

| 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<br>☎ 078121 97527<br>Or<br>073060 23940 | 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 1-3pm<br>11 <sup>th</sup> October<br>8 <sup>th</sup> November<br>6 <sup>th</sup> December. | ☎ 01623 844 034                                  | Free, no waiting list, just turn up on the day. The building has disabled access and free car parking.  |
| Mansfield | Memory Café in partnership with Ladybrook Enterprises Ltd | Reminiscence Tea Room Mansfield Museum Leeming Street Mansfield NG18 1NG | Every third Wednesday of the month from 1.30pm – 3.00pm  | ☎ 01623 463 088                                  | Free, no waiting list, just turn up on the day. The building has disabled access and, 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).<br><br>To check dates, go to:<br><a href="mailto:www.mansfieldmuseum@mansfield.gov.uk">www.mansfieldmuseum@mansfield.gov.uk</a> |
| Mansfield | Memory Café   | Stanhope Centre Rock Valley Mansfield NG18 2HE                           | Third Friday of the month in the morning   | Alzheimer's Society<br>☎ 01623 428 775           | 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<br>Ward 52<br>Kings Mill Hospital<br>Sutton-in-Ashfield | Last Thursday of the month<br>from 2.00 – 4.00 pm  | Ward 52<br>Kings Mill Hospital<br>Sherwood Forest Hospital Trust                                    | The café runs on the last Thursday of every month, from 2-4 pm, 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.                     |
| Mansfield & Ashfield | Peer Support & Activity Groups – Memories in Mind (formerly MAMS)     | MIND Building<br>St John's Street<br>Mansfield<br>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.<br>Nathan Williamson on ☎ 01623 658 044 | The sessions provide a range of stimulating activities including armchair exercise, music therapy, quizzes, crafts, and relaxation. 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<br>Diamond Avenue<br>Kirkby-in-Ashfield<br>NG17 7GN   | Third Monday of each month<br>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 both 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<br>Skegby Road<br>Kirkby Woodhouse<br>NG17 9JE       | First Tuesday of each month<br>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<br>Portland Street<br>Kirkby-in-Ashfield<br>NG17 7AE | Second Monday of the month from<br>1.00 – 3.00 pm    | For more information, please ☎ 0115 824 8824                        | The sessions provide carers with the opportunity to meet other carers in a friendly and informal environment and include activities, outings, and informative presentations from guest speakers. The Centre is fully accessible, and parking is free but limited.<br>Email: <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a><br>Second Email: <a href="mailto:nottinghamshirehub@tuvida.org">nottinghamshirehub@tuvida.org</a> |
| Mansfield | Carer Support Groups – Carers Trust                                   | Friends Meeting House<br>Rosemary Street<br>Mansfield                          | First Friday of the month from<br>10.00 – 12.00 noon | For more information, please ☎ 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.<br><br>Email: <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>   |

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| Ashfield  | Carer Support Groups - Carers in Hucknall         | John Godber Centre<br>Ogle Street<br>Hucknall<br>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.<br><br>Email: <a href="mailto:carersinhucknall@yahoo.co.uk">carersinhucknall@yahoo.co.uk</a> |
| Mansfield | Carer Support Groups – Care & Share Support Group | St Peter's Centre<br>Church Side<br>Mansfield<br>NG18 1 AP | 2 <sup>nd</sup> Tuesday of the month<br>1.00 till 3.00                           | For more information please call:<br><br>Christine Morley ☎<br>01623 620 265            | For carers of people living with Dementia.<br><br>Email: <a href="mailto:mail@stpeters-centre.co.uk">mail@stpeters-centre.co.uk</a>   |
| Mansfield | Activities – Singing for the Brain®               | St Peters Centre<br>Church side<br>Mansfield<br>NG18 1AP   | Tuesday once a month 11.00 till 12.30  | Please call the Alzheimer's Society on ☎ 0115 9343 800<br>Angela O'Neill<br>07718697246 | Bringing people with Dementia and their carers together in a friendly, fun and social environment. Based on 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 for this activity. Refreshments are provided and free entry.  |

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| Ashfield             | Activities – Forget Me Not Dementia Choir                             | Trinity Centre Point<br>Diamond Avenue<br>Kirkby-in-Ashfield<br>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.<br>Call: Joan Cannon or Joan Sharp<br>Email: <a href="mailto:Forget-me-not.support@hotmail.co.uk">Forget-me-not.support@hotmail.co.uk</a><br><a href="http://www.fmndementiasupport.co.uk">www.fmndementiasupport.co.uk</a>  |
| 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  | 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.<br>Email: <a href="mailto:learning@inspireculture.org.uk">learning@inspireculture.org.uk</a>  |
| Mansfield            | Activities – Mansfield Town's Older Adults Football Group<br>NG18 5DA | Mansfield Town Football Club - 'Football in Community' room at the far end of the Ian Graves Stand<br><a href="http://www.mansfieldtownfitc.net">www.mansfieldtownfitc.net</a> | Every Friday from 9.30 am to 11.30 am                                | Please call Rose Dent on ☎ 0115 804 3816 or 01623 656 920<br>Community manager: <a href="mailto:Gary.shaw@mansfieldtownfitc.net">Gary.shaw@mansfieldtownfitc.net</a> | The group aims 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.<br>A small 50p donation is requested to cover the cost of refreshments and parking is free.<br><br>Email: <a href="mailto:co.production@nottsc.gov.uk">co.production@nottsc.gov.uk</a> |

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| Mansfield | Activities – Dementia Friendly Swimming Sessions                   | Water Meadows Swimming & Fitness Complex<br>Titchfield Park<br>Bath Street<br>Mansfield<br>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.<br><br>Please remember a pound coin for the locker  |
| Mansfield | Activities - Dementia Friendly Film Screenings (Lavender Hill Mob) | Mansfield Library<br>Four Seasons Centre<br>Westgate<br>Mansfield<br>NG18 1NH                       | Wednesday 8 <sup>th</sup> February 2023 from 1.30 – 3.00 pm | Please ring ☎ 01623 677 200 | The last showing in 2019 is on October 24 <sup>th</sup> Dementia Friendly film screenings are due to recommence early in 2020<br><br>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.<br><br>For more information email:<br><a href="mailto:ask@inspireculture.org.uk">ask@inspireculture.org.uk</a> |

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