



Dementia Day Opportunities Nuneaton

About Dementia Day Opportunities

Age UK Coventry and Warwickshire's Dementia Day Opportunities is centred around four core principles that have been designed to support the Care Act 2014.

Person-Centred Support Plans

Each person receives an assessment to create a personalised, holistic support plan, developed together with them, their family, and carers.

Cognitive Stimulation Therapy (CST)

CST is an evidence-based treatment recommended by the National Institute for Clinical Excellence (NICE) for people experiencing mild to moderate dementia or memory problems.

Physical Activity

Each session features physical activities tailored to each person's mobility, preferences, and safety needs.

Balanced Light Lunch

We provide a balanced light lunch with choices to suit dietary needs. Snacks and drinks are available throughout the day to support comfort and energy.

Who can attend?

We welcome anyone who:

- Has a diagnosis of dementia or currently going through a memory assessment
- Is able to participate in activities and interact with fellow group members
- Lives in North Warwickshire, South Warwickshire, Rugby or Nuneaton and Bedworth
- Is sufficiently mobile to access transport and move safely around building-based support.

We meet with all prospective members to ensure our support can be tailored to their interests and needs.

This service does not provide personal care.

When does the group meet?

Every Monday, Tuesday, Wednesday and Thursday from 9am - 3pm.





**United Reformed Church,
Nuneaton, CV11 5QH**



Meet the team!

Our friendly and experienced team are dedicated to creating a warm, relaxed and supportive environment for everyone.

We offer a range of activities including crafts, games, quizzes, gentle exercise and opportunities for socialising, helping people to stay active and engaged.



We aim to ensure each day is enjoyable, meaningful and tailored to individual needs, where everyone feels comfortable and valued.

Get in contact with our Nuneaton Team Leader:



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