

Become a Dementia Friend

Join the growing band of 700+ people who have attended a dementia friends awareness session in Congleton. It only takes an hour and offers an insight into making life a little easier for those living with dementia. Our Dementia Champions are happy to run sessions for 8+ people- or you can join in an open session, the next one is above the Co-op Funeral Parlour in West Street 6pm on Tuesday 20th August. For details contact Diane Ritherdon on 0777 0724932.

Dementia Buddy

If you are worried about a loved one with dementia wandering off and getting lost, you may want to look into the Dementia Buddy scheme. With Dementia Buddy's the person can have an identifiable badge, wrist band, bag tag or key ring which just needs to be scanned with a smart phone to reveal a name and contact of someone able to help the 'lost' person. Thanks to funding from Congleton Lions, while funds last, people with a CW12 postcode can order an item free of charge from www.dementia.buddy.co.uk or 01942 888990.

Dementia Reading

Congleton library has a stock of 'Books on Prescription' which can help those with early stages of dementia or those caring for someone with dementia to further understand the condition. There's a wide range of books and library staff will be happy to help and advise.

More Help Available

Cheshire East Carers Hub: If you help to care for someone the Hub is full of useful contacts and resources. See www.cheshireeastcarershub.co.uk, or call 0300 303 0208.

Cheshire East Pathfinder: Is able to help people who feel isolated or who need some free confidential support, advice and information about local services - contact Carol Levis on 07799 519431 or email: pathfindereast@cheshireaction.org.uk

Talking Newspapers: For anyone registered blind or partially sighted there is a free weekly postal service to receive a 'listen-to' version of the Chronicle. Contact Val 0787 139 8549

Mountview Service

Day care services offered at Mountview will be moving to Overton House on West Street. Once current users are settled, additional referrals will be considered.

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 that 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



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

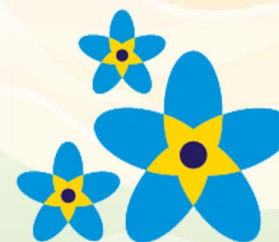
Or email mike.smith@congleton-tc.gov.uk
Or tel 01260 270350 ext 7



Gentle Activities for the Young at Heart in Congleton

Local Activities Leaflet

Find out more - get involved!



Working to become
**Dementia
Friendly**
2019-2020

Summer
2019



Social Activities

Below is a list of regular activities which have been organised to help local people feel part of their community. All the activities listed are also designed to be friendly for those living with dementia and their carers.

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,

Monday 12pm - 2pm

Never Too Old to have Fun - 'a youth group for pensioners!' Free lunch and lots of activities

Thursday 10am - 3pm

Time Out Group - variety of activities, lunch provided. We are in need for more volunteers to ensure that we can continue to offer everyone a quality time - contact Margaret Butcher on 0797 4261407 or 01260 297847

Chappell Centre (Mossley)

Silver Active Club - gentle exercises every Wednesday (except the 3rd Wed), 10am - 11am and 11.15am - 12.15pm To book call 07788 966566.

Starts back 4th September

Parkinson's Drop-in Café, 4th Friday of the month 10.30am - 12.00pm

Brighter Times, 3rd Friday 10.30am - 12.30pm

Congleton Cricket Club

Company Corner

Every Monday 10am - 12 noon

Don't be alone, come in for a coffee, cake and see a friendly face! Contact Liz on 077 177 36645. Open to anyone who would like some company. Visitors will be made very welcome.

Congleton Library

Fourth Monday 2:30pm - 3:30pm

Poetry and readings with refreshments provided. All welcome.

Second Thursday 2.30pm - 3.30pm

It's Debatable, Friendly Conversation Club, free with refreshments

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 Claire Sheard tel 07866 415211. *(not meeting in August)*

4th Wednesday of the month

Coffee and Chats - 10.30am - 12.30pm *(back 13th Sept)*

Every Tuesday - Jubilee Club - 10am - 12.30pm - free activities including allotments, cooking, crafts and chatting!

The LA (Less Able) club meets at New Life Church on the 2nd Friday of the month from 2pm - 4pm.

The cost to become a member is £12 per year. Tea and Coffee at each meeting and at least one outing per year. *(not meeting in August)*

Contact Douglas on 0776 781 7170.

Overton House, West Street

1st and 3rd Wednesday of the month

Singing Together 1.30pm - 3pm

Contact Helen on 0333 323 1990. Cost £2 including refreshments.

Congleton Museum

Sunday 18th August, 'Congleton Past' slide show.

£3 with refreshments. Start 2.30pm

Sunday 22nd September Gentle Walk and Cream Tea £5 meet 2.30pm

Old Saw Mill

Back River Street (off Antrobus Street)

Tel 01260 277658

Every Monday Chomp and Chat 12pm - 2pm - meet new friends over lunch and have a good chat. £6 for meal and a drink

Every Monday Sing-a-long 2.30pm - 3.30pm

Every Tuesday - Knit and Knatter 2pm - 4pm free drink in the café

St John's Community Centre,

Buxton Road, Buglawton

Every Wednesday, 10am - 12 noon

Dance to Health sessions with Claire Donaldson 07493 299721. Costs £3.50

Older Adult Exercise Class, Monday 10-11am.

Cost £4, tel Sarah on 077398 02536

2nd Wednesday of the month - Tea-church - a short worship service followed by high tea. No charge but there is a donation box

Every Friday (starts 12 noon): Luncheon Club - good food and fellowship. For details of events at St John's call Peter Houldsworth on 01260 271103. Costs £4.

The United Reformed Church, Antrobus St

Every Monday - Dance to Health, 1.30 - 3.30pm

Tel Claire Donaldson - 01993 870150

Luncheon club every Wednesday and Friday from 11am - 2pm. £4 per person, good company and a hot meal. Carers can stay for a meal but it is not necessary. Tel Margaret Bournier on 0796 4865 632

Men in Sheds every Monday and Tuesday

£5 a session run by Age UK. Sessions at 9am, 11am and 2pm. Tel 01625 612958 or see mis@ageukce.org

Wild and Wild Café, pedestrian area - traditional games sessions on the 1st and 3rd Wednesday of the month from 10am - 12 noon.

