

# Gentle Activities for the Young at Heart in Congleton

Local Activities Leaflet

Find out more - get involved!



Winter  
2021 - 2022



# Welcome

At this time of year, with the dark nights and winter months ahead, we like to think about inclusive & dementia friendly activities we can do indoors. The Dementia Friendly Congleton Group is helping to spread the word about activities starting to resume across the town after all support groups were postponed during the COVID-19 pandemic. There are plans for more sessions to open in the New Year.

The face to face activities range from coffee mornings, gentle exercise classes, crafts, sing alongs, lunch clubs, plus many more. They are open to people living with dementia, their carers and family members. A warm welcome is also extended to the 'young at heart' living in Congleton, the regular activities have been organised to help local people feel part of their community.

We encourage anyone who knows someone with dementia to continue to keep in contact, whether that's by paying a visit or making regular phone calls. There is so much more to a person than their dementia, and regular contact can do so much to help someone feel less alone.

Dementia Friendly Congleton is a sub-group of the Congleton Partnership. A community based volunteer organisation which carries out projects, events and improvements in the town. For further information see: [www.congletonpartnership.co.uk](http://www.congletonpartnership.co.uk)

## Become a Dementia Friend

Join the 1000+ 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. The content is designed by the Alzheimer's Society. Contact Diane Ritherdon on 07770 724932.



## 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, people with a CW12 postcode can order an item free of charge from Congleton Lions on 0345 833 8054 or [www.dementiabuddy.co.uk](http://www.dementiabuddy.co.uk). Forms also available from the Congleton Information Centre.

## Dementia Games Swap Shop (inside Congleton Library)

A variety of games and activities suitable for people living with dementia are available for loan or can be swapped for games and activities in good condition. Items for swap should be complete especially jigsaws which should be no more than 250 pieces with easy to handle pieces. Just ask one of the library staff for access and guidance.

## More Help Available

Everyone needs more help at times. Below are a few organisations that may be able to help you...

- **Age UK Cheshire East** – Tel: 01625 612958 or [www.ageuk.org.uk/cheshire](http://www.ageuk.org.uk/cheshire)
- **Alzheimer's Society** – Tel: 0300 222 1122 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- **Blue Badge Scheme** – Tel: 0300 123 5020 or [www.cheshireeast.gov.uk/benefits/bluebadgescheme](http://www.cheshireeast.gov.uk/benefits/bluebadgescheme)
- **Cheshire East Carers Hub** – Tel: 0300 303 0208 or [www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)
- **Cheshire East Social Care Out of Hours** – Tel: 0300 123 5022
- **Dementia Reablement Service** – for individuals with the early stages of dementia following a formal diagnosis. Tel: 01625 378287 or [www.cheshireeast.gov.uk/dementiareablement](http://www.cheshireeast.gov.uk/dementiareablement)
- **Silver Line** – national helpline providing free information, friendship and advice to older people. Open 24 hours a day, 365 days a year. Tel: 0800 470 80 90
- **Social Prescribers** – Congleton's doctors' surgeries are being supported by a social prescriber, acting as a link person to look at health and wellbeing. The prescribers connect people to community groups and statutory services for practical and emotional support. Contact your Social Prescriber via your GP practice.

# Gentle Activities for the Young at Heart in Congleton

While the list of activities below is considered to be correct at the time of printing, activities may be subject to change. Please check with the event organiser before attending. This list is by no means exhaustive, we will add to it as more activities resume in the New Year. If you are aware of other activities which should be included in this booklet please let us know. Email: [info@congleton-tc.gov.uk](mailto:info@congleton-tc.gov.uk) or tel 01260 270350 ext 3.

**Bear Grills Café**, Market Street, CW12 1PB

**Traditional Games** - 1st and 3rd Thursday of the month, 10.30am-12 noon  
Come and play scrabble, dominoes, board and card games, plus many more favourites. Contact: Diane Ritherdon on 07770 724932

**Congleton Cricket Club**, Booth Street, CW12 4DG

**Company Corner** - every Monday, 10am-12noon (including bank holiday Mondays)

Don't be alone, come in for coffee, cake and see a friendly face! Open to anyone who would like some company. A warm welcome awaits you.

Contact: Liz on 07717 736645

**Sequence Tea Dance** - every Friday, 2pm.

Contact Chris and Ann on 01260 277684

**Congleton Library**, Market Street, CW12 1ET

**Crafty Natter** - every 2nd and 4th Wednesday of the month from 2022, 2.30pm  
All crafters and abilities welcome, from quilting to crochet. Come and have a chat over a cuppa and cake. Dates until Christmas 2021, 24 Nov, 8 & 22 Dec.

**Crafternoon Tea** - every 3rd Wednesday of the month, 2pm

Try a different craft each month. Meet new people, share skills & relax. No skill required! £1 includes all material & refreshments.

**Keen Cooks** - every 2nd Tuesday of the month, 2.15pm

Join the tastiest book group in town! With a different theme each month.

**Let's Chat** - every 1st Friday of the month, 2pm

Do you like to chat? Do you like to meet people? Join us for a cuppa to discuss what is going on around the world.

**Story & Tea for grown ups** - every 4th Monday of the month, 2.30pm

Friendly reading group with a difference. Relax with refreshments & listen to poetry & short readings.

