

Become a Dementia Friend

Nearly everyone knows someone whose life has been changed due to developing or caring for someone with dementia. As a town Congleton is looking to sign up at least 250 people to a Dementia Friends session this year.

A Dementia Friends session lasts around an hour, are free to attend and are open to all. The content is designed by Alzheimer's Society and run by trained dementia friends champions. By attending one of the sessions you'll find out about what dementia is and what it isn't, plus some guidelines on how to present a friendly face.

Sessions are run regularly at Congleton Library and Congleton Museum and are free of charge, although booking is advisable.

If you can muster 8+ friends, family, group members or work colleagues Congleton's Dementia Champions will be happy to arrange an exclusive session for you - contact Dementia Friends Champion Diane Ritherdon on 01260 274035 for details.



Recent Dementia Friends Awareness Session at Riverside Mill.

Contacts

This leaflet has been produced by the Dementia Friendly Congleton Group to help spread the word about activities taking place across the town that may be of interest to those who are either living with dementia or caring for someone with dementia.

We have done our best to ensure the information in this leaflet is accurate. If we have made any mistakes, or if you run an activity that you think should be included in the next edition please let us know. The aim is to reproduce this leaflet at least quarterly.

As we become aware of more activities they will be included on the Congleton Partnership Website: www.congletonpartnership.co.uk

Dementia Friendly Congleton Group is looking to organise a number of activities and awareness sessions during National Dementia Action Week from the 21st - 27th May. If you are interested in getting involved we would love to hear from you!

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported and confident they can contribute to community life.

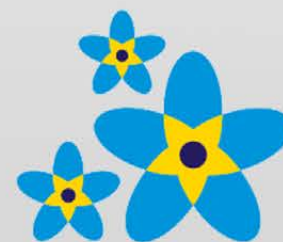
Mike Smith
Congleton Partnership
c/o Congleton Town Hall, High Street, Congleton
CW12 1BN

Or email ms@congletontowncouncil.co.uk
Or tel 01260 270350 ext 7

Working towards a Dementia Friendly Congleton

Local Activities Leaflet

Find out more - get involved!



Working to become
**Dementia
Friendly**
2018-2019

March 2018

Dementia Friendly Activities

Below we have compiled a list of regular sessions that may be of interest to people living with dementia and those who care for them. The activities are not necessarily exclusively aimed at those with dementia.

Astbury Garden Centre

Newcastle Road

2nd Tuesday of the month

10am – 12 noon

Congleton Memory Café. Alzheimer's Society run group. Referrals not needed but please ring and introduce yourself first 0300 3690570

Bromley Farm Community Centre

Edinburgh Road,

Thursdays - 10am – 3pm

Time Out Group - variety of activities, lunch provided. Places are limited and may be a waiting list. More volunteers needed to help - contact Margaret Butcher @ togdreamteam@gmail.com

Congleton Leisure Centre

Worrall Street - tel 01260 387717

Next Session: Saturday 21st April

Community Swim – 4.30pm – 5.30pm

Admission £4 or £2.40 for concessions including carers and those aged 60+. At these sessions the changing rooms will become mixed to enable anyone needing assistance to dress/undress to have their carer of a different gender to support them.

Congleton Cricket Club

Company Corner – every Monday 10-12 noon

Contact Vicky: 07958 089790

Sunflower Centre, part of East Cheshire Hospice (Macclesfield)

Programmes for carers and those living with dementia, sessions for those with dementia, support for carers and Living Well Sessions

Contact: www.eastcheshirehospice.org.uk
or tel 01625 665685

New Life Church

West Street

2nd and 4th Friday of the month

Forget-Me-Not Club – 10am – 12 noon

With a range of activities for people living with dementia and those who support them. For more information and to register with the group contact

Old Saw Mill

Back River Street (off Antrobus Street)

Tel 01260 277658

Every Tuesday – Knit and Knatter

2-4pm in the café

Every Thursday – Crafting – 7pm – 9pm

Every other Wednesday

Carers and Loved Ones – 2-4pm

£3 per person includes tea, cake and an activity
Wednesday 21 March art session with Electric Picture House.

Wednesday 4th April protecting against scammers – check for latest activities

St John's Community Centre

Buxton Road, Buglawton

Every other Wednesday, 10-12 noon

Dance to Health sessions with Claire Donaldson
01993 870150

The United Reform Church

Antrobus St

Thursday 15th March 2.30pm,

then every 3rd Thurs of month

Start of regular quiet worship for those who need a more peaceful worship followed by refreshments and fellowship Rev Murray 01260 273893

Every Monday – Dance to Health
1.30 – 3.30pm

Tel Claire Donaldson – 01993 870150

Summary of Activities

Monday

Every Monday – Dance to Health
United Reform Church 1.30 – 3.30
Company Corner, Cricket Club 10-12

Tuesday

Second Tuesday of the month
Memory Café, Astbury Garden Centre
10 – 12 noon

Every Tuesday

Knit and Knatter – Old Saw Mill 2-4pm

Wednesday

Every Wednesday
Dance to Health, St John's Community Centre
10 – 12 noon

Every other Wednesday

Carers and Loved Ones – Old Saw Mill – 2-4pm

Thursday

Every Thursday Time Out Group
Bromley Farm Community Centre 10 – 3pm

3rd Thursday of the month, Quiet Service
United Reform Church, 2.30pm

Every Thursday, Crafting, Old Saw Mill 7pm – 9pm

Friday

2nd & 4th Friday – Forget-Me-Knot club
New Life Church – 10 – 12 noon

Saturday

Next Session 21st April
Community Swim Leisure Centre

Sunday

Could you organise an event or let us know of any?