

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

Loughborough United Reformed Church, Frederick
Street, Loughborough LE11 3BH

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

Shepshed Memory Café

Glenmore Centre, Thorpe Road, Shepshed,
Loughborough LE12 9LU

10.30am - 12.00pm on the 3rd Thursday of each month

Hinckley & Bosworth

Hinckley Memory Café

Rendezvous Function Room, 119 Factory Road
Hinckley, LE10 0DP

1.00pm - 2.30pm, 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.

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

2.00pm - 3.30pm, 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

Foxes Memory Café

Community Hub, King Power Stadium, Filbert Way,
Leicester LE2 7FL

14:00pm - 15:30pm on the 3rd Thursday of the month.

Stoneygate Memory Café

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

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

Social Groups

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



**Elizabeth Park Sports Centre, Checkland Road,
Thurmaston, Leicester
LE4 8FN**

**2.00pm - 3.30pm 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



**Brockington College, Blaby Road, Enderby, Leicester
LE19 4AQ**

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.

Kumbukumbu Music & Memories Group

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

11:00am - 12.30pm on the 1st Friday of each month.

This group is facilitated in partnership with EAGA Gospel Choir and offers an opportunity to meet others affected by dementia and their carers, whilst enjoying the benefits that music can bring to wellbeing.



The Great Outdoors Group



**Bradgate Park, Newtown Linford,
Leicestershire LE6 0HE**

10.30am - 12.00pm on the 2nd Tuesday of each month.

Join us on accessible walks across Leicester City and
Leicestershire.

Your ideas, knowledge and preferences are welcome in
developing this activity and deciding which exciting place
we will go to next!

**Memories in Sheds &
The Sheds Carers' Social Group**



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

Version: 10/2023