



Groups & Activities for People Living with Dementia & their Carers in Ashfield & Mansfield

There are a number of groups in the area which can offer help and support for people living with Dementia and their carers.

Peer Support & Activity Groups

Memories in Mind (formerly MAMS) -

provide support for people living with Dementia in Mansfield and Ashfield. On a Monday, Wednesday and Friday people living with Dementia can attend sessions from 9.00 am - 3.00 pm at the Mind building on St John's Street in Mansfield. 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. You will need to pre-book in advance as places are limited. To find out more and check availability please contact **Nathan Williamson from Mind on 01623 658 044** or email: mams@nottinghamshiremind.org.uk

Forget Me Not Dementia Support Group - 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 as well as the person living with Dementia. There are two groups; the first group meets on the 3rd Monday of the month at Kirkby Trinity Centre Point, on Diamond Avenue in Kirkby-in-Ashfield. The group meets at 1.30 pm to 3.30 pm and provide a supportive, friendly and welcoming environment for people living with Dementia and their carers. Both centres are accessible and provide either free parking or street parking is available. To find out more about the session **please ring 07763 519 196 or 07751 006 107** or email forget-me-not.support@hotmail.co.uk

Peer Support & Activity Groups (continued)



The second group meets on the 1st Tuesday of the month at St John's Heritage Centre in Kirkby Woodhouse from 1.30 pm to 3.30 pm offering the same friendly and supportive environment. To find out more about the session **please ring 07763 519 196 or 07751 006 107** or email forget-me-not.support@hotmail.co.uk

Memory Cafés

Alzheimer's Society run a number of Dementia Cafés across the County. Dementia Cafés are a place to relax, socialise and meet other people with Dementia and their carers. Café facilitators also provide information about living with Dementia and other services available locally in an informal and comfortable environment.

In our area there is the Mansfield Dementia Café at the Stanhope Centre on Rock Valley in Mansfield. The Café is on the third Friday of the month in the morning and you will need to book a place as demand is high. For more information about the session or to book a place please call the **Alzheimer's Society on 0115 934 3800**.

The **Memory Lane Café** is held on the first Tuesday of the month from 2.00 pm till 4.00 pm at Kingfisher Court in Sutton-in-Ashfield, just off the A38. The building is fully accessible and there is free parking (the parking is somewhat limited, but there is also street parking in the area). For more information **telephone 01623 44 0325**. The session is free-of-charge.

There are two carer support groups operating across Mansfield and Ashfield. The Carers Trust runs a monthly peer support group for carers (people living with Dementia are also welcome to attend the group). The Mansfield group is on the first Friday of the month from 10.00 till 12.00 at the Friends Meeting House on Rosemary Street. The Ashfield Group is on the 2nd Monday of the month from 1.00 till 3.00 at Ashfield Voluntary Action (in the Health and Wellbeing Centre on Portland Street in Kirkby-in-Ashfield). The groups offer a chance to meet other carers in a friendly and informal environment and includes the opportunity to enjoy activities, outings and informative presentations from guest speakers. To find out more about the sessions, please contact Linda Fox on **0115 824 8824** or email hub@carerstrustem.org

Carers in Hucknall is a peer support group welcoming both carers and the cared for from Hucknall and the surrounding area. The group meets on the



1st and 3rd Tuesday of the month from 1.30 pm to 3.30 pm at the John Godber Centre. The building is accessible and there is plenty of pay and display parking to the rear of the building, alternately there is

street parking easily available in the area. The sessions are friendly, refreshments are provided and everyone is welcome. Please call Jim Radburn on **0115 953 0746** or email: carersinhucknall@yahoo.co.uk

Activities for People Living with Dementia

Singing for the Brain® brings 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 variety of familiar and new songs. The Alzheimer's Society Singing for the Brain® is held at Mind on St John's Street, Mansfield on Friday mornings. To book a place contact **0115 9343 800**. There is currently a waiting list for this activity.

Singing Groups for Adults Living with Dementia

There are currently two singing groups being run by Inspire Learning for adults living with Dementia and their carers. One is at



Mansfield Library, the other at the Lammis Centre. The groups are well underway, but contact Inspire Learning to find out more about future singing groups in Mansfield and Ashfield on **01623 677 200**.

Forget Me Not Dementia Choir

This newly established group meets on the last Monday of the month from 1.30 - 3.30 pm at Trinity Centre Point in Ashfield. The Centre is fully accessible and parking is free. For more information please ring **077635 19196** or **077510 06107**.

Mansfield Town's Older Adults Football Club

The aim of this group is to reduce social isolation with individuals aged 65+ who have an interest in football or sports; both watching or playing! This group is suitable for anyone who has an interest in sports 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.

A small 50p donation is requested to cover the cost of refreshments and parking is free.

Dementia Friendly Swimming Sessions

Water Meadows in Mansfield offers Dementia Friendly swimming sessions in a relaxed and quiet environment in the Competition pool on a Friday morning from 9.00 - 10.00 am. The Lifeguards and Reception staff are Dementia Friends trained. Please ring **0345 0000 232** for more information. Normal charges for swimming apply.

Dementia Friendly Film Screenings

Mansfield Library runs regular Dementia Friendly film screenings. The last showing in 2019 is on 24th October, however, 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. There are 3 wheelchair user tickets available.

For more information email: ask@inspireculture.org.uk or ring **01623 677 200**.

To find out more about what is happening in Ashfield, or to advise of any corrections, amendments or additions please contact:

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