Singalong group	Twyford House – Care Home and Memory Centre, Richard Woodcock Way ,Alsager, ST7 2DF	2pm – 3.30pm	2nd Wednesday of month	01270 873975 Kath Reader alsager.dfc@gmail.com
Wednesday	Coffee and chat Drop-in	Bollington Library, Palmerston Street, SK10 5JX	2pm onwards	Every Wednesday	Gill Lancaster 0780827159
Wednesday	The Afternoon Club	St Marys Caritas Centre Delamere Street, Crewe	1pm - 3pm	Every Wednesday	Dawn 07488285861 Lynn 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
Wednesday	St Lukes Mow Cop Community Group	Mount Pleasant Village Hall, ST7 3LG	10.30am - 12.30pm	1st and 3rd Wednesday of the month	stlukesmowcop@yahoo.com
Wednesday	No Tier Snooker Society (for those with FTD or early onset dementia)	Congleton Snooker Club, Royle Street, CW12 1HR	2pm - 4pm	Every Wednesday	Ian 07555 524 862 ian@notiersnooker.com
Wednesday	Memory Care Advice Café	Cranford Grange Care Home, Hall Lane, Mobberley, Knutsford, WA16 7DZ	3pm - 5pm	Last Wednesday of the month	Dawn Williams 01565 881020 dawn.williams@careuk.com
Wednesday	Dementia Café	East Cheshire Hospice, Sunflower Living well Centre, Millbank Drive, Broken Cross, SK10 3DR	10.30am - 12pm	1st Wed of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Wednesday	Love to move (seated exercise class)	East Cheshire Hospice, Sunflower Living well Centre, Millbank Drive, Broken Cross, SK10 3DR	10.30am - 12pm	2nd and 4th Wed of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Wednesday	Singing for the soul	East Cheshire Hospice, Sunflower Living well Centre, Millbank Drive, Broken Cross, SK10 3DR	10.30am - 12pm	3rd Wed of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990

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Day of the week	Name of Group	Venue	Time	Frequency	Contact
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 01270 279707 bscdt@tiscali.co.uk
Thursday	Singing for the Brain	Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield ,SK10 2UD	11am – 12.30pm	2nd and 4th Thursdays of the month	0300 369 0570 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 of the month	John 07915252535 Jean 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 of the month	Judith Harries on 01260 253945 or pastoral@peakparishes.org.uk
Thursday	Singing for the Brain	St Peter's Church, Elworth, Sandbach, CW11 3HU	1.15 pm - 2.45pm	1st and 3rd Thursdays of the month	0300 369 0570 cheshire@alzheimers.org.uk
Thursday	Coffee and Chat Dementia cafe	Sandbach Rugby Club 124 Bradwall Road, Sandbach, CW11 1RA	11am – 12:30pm	2nd Thursday of the month	Dave Whitworth on 07593 533260 enquiries@dementiafriendlysandbach.org.uk
Thursday	The Thursday Club	St Marys Parish Hall, Nantwich	10:30am – 12pm	Every Thursday	Dawn 07488285861 Lynn 07580097468
Thursday	Audlem Thursday Club	Audlem Public Hall and Annexe, Cheshire Street, Audlem	11am - 2pm	Every Thursday	julia.watson@adca.org.uk 07984 785907
Thursday	Love to move (seated exercise group)	Poynton Civic Hall, Park Lane, SK12 1RB	2pm - 3.30pm	1st and 3rd Thurs of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Thursday	Singing for the soul	Poynton Civic Hall, Park Lane, SK12 1RB	2pm - 3.30pm	2nd Thurs of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Thursday	Dementia Cafe	Poynton Civic Hall, Park Lane, SK12 1RB	2pm - 3.30pm	4th Thurs of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990

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Friday	Alsager Memory Cafe	1st Floor (lift available) Alsager Library, Sandbach Road North, Alsager ST7 2QH	11am - 12.45pm	Last Friday of the month	Kath Reader 01270 873975
Friday	Forget me Not Club	New Life Church, West Road, Congleton, Cheshire, CW12 4EY F	10.30am - 12pm	2nd and 4th Friday of the month	Clare Sheard 07866 415211
Friday	Disley Friends	Disley Community Centre, Off Buxton Old Rd. Disley, SK12 2BB	1:30pm— 3:30pm	2nd Friday of the month	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 07443 492573 alsagergn@gmail.com
Friday	Knutsford Friendship Cafe Dementia cafe	Knutsford Methodist Church, Princess Street, Knutsford, WA16 6BY	10am – 12pm	Every Friday	Paula Lambe 01565 652251 or 07816308505
Friday	Sunshine Social Club	Broken Cross Club, Macclesfield	10.30am – 12pm	2nd Friday of the month	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 – 12pm	3rd Friday of the month	Sunflower Centre: 01625 610364
Friday	Love to move (seated exercise group)	Asbury Village Hall, Congleton	2pm - 3.30pm	1st and 3rd Fri of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Friday	Singing for the soul	Asbury Village Hall, Congleton	2pm - 3.30pm	2nd Fri of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Friday	Dementia Café	Asbury Village Hall, Congleton	2pm - 3.30pm	4th Fri of the month	echospice.org.uk/dementia-support Dementia Team 01625 666990
Saturday	Coffee and Chat Dementia cafe	Wesley Centre, Unity Church, Wesley Avenue, Sandbach, CW11 1DG	10am – 12pm	3rd Saturday of the month	Dave Whitworth on 07593 533260 Barbara Glassonbury 01270 764113
Saturday	Dementia Disco	Poynton Legion Club, SK12 1JY	5pm - 7pm	1st Saturday of the month	hello@dementiadisco.org 0300 102 7042 www.dementiadisco.org
Sunday	Sunday Tea Coffee and chat	Gawsworth Methodist Church, Dark Lane, Gawsworth, Macclesfield, SK11 9QZ	4pm -5.30pm	1st Sunday of the month	Rev Sheila Bishop 01625 433239 Muriel 01625 427992
Sunday	Seniors' Lounge Social and activity group	St Mary's Church Hall, Nantwich	3pm – 4pm	2nd Sunday of the month	Ros Reid 01270 611344 Cathie Riddell 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 brightmemories@ageukcheshire.org.uk
- **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
- **DISC: Dementia Information and Support for Carers** - an 8 week course. Call Cheshire East Carers Hub: 03003030208 to book a place.