

# Memory Cafés & Social Groups



**Places must be booked in  
advance by contacting:**

**Memory Advice & Dementia Support Service**



**0116 223 7363**



[dementia.support@ageukleics.org.uk](mailto:dementia.support@ageukleics.org.uk)

# Memory cafes & social groups

Our groups are based in the community and are designed to keep you active and connected to other people. They are relaxing, social and non-judgmental groups 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.

# **MEMORY CAFES**

## **CITY**

### **Foxes Memory Café**

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

2:00pm - 3:30pm

Every 3rd Thursday of the month.

### **Stoneygate Memory Café**

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

11.00am - 12.30pm

Every 3rd Friday of each month.

### **The Willows Memory Café**

The Tudor Centre, Bewcastle Grove, Leicester  
LE4 2JW

10.30am – 12.00pm

Every 1st Friday of each month.

# CITY

## **Brite Centre Memory Café**

The Brite Centre, Braunstone Avenue, Leicester,  
LE3 1LE

1.30pm - 3.00pm

Every 4th Tuesday of each month.

## **Thurnby Lodge Memory Café**

Christchurch Hall, Thurncourt Road,  
Thurnby Lodge, Leicester, LE5 2HQ

2.00pm - 3.30pm

Every 4th Tuesday of each month.

# OADBY & WIGSTON

## **Wigston Memory Café**

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

2:00pm - 3:30pm

Every 4th Monday of the month.

# **CHARNWOOD**

## **Poppies Memory Café**

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

10.30am - 12.00pm  
Every 1st Tuesday of each month.

## **Charnwood Memory Café**

The Salvation Army Church & Community Centre,  
Burleigh Road, Loughborough, Leicestershire,  
LE11 3BH

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

## **Shepshed Memory Café**

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

10.30am - 12.00pm  
Every 3rd Thursday of each month.

# **NORTH WEST LEICESTERSHIRE**

## **Coalville Memory Café**

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

11.00am - 12.30pm

Every 2nd Friday of each month.

# **HINCKLEY & BOSWORTH**

## **Hinckley Memory Café**

The Pitches Hinckley Rugby Club, Leicester Rd,  
Hinckley, Leicestershire, LE10 3DR

1:00pm - 2:30pm

Every 2nd Monday of the month.

# MELTON

## Melton Memory Café

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

2:00pm - 3:30pm

Every 2nd Tuesday of the month.

# HARBOROUGH

## Harborough Memory Café

Market Harborough Methodist Church,  
Northampton Road, Market Harborough,  
Leicestershire, LE16 9HE

10.30am-12.00pm

Every 4<sup>th</sup> Wednesday of each month.

# **BLABY**

## **Countesthorpe Memory Café**

Village Hall, Station Road,  
Countesthorpe, Leicestershire, LE8 5TB

2.00pm - 3.30pm

Every 3rd Monday of each month.

## **Bluebells Memory Café**

Park House, Stamford St, Glenfield,  
Leicestershire, LE3 8DL

2.00pm - 3.30pm

Every 3rd Tuesday of each month.

# SOCIAL GROUPS

## Chai & Nashto

### South Asian Social Group

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



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

2.00pm - 3.30pm

Every 3rd Wednesday of each month.

# Young Onset Activity Group & Carers' Group

Our Young Onset Group provides age appropriate activities and supports members to socialise with others.

We also run our Carers' Group alongside this to provide support to carers of younger



Brockington College, Blaby Road, Enderby,  
Leicestershire, LE19 4AQ

6.30pm – 8.00pm

Every 4th Tuesday of each month.

# Memories in Sheds & Carers Social Group

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

(Risk assessment will be performed upon application)

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



Unit 9, Oaks Industrial Estate, Festival Drive,  
Loughborough, Leicestershire, LE11 5XN.

10.30am - 12.00pm

Every 2nd and 4th Thursday of each month.

# DEMENTIA SUPPORT SERVICE

Our Memory Advisors can provide information and support around a broad range of topics and will make referrals to other organisations where required. As well as offering individual support over the phone and face to face, we also offer the following group services:

- One off Post Diagnostic Information Sessions
- Carer Learning

## Dementia Focus Group

An opportunity for you share your thoughts on a variety of topics related to local support and help us develop the Dementia Support Service.

## For further information contact



**0116 223 7363**

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