



## 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 5ET	10am – 1pm	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 Laura 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	emmanuel.leftwich@gmail.com www.leftwichchurch.org
Monday	Elton Memory Cafe	Church Hall, Ince Lane, Elton, CH2 4QB	11am - 1pm	2 <sup>nd</sup> Monday of the month	Lesley.gardner38@btinternet.com Margaret - lockhart009@btinternet.com 07947 530970
Monday	Museum Meet & Make (mixed group)	Grosvenor Museum, 27 Grosvenor Street, Chester CH1 2DD	2pm - 4pm	Every other Monday	Virginia.kettle @cheshirewestandchester.gov.uk
Monday	Bright Memories Dementia Day Service	Age UK Cheshire, Castle Community Centre, Barbers Lane, Northwich, CW8 1DT	10am - 3pm	Weekly	07917 638820 <a href="mailto:brightmemories@ageukcheshire.org.uk">brightmemories@ageukcheshire.org.uk</a>
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	United Community Church, Hoole Road, Chester, CH2 3NT	1:30pm – 3pm	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday in month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Tuesday	Dementia Wellbeing Group	Little Sutton Methodist Church, Ellesmere Port, CH66 1NL	11am - 1.30pm	2nd Tues in month	Melanie.Taylor@mha.org.uk 0151 3573873
Tuesday	Bright Memories Dementia Day Service	Age UK Cheshire, Castle Community Centre, Barbers Lane, Northwich, CW8 1DT	10am - 3pm	Weekly	07917 638820 <a href="mailto:brightmemories@ageukcheshire.org.uk">brightmemories@ageukcheshire.org.uk</a>
Wednesday	Singing for the brain	Trinity Methodist Church Community Centre Trinity Fields Winsford CW7 3GP	11am - 12.30pm	1st and 3rd Wednesday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Wednesday	Dementia Cafe	Tarporley Community Centre, High Street, CW6 0AY	11am – 12.30pm	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of the month	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	Main Street Memory Cafe	Main Street Community Church, Frodsham, WA6 7DF	10.30am – 1.30pm	Every Wednesday	07772 582740 Jayne jane.pinnington@aol.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	<b>Currently on hold, please contact if interested</b>	Georgia Gough georgia@cwtogether.org.uk
Wednesday	Singing for the brain	Main Street Community Church, Frodsham, WA6 7DF	2.15pm - 3.45pm	2nd and 4th Wednesday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Wednesday	Bounce Back with Deep - Dementia support group	Parade Enterprise Centre, 51 The Parade, Chester CH1 5HN	11.30am - 1.30pm	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
Wednesday	Deewater Grange Dementia cafe	93 Chester Road, Chester, CH3 6BS	1pm - 3pm	Every 4th Wed of the month	Andrew.kenny@careuk.com 01244 455237
Wednesday	Dementia Friendly Northwich Cafe	The Salvation Army, Tabley Street, Northwich, CW9 5DP	11am - 12.30pm	Every 3rd Wed of the month	Visit 'Dementia Friendly Northwich' Face-book page for more details
Wednesday	Bright Memories Dementia Day Service	Age UK Cheshire, Castle Community Centre, Barbers Lane, Northwich, CW8 1DT	10am-3pm	Weekly	07917 638820 <a href="mailto:brightmemories@ageukcheshire.org.uk">brightmemories@ageukcheshire.org.uk</a>
Thursday	Bounce Back with Deep - Dementia support group	Holy Trinity Church, Blacon, CH1 5DZ	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	11am – 12.30pm	2nd and 4th Friday of the month	cheshire@alzheimers.org.uk 0300 369 0570 Chris Lee
Friday	Carer Support Group (mixed group)	Tarporley Chapel, High St, Tarporley, CW6 0AG	2pm—3.45pm	Monthly	Debbie.dekock@opalservices.org.uk 07547 508280

## Dementia Day Services

- **Bright Memories** Mon, Wed, & Wed 10am - 3pm, Northwich, £53 per day including x2 course lunch. E: [brightmemories@ageukcheshire.org.uk](mailto:brightmemories@ageukcheshire.org.uk) T: 07917 638820
- **VIVO** - 5 days a week. Venues at: Ellesmere Port, (Specific for dementia care - [kia.lawton@vivocarechoices.co.uk](mailto:kia.lawton@vivocarechoices.co.uk)), Chester ([laura.penk@vivocarechoices.co.uk](mailto:laura.penk@vivocarechoices.co.uk)), Northwich ([irene.dale@vivocarechoices.co.uk](mailto:irene.dale@vivocarechoices.co.uk)) and Winsford ([andrea.trowell@vivocarechoices.co.uk](mailto:andrea.trowell@vivocarechoices.co.uk)). Costs: 10am-2pm- £42.91, 10am-4pm- £64.23, 9am-5pm- £72.83, all prices include 2 course hot meal and unlimited refreshments. T:0300 1235059
- **New Day Care Service opening at Tarporley War Memorial Hospital** Eternity Care Services are opening a dementia friendly day care service on Thursdays and Fridays from 10-3. This is in partnership with Tarporley War Memorial Hospital Trust, which is helping subsidise the sessions to £30 per day to include lunch, refreshments and activities. To find out more please contact: 01606 212550 or [info@eternitycareservices.co.uk](mailto:info@eternitycareservices.co.uk)

## 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 support helplines

- Dementia UK Admiral Nurse 0800 888 6678, Monday to Friday: 9am to 9pm, Saturday to Sunday: 9am to 5pm
- Alzheimer's Society Dementia Connect support line 0333 150 3456