

Groups and Activities for People Living with Dementia and their Carers

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

Mansfield and Ashfield Memory Support (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. There is a charge and you will need to pre-book in advance as places are limited. To find out more and check availability please contact **Donna Williams from Mind on 01623 658 044** or email mams@centralnottsmind.org

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; one of which meets on the 3rd Monday of the month at Kirkby Trinity Centre Point, on Diamond Avenue in Kirkby-in-Ashfield. The sessions run from 1.30 pm to 3.30 pm and provide a supportive, friendly and welcoming environment for people living with Dementia and their carers. The centre is completely accessible with free parking. 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 Gas Sports and Social Club on Lime Tree Place in Mansfield. The Café is on the last Monday 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.

Carer Support Groups

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**

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.

New Singing Group for Adults Living with Dementia

Why not go along to a new singing group for adults living with Dementia and their carers at Mansfield Library. The sessions begin on Wednesday 18th



September from 1.30 pm to 3.00 pm and will lead up to a friendly and informal performance for family and friends on the 11th December. Sessions are free, but booking is essential. To book your place or find out more please call 01623 677 200.

To find out more about what is happening in Ashfield please contact:

Ashfield Voluntary Action

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