

District	Activity	Location	Date	Contact Details	Additional information
Mansfield	Memory Café	Mansfield Woodhouse Focus Point Vale Road Mansfield Woodhouse NG19 8DR	Every third Friday of the month from 1.00 – 3.00 pm.	Charlene ☎ 078121 97527	Free, no waiting list, just turn up on the day. The building has disabled access and free car parking (although this is limited) free refreshments are provided although donations are welcome. Activities include occasional trips out.
Mansfield	Memory Café	Oaklands Memory Lane Café, Oakfield Lane Warsop NG20 0JE	Once a month, Tuesday 1-3 15 th October 12 th November 10 th December.	☎ 01 623 842 080	Free, no waiting list, just turn up on the day. The building has disabled access and free car parking.
Mansfield	Memory Cafe	Reminiscence Tea Room Mansfield Museum Leeming Street Mansfield NG18 1NG	Normally on the third Wednesday of the month but check beforehand as dates sometimes vary.	☎ 01 623 463 088	Free, no waiting list, just turn up on the day. The building has disabled access, there is no parking adjacent to the Museum, but there are car parks nearby (Clumber Street - £1.00 per hour and Toothill Lane car parks £1.50 for two hours). To check dates go to: www.mansfieldmuseum@mansfield.gov.uk
Mansfield	Memory Café	Stanhope Centre Rock Valley Mansfield NG18 2HE	Third Friday of the month in the morning	Alzheimer's Society ☎ 0115 934 3800	You will need to book a place as demand is high, for more information about the session or to book a place ring the Alzheimer's Society.

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Mansfield	Memory Café	Forget Me Not Café Ward 52 Kings Mill Hospital Sutton-in-Ashfield	Last Thursday of the month from 2.00 – 4.00 pm	Ward 52 Kings Mill Hospital Sherwood Forest Hospital Trust	The café runs on the last Thursday of every month, from 2-4pm, for patients, carers, relatives and staff to ask questions about memory loss and conditions associated with dementia, as well as to meet and receive support in a relaxed setting, while enjoying light refreshments.
Ashfield	Memory Café	Kingfisher Court Sutton-in-Ashfield	First Tuesday of the month from 2.00 – 4.00 pm	For more information please ring ☎ 01 623 44 0325	The building is fully accessible and there is free parking (parking is limited, but there is also street parking in the area). The sessions are free-of-charge.
Mansfield & Ashfield	Peer Support & Activity Groups – Memories in Mind (formerly MAMS)	MIND Building St John's Street Mansfield NG18 1QJ	9.00 am – 3.00 pm on Monday, Wednesday and Friday	You will need to pre-book in advance as places are limited. Nathan Williamson on ☎ 01 623 658 044	The sessions provide a range of stimulating activities including armchair exercise, music therapy, quizzes, crafts and relaxation. A two-course lunch and refreshments are provided. The charge is £30 a day, however, if all three days are booked the third day is half price, so £75 for all three days.
Ashfield	Peer Support & Activity Groups - Forget Me Not Dementia Support Group	Trinity Centre Point Diamond Avenue Kirkby-in-Ashfield NG17 7GN	Third Monday of each month 1.30 – 3.30 pm	For more information please ring ☎ 077635 19196 or ☎ 077510 06107	A self-help and support group for people with memory problems, their families and friends. The group is unique in meeting the needs both of the carer and the person living with Dementia. The service and all activities are free-of-charge. The Centre is completely accessible with free parking.

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Ashfield	Peer Support & Activity Groups - Forget Me Not Dementia Support Group	St John's Heritage Centre Skegby Road Kirkby Woodhouse NG17 9JE	First Tuesday of each month 1.30 – 3.30 pm	For more information please ring ☎ 077635 19196 or ☎ 077510 06107.	A self-help and support group for people with memory problems, their families and friends. The group is unique in meeting the needs of the carer and the person living with Dementia. The service and all activities are free-of-charge. There is no dedicated car park, but it is usually possible to park on the street.
Ashfield	Carer Support Groups – Carers Trust	Health & Wellbeing Centre Portland Street Kirkby-in-Ashfield NG17 7AE	Second Monday of the month from 1.00 – 3.00 pm	For more information please contact Linda Fox on ☎ 0115 824 8824	The sessions provide carers with the opportunity to meet other carers in a friendly and informal environment and includes activities, outings and informative presentations from guest speakers. The Centre is fully accessible, and parking is free but limited. Email: hub@carerstrustem.org
Mansfield	Carer Support Groups – Carers Trust	Friends Meeting House Rosemary Street Mansfield	First Friday of the month from 10.00 – 12.00 noon	For more information please contact Linda Fox on ☎ 0115 824 8824	The sessions provide carers with the opportunity to meet other carers in a friendly and informal environment and includes activities, outings and informative presentations from guest speakers. Parking is free and the building is accessible. Email: hub@carerstrustem.org