For all activities and dates, check with Congleton Library on 01260 375550

# Gentle Activities for the Young at Heart in Congleton

**Lower Park Mill**, Lower Park St, Congleton, CW12 1EH

**Age UK - Men in Sheds** - every Monday & Tuesday, 3 sessions: 9am-11am, 11am-1pm and 2pm-4pm

The Congleton Shed is a place for men over the age of 50 to get together in a relaxing environment to share interests, skills, experiences and decent conversation. It's just £5 per session, typical activities include woodwork advice and support, project planning, painting and varnishing or relaxing with a cup of tea in the company of other men. You don't need woodwork skills to come along to the shed, sometimes we just chat, drink tea and put the world to rights! Limited places per session, to book contact: 01625 612958

**New Life Church**, West Road, CW12 4EY

**Forget Me Not Group** - every 2nd and 4th Friday of the month, 10.30am-12 noon  
Fellowship group for carers and people living with Dementia. A friendly group with chat, activities and music.

Contact: Clare Sheard on 07866 415211 or Diane Ritherdon: 07770 724932

**Jubilee Club** - every Tuesday, 10am-12.30pm

Meet new people and learn a new skill, activities include: allotments, cooking, crafts and chatting! Contact: 01260 297961

**The LA (Less Able) Club** - every 2nd Friday of the month, 2.30pm-4.30pm  
£20 per year (first payment will be due Feb 2022) includes tea, coffee, bingo and entertainment. Contact Doug Parker on 07767 817170

**St John's Community Centre**, Buxton Old Road, Buglawton, CW12 2ES

**Luncheon Club** - every Friday, 12 noon

Enjoy a hearty home cooked meal and fellowship (recommended £4 donation). Free community transport available.

To book contact: Peter Houldsworth on 07791 704112

or email [peterhouldsworth@hotmail.co.uk](mailto:peterhouldsworth@hotmail.co.uk)

**Tea-Church** - every second Wednesday of the month, 3.30pm

A short worship service followed by high tea. No charge but small donations welcome. Free community transport available.

To book contact: Peter Houldsworth on 07791 704112

or email [peterhouldsworth@hotmail.co.uk](mailto:peterhouldsworth@hotmail.co.uk)

**Move It or Lose It** - every Wednesday, 10am-11am

A fun and varied hour of exercise for older adults, to keep active with options for chair based exercises. £4 per session.

Contact: Fiona Enticott on 07906 628719 or [fiona.enticott@gmail.com](mailto:fiona.enticott@gmail.com)

# Gentle Activities for the Young at Heart in Congleton

**Mugs & Games** - every Tuesday & Thursday, 6:30pm - 9:30pm

A board game club, for further information contact: 07950 205582 or email [ele\\_morris@hotmail.co.uk](mailto:ele_morris@hotmail.co.uk)

**The Old Saw Mill**, Back River Street (off Antrobus Street), CW12 1HJ

**Big Heart Lunch Club** - A 'meals on wheels' scheme delivered every Friday to eligible residents, at a subsidised cost of £4.

**Book Club** - every Saturday, 11:30am-1pm

Come along for discussions, book recommendations and to meet like-minded people.

**Knit and Natter** - every Tuesday, 1.30pm-3.30pm. Meet, mingle and trade yarns with local knitters! Have fun comparing patterns, sharing techniques and trading tips on stitches.

**Sing a Long** - every Monday, 2.30pm-3.30pm. Love to sing? We are a friendly group of people, who enjoy to sing for fun. All ages and talents welcome!

**Women's Health Support Group** - every Saturday, drop in 1pm-3pm

**Women's Support Group** - every Wednesday, drop in 4pm-6pm

For all activities contact: The Old Saw Mill on 01260 277658

**Trinity Methodist Church**, Westwood House, Wagg Street, CW12 4BA

**Stitch and Chat** - every Monday, 2pm-4pm

Participation in the stitch part isn't mandatory! Refreshments available.

Coffee shop also open Monday, Wednesday and Friday 10am -12noon.

Extending to four days in 2022. Contact: 01260 270899

**The United Reformed Church**, Antrobus Street, CW12 1HE

**Board Games For Mental Health** - every last Saturday of the month, 2pm-4pm

A fun atmosphere for the young and old alike, we have board games available at the venue - but feel free to bring a favourite one with you! Refreshments available. There are plans for more events at other Congleton venues in 2022.

Contact Stuart Neild on 07712 151123

**Walking Group**

A guided walk around Astbury Mere and other walks in Cheshire East led by qualified Health Coaches. Two different types of walks available ranging from 45 minutes up to 75 minutes. A great way to meet new people in your local area whilst getting active.

Sign up to the 'walking group' at [www.oneyoucheshireeast.org/move-more](http://www.oneyoucheshireeast.org/move-more)

# You're not alone

we're here  
to help

This Scheme aims to reduce loneliness and isolation amongst the over 50s across Congleton.

## How can we help you?

- A volunteer Buddy or Befriender – via Telephone (or other technology).  
To provide companionship, a friendly person to talk to and share some time with.
- We have successfully matched over 400+ people with a Volunteer which has improved their lives.



### Client Comments

- // "I really enjoy speaking to my volunteer, its like talking to family."
- // "If you didn't do this I wouldn't have been able to make a friend."
- // "This service has been a lifeline, its wonderful."

## Get in touch...

**01260 606066**

[befriending@changing-lives-together.org.uk](mailto:befriending@changing-lives-together.org.uk)

Charity Number: 1139983. Company Limited by Guarantee: 07400060.

changing lives  
**t**ogether  
our community, your future

Are you over 50  
and living in  
Congleton?



# Buddy & Befriending Scheme

Are you feeling lonely or isolated?

Would you like to be matched with a Volunteer Buddy or  
Befriender for companionship and social chats?

**We can help you**

Get in touch...

**01260 606066**

**[befriending@changing-lives-together.org.uk](mailto:befriending@changing-lives-together.org.uk)**

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