

Gentle Activities for the Young at Heart in Congleton

Local Activities Leaflet

Summer 2022



Find out more and get involved!

Welcome

The Dementia Friendly Congleton Group is helping to spread the word about inclusive and dementia friendly activities resuming across the town as support groups make a comeback after the COVID-19 pandemic. Look out for more sessions starting up over the year.

The face to face activities range from coffee mornings, gentle exercise classes, crafts, games and quizzes, music, 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 which includes representatives from Congleton Town Council. The community based volunteer organisation carries out projects, events and improvements in the town. For further information see: 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 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 direct from Congleton Lions via email: congletonlions@gmail.com

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
- **Alzheimer's Society** – Tel: 0300 222 1122 or www.alzheimers.org.uk
- **Blue Badge Scheme** – Tel: 0300 123 5020 or www.cheshireeast.gov.uk/benefits/bluebadgescheme
- **Cheshire East Carers Hub** – Tel: 0300 303 0208 or 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
- **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

Bear Grills Café, Market Street, CW12 1PB

Traditional Games – Come and play scrabble, dominoes, board and card games, plus many more favourites. For dates and times contact: Diane Ritherdon on 07770 724932

Bromley Farm Community Centre, Edinburgh Road, CW12 3EN

Time Out Group – every Thursday, 10am–3pm.

The sociable group offers those living with the early onset of Dementia the opportunity to have time out from home and equally giving their carers time out too. The session helps to improve people's confidence and motivation by taking part in fun activities which include: singing & music, quizzes, gentle exercise, arts & crafts, day trips and much more. Experienced volunteers are on hand to offer advice, compassion and support. Costing just £20 per week, members will be served a hot lunch and refreshments throughout the day.

Contact Margaret Butcher or Glen Williams on 01260 279707, or email: bscdt@tiscali.co.uk

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

Mental Well-Being with Music – monthly, 7pm–9pm

Discos for adults aged 18+ with disabilities and people who feel isolated or lonely. £2 per person (carers free). Food available at £2. For further information and dates contact Cllr Rob Moreton on 07597 085396 or visit the Facebook page: Mental Well-Being with Music

Sequence Tea Dance – every Friday, 2pm.

Contact Chris and Ann on 01260 277684

Congleton Library, Market Street, CW12 1ET

Babbling Books: alternate Thursdays, 2pm.

Join our reading group with a difference. Rather than everyone reading the same book we simply share favourites and recommend to each other, as well as getting first dibs on new library books. Discover your next great read.

Crafty Natter – alternate Wednesdays, 2.30pm

All crafters and abilities welcome, from quilting to crochet. Come and have a chat over a cuppa and cake.

Gentle Activities for the Young at Heart in Congleton

Crafternoon Tea - 1st and 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. Booking essential

Good Vibrations: alternate Wednesdays, 10.30am

A mood boosting sing-along with guitar accompaniment over tea & coffee.

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 and meet people? Come along to our friendly group to talk about this & that over a cuppa.

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 contact: Congleton Library on 01260 375550

New Life Church, West Road, CW12 4EY

Forget Me Not Group - every 2nd and 4th Friday of the month, 10.30am-12 noon

Social 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

Parkinson's Drop In Cafe - Join us monthly for a coffee and a chat, welcome to anyone affected by Parkinson's. For more details contact Emma Hughes on 0300 123 3683 or email: elhughes@parkinsons.org.uk

For information, support and advice about Parkinson's please contact our freephone helpline on 0808 800 0303.

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

Gentle Activities for the Young at Heart in Congleton

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

FABS (Flexibility, Active, Balance, Strength) - 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

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

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

Bros Group - every other Monday, 1pm-2.30pm

Come for a brew and a chat and share the load with other gents at the group. The informal session is peer led where men can talk and face life's issues shoulder to shoulder! Free to attend but booking is essential. Contact The Old Saw Mill.

Congleton Repair Café - every last Saturday of the month, 10am-2pm

Bring your broken possessions and have them fixed for free by the expert team of volunteers. A great community event, everybody welcome to pop in and see the amazing repairs going on! Visit the Facebook page 'Congleton Repair Café' or email: congletonrepaircafe@gmail.com

Knit and Natter - every Tuesday, 2pm-3pm. Meet, mingle and trade yarns with local knitters! Have fun comparing patterns, sharing techniques and trading tips on stitches.

The Old Saw Mill Lunch Club - A 'meals on wheels' scheme delivered every Friday to eligible residents, at a subsidised cost of £4.

Women's Wellbeing Support Group - every other Monday, 1pm-2.30pm

A safe space to meet a community of like minded women, to connect, listen, share and support. Free to attend but booking is essential. Email: collette@healthboxcic.com or call 07551 423739. Last session Mon 18 July.

Yoga & Mindfulness - last Monday of the month (until October), 11.30am-1pm

Free of charge with complimentary light brunch included. Booking essential, contact: truekellymason@gmail.com

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. Visit: www.oneyoucheshireeast.org/move-more

While the list of activities is considered to be correct at the time of printing, activities may by subject to change. Please check with the event organiser before attending. If you are aware of other activities which should be included in this booklet please let us know. Email: info@congleton-tc.gov.uk.



This is your invitation to join The Wellbeing Journey

Imagine living your best life where things falls into place

Imagine experiencing life to the full

Imagine discovering complete wellbeing in every area
of your life

Eight sessions including:

Developing a wellbeing mind-set • Physical Wellbeing • Emotional Wellbeing
Relational Wellbeing • Financial Wellbeing • Vocational Wellbeing
Spiritual Wellbeing

Contact Fiona Enticott for further details. Email: fiona.enticott@gmail.com
Tel: 01260 409039 ~ Mob: 07906 628719



Organised by Congleton Parish
with Hope Together



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

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

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our community, your future