

District	Activity	Location	Date	Contact Details	Additional information
Mansfield	Memory Café	Mansfield Woodhouse Focus Point Community Centre Vale Road Mansfield Woodhouse NG19 8DR	Two Fridays 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. No referral.
Mansfield	Memory Café	Oaklands Memory Lane Café, Oakfield Lane Warsop NG20 0JE	Once a month, Tuesday 1.30pm-3.30pm.	☎ 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). To check dates, go to: www.mansfieldmuseum@mansfield.gov.uk

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Mansfield	Memory Café	Stanhope Centre Rock Valley Mansfield NG18 2HE	Third Friday of the month in the morning	Alzheimer's Society ☎ 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.
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 2-4 pm, for patients, carers, relatives, and staff. The café gives you the opportunity 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	Willow Tree Memory Café Discovery Room Mill Waters Heritage Centre & Café	2 nd and 4 th Wednesday of every month, drop-in anytime between 1.30 and 3.30pm	By email	No need to book. Free activities for people living with dementia, their friends, families, and carers including short walks, crafts, and games, or relax and socialise. Food and drink are available to purchase from the café. Parking is free for the first hour and charges start at £1 for 2 hours. For more information email – millwaters@ashfield.gov.uk

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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 ☎ 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 Diamond Avenue Kirkby-in-Ashfield NG17 7GN	Monday once a 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 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.
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.

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Ashfield	Peer Support Group – The Brain Group	Bridge Baptist Church Mansfield Road Sutton-in-Ashfield	Started on the 20 th April	Ellie	Group started on the 20 th April 2023
Ashfield	Admiral Support Group	Sun Lounge Ashfield Health & Wellbeing Centre	Starting on 26 th April, 1.00 – 5.00 pm	Kirsty Bert	Group started on the 26 th of April 2023
Ashfield	Carer Support Groups – Carers Trust	Health & Wellbeing Centre Portland Street Kirkby-in-Ashfield NG17 7AE	Second Monday of the month from 1.30 – 3.30 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. Email: hub@carerstrustem.org Second Email: nottinghamshirehub@tuvida.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 ☎ 0808 802 1777	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	Carer Support Groups –Care &Share Support Group	St Peter's Centre Church Side Mansfield NG18 1 AP	2 nd Tuesday of the month 1.00 till 3.00	For more information please call: Christine Morley ☎ 01623 620 265	For carers of people living with Dementia. Email: mail@stpeters-centre.co.uk
Mansfield	Activities – Singing for the Brain®	St Peters Centre Church side Mansfield NG18 1AP	Tuesday once a month 11.00 till 12.30	Please call the Alzheimer's Society on ☎ 0115 9343 811 Angela O'Neill 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 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. Call: Joan Cannon or Joan Sharp Email: Forget-me-not.support@hotmail.co.uk www.fmndementiasupport.co.uk
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 careers. The courses are currently well underway, but contact Inspire Learning to find out about future singing groups in Mansfield and Ashfield. Email: learning@inspireculture.org.uk
			Sing with friends group. 1.30pm		Music from movies session. £1 and find out more on their website 'What's on' page.
Mansfield	Activities – Mansfield Town's Older Adults Football Group NG18 5DA	Mansfield Town Football Club - 'Football in Community' room at the far end of the Ian Greaves Stand	Every Friday from 9.30 am to 11.30 am	Please call Rose Dent on ☎ 0115 804 3816 or 01623 656 920	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

		www.mansfieldtownfitc.net		Community manager: Gary.shaw@mansfieldtownfitc.net	those with a Dementia Diagnosis (along with their carers). This group is also suitable for those with Working Age Dementia and their families. A small 50p donation is requested to cover the cost of refreshments and parking is free. Email: co.production@nottsc.gov.uk
Ashfield	Activities – Dementia Swim	Kirkby Leisure Centre			
Ashfield	Activities – Dementia Swim	Lammas Leisure Centre			
Ashfield	Activities – Dementia Swim	Hucknall Leisure Centre			
Mansfield	Activities – Disability & Dementia Swim	Rebecca Adlington Leisure Centre Westdale Road Mansfield Nottinghamshire NG19 7BZ	Mondays 12 noon until 1.00 pm	Please ring ☎ 0345 000 0230	

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Mansfield	Activities – Disability & Dementia swim	Water Meadows Swimming & Fitness Complex Titchfield Park Bath Street Mansfield NG18 1BA	Mondays & Thursdays 12 noon until 1.00 pm, starting after the Easter Holidays (w/c 17 th April)	☎ 0345 0000 232	Come along for a relaxed, quiet swim in the teaching 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 NG18 1NH		Please ring ☎ 01623 677 200	Mansfield Library continues to offer dementia friendly screenings in its accessible auditorium. The charge for screenings is £1 per person and can be booked by Eventbrite. For a full list of up-and-coming screenings visit the website at https://www.inspireculture.org.uk/arts-culture/film/ 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					