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Ashfield	Carer Support Groups - Carers in Hucknall	John Godber Centre Ogle Street Hucknall NG15 7FQ	The group meets on the first and third Tuesday of the month from 1.30 to 3.30 pm	Please call Jim Radburn on ☎ 0115 953 0746	A peer support group welcoming both carers and the cared from Hucknall and the surrounding area. The building is accessible and there is plenty of pay and display parking to the rear, alternately there is street parking easily available in the area. The sessions are friendly, refreshments are provided, and everyone is welcome. Email: carersinhucknall@yahoo.co.uk
Mansfield	Activities – Singing for the Brain®	St Peters Centre Churchside Mansfield NG18 1AP	Friday morning 11.00 till 12.30	Please call the Alzheimer's Society on ☎ 0115 9343 800	Bringing people with Dementia and their carers together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide range of familiar and new songs. Ring to book a place and please be aware that there is a waiting list from this activity.
Ashfield	Activities – Forget Me Not Dementia Choir	Trinity Centre Point Diamond Avenue Kirkby-in-Ashfield NG17 7GN	Last Monday of the month 1.30 – 3.30 pm	For more information please ring ☎ 077635 19196 or ☎ 077510 06107.	Please come along and join us at Trinity Centre Point. The Centre is fully accessible, and parking is free.

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Mansfield & Ashfield	Activities - Singing Groups for Adults Living with Dementia	Mansfield Library and The Lammas Centre	At present the sessions in Ashfield are held on a Wednesday morning	Call ☎ 01623 677 200 to find out more	<p>Mansfield Library and Inspire Learning jointly run singing groups in Mansfield and Ashfield for people living with Dementia and their carers. The courses are currently well underway, but contact Inspire Learning to find out about future singing groups in Mansfield and Ashfield.</p> <p>Email: learning@inspireculture.org.uk</p>
Mansfield	Activities – Mansfield Town’s Older Adults Football Group	Mansfield Town Football Club - ‘Football in the Community’ room at the far end of the Ian Graves Stand	Every Friday from 10.00 am to 11.30 am	Please call Rose Dent on ☎ 0115 8043816	<p>The aim of the group is to reduce social isolation with individuals aged 65+ who have an interest in football or sports, both watching and playing! This group is suitable for anyone who has an interest in sports, watching and playing, as well as those with a Dementia Diagnosis (along with their carers). This group is also suitable for those with Working Age Dementia and their families.</p> <p>A small 50p donation is requested to cover the cost of refreshments and parking is free.</p> <p>Email: co.production@nottsc.gov.uk</p>

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Mansfield	Activities – Dementia Friendly Swimming Sessions	Water Meadows Swimming & Fitness Complex Titchfield Park Bath Street Mansfield NG18 1BA	Wednesday mornings from 9.00 – 10.00 am	Please ring ☎ 0345 0000 232	Come along for a relaxed, quiet swim in the competition pool with Dementia Friends trained lifeguards and reception staff. Normal charges apply. Please remember a pound coin for the locker
Mansfield	Activities - Dementia Friendly Film Screenings	Mansfield Library Four Seasons Centre Westgate Mansfield	Thursday 24 th October from 2.00 – 4.00 pm	Please ring ☎ 01623 677 200	The last showing in 2019 is on October 24 th Dementia Friendly film screenings are due to recommence early in 2020 The auditorium is on the second floor of the building with good lift access, but the seating is stepped as shown in the picture and there are 3 wheelchair user tickets available. For more information email: ask@inspireculture.org.uk

Please advise Sarah Taylor – Ashfield Voluntary Action of any corrections, amendments or additions
 ☎ 01623 555 551 or email: s.taylor@ashfieldvoluntaryaction.org.uk