

Memory Cafes & Social Groups

Dementia Support Service Leicester City & Leicestershire



Places must be booked in advance
by contacting:



0116 223 7363



dementia.support@ageukleics.org.uk



Leicester City Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group

Memory Cafes



A relaxing social and non judgmental group for you to meet others affected by dementia, take part in a variety of fun activities and reminiscence, enjoy a cuppa and receive support from our team.

Costs

Our Memory Cafes are free to attend and refreshments are also provided free of charge.

Transport

Transport is not provided or paid for by Age UK Leicester Shire & Rutland. You will need to organise your transport to and from the memory café or social group. However, the Dementia Support Team can provide you with information about community transport options in your area.

Charnwood

Poppies Memory Café

Syston Community Centre, School Street, Syston,
LE7 1HN

10.30am – 12.00pm, on the 1st Tuesday of each month.

Charnwood Memory Café

John Storer House, Wards End, Loughborough
LE11 4HA

10.30am – 12.00pm on the 1st Thursday of each month.

Hinckley & Bosworth

Hinckley Memory Café

The Concordia Theatre, Stockwell Head, Hinckley LE10
1RE

13.00-14.30pm, on the 2nd Tuesday of each month.

Melton

Melton Memory Café

Gloucester House, 3 Norman Way, Melton Mowbray,
LE13 1JE

2.00pm - 3.30pm, on the 2nd Tuesday of each month

Blaby

Countesthorpe Memory Café

Village Hall, Station Road, Countesthorpe, LE8 5TB
2.00pm - 3.30pm on the 3rd Monday of each month.

Bluebells Memory Café

Glenfield Sports Pavilion, Gynsill Lane, Glenfield
LE7 7AG
2.00pm - 3.30pm, on the 3rd Tuesday of each month.

Bracken Memory Café

Glenfield Sports Pavilion, Gynsill Lane, Glenfield
LE7 7AG
2.00pm - 3.30pm, on the 2nd Wednesday of each month.

Harborough

Harborough Memory Café

Market Harborough Methodist Church
Northampton Road, Market Harborough, LE16 9HE
10am - 11.30am on the 4th Wednesday of each month.

Oadby & Wigston

Wigston Memory Café

Wigston Liberal Club, 82 Bull Head Street, Wigston,
LE18 1PA

14:00-15:30, on the 4th Monday of each month.

North West Leicestershire

Coalville Memory Café

Marlene Reid Centre, 85 Belvoir Road, Coalville,
LE67 3PH

11:00am - 12:30pm on the 2nd Friday of each month.

City

Stoneygate Memory Café

Stoneygate Baptist Church, 315 London Road,
Stoneygate, Leicester, LE2 3ND

11.00 - 12.30pm, on the 3rd Friday of each month.

Beaumont Leys Memory Café

St Patricks Parish Centre, 100 Beaumont Leys Lane,
Leicester LE4 2BD

14:00-15:30, 1st Tuesday afternoon of the month (As of
7th Dec)

Social Groups (Now open)

Our social groups are set up in response to local need.

Costs

Our Social Groups are free to attend. However, depending on the social group, refreshments may need to be purchased by the attendees.

Chai & Nashto South Asian Social Group



**Wolsey Building, Abbey Park Street, Leicester
LE4 5AF**

11am - 12.30pm on the 3rd Wednesday of each month.

This group is facilitated by Gujarati and Punjabi speaking staff and offers culturally tailored activities for people living with dementia and their carers.

Young Onset Activity & Carers' Group



**Braunstone Civic Centre, 209 Kingsway, Braunstone,
LE3 2PP**

6.30pm – 8.00pm on the 4th Tuesday of each month.

These groups run alongside each other. The activity group is for people who were under 65 years old when they were diagnosed with dementia. The Carers' Group is for carers of younger people with dementia.

Snowdrops Carers' Group



**Braunstone Civic Centre, 209 Kingsway, Braunstone,
LE3 2PP**

6.15pm – 7.45pm on the 3rd Tuesday of each month.

This group is for carers who are in the middle to late stages of their caring journey or where the needs of the person they are caring for are more complex.

The Great Outdoors Group



Oadby & Wigston

**Brocks Hill Country Park Visitors Centre
Washbrook Lane, Oadby, Leicester LE2 5JJ**

Join us on accessible walks across Leicester City and Leicestershire. We will also be planning to schedule to take place at Abbey Park, Bradgate Park and Thornton Reservoir during 2022. Your ideas, knowledge and preferences are welcome in developing these activities and deciding which exciting place we will go to next!

Lets get Digital!



Age UK, Lansdowne House

113 Princess Road East, Leicester LE1 7LA

**11:00-12:30 Every 3rd Tuesday of the month from 19th
April 2022**

Join us to increase your confidence and independence with getting online and developing your technology skills!

The Garden Gang



**A Place to Grow, Mill Lane, Enderby LE19 4LX
13:30-15:00 on the 1st Thursday afternoon of the
month**

This group will offer gardening and allotment activities throughout the year.

Memories in Sheds & The Sheds Carers' Social Group



**Unit 9 Oaks Industrial Estate, Festival Drive,
Loughborough, Leicestershire, LE11 5XN.
10.30am-12.00pm, each 2nd and 4th Thursday of the
month.**

Memories in Sheds is for people living with dementia who would like to engage in practical activities such as woodwork, craft, gardening and making things for the home.

The Sheds Carers' Social Group is an informal group for carers of people attending Memories in Sheds, with the aim of enabling social networks.

We welcome any ideas for groups you think it would be good for us to run.

Please contact us on 0116 223 7363 and share your thoughts and to keep up to date with any new groups we may be launching.

What else does the Dementia Support Service offer?

- Personalised Dementia Support over the phone, by email or face-to-face.
- One off Post Diagnosis Information Sessions (online or face-to-face).
- Carer Learning sessions for carers of people living with dementia.
- Support in accessing a benefits check, applying for benefits and discussions about income maximisation.
- Support with using digital technology.
- Co-production group: an opportunity for you share your thoughts and help us develop The Dementia Support Service.

Volunteers Needed!



The Dementia Support Service relies upon the support of our wonderful volunteers. Our volunteers help us to make 'keep in touch' calls to people with dementia and their carers. Our volunteers also help us to run our groups.

We are particularly in need of volunteers who can help us in running Memory Cafes and Social Groups. This role mainly involves:

- Communicating with attendees and helping people to take part in activities.
- Making refreshments for attendees.
- Helping to set up the groups and tidy away.
- Working with the staff to develop the group.

If you are interested in volunteering or know somebody who would like to volunteer, please contact the Dementia Support Team for more information on **0116 2237363.**

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