

We are here to support you.

**If you have questions or concerns,
please contact Good Neighbours:**

Telephone: 07563 902 904

Email:

goodneighbours@hopecoventry.org.uk

Website: fb.com/goodneighbourscoventry

or

hopecoventry.org.uk/good-neighbours



Building partnerships
Speaking out
Giving hope

Dementia Groups Guide



This guide links you to groups that provide support for people with memory difficulties and their carers. Sessions are held in relaxed and fun environments. Many are free to attend. All offer socialising with other people living with dementia.

Good Neighbours does not directly run most of the groups and is not responsible for vetting them. Contact each group directly for more details.



Dementia Café

In Stockingford Community Centre, Nuneaton. Thursdays weekly, 2pm-3.30pm. Free for people living with dementia and their informal carer.

For more, contact Ruth 07974 727 223.

Dementia Active – Coventry

By Sky Blues in the Community

Dementia Active is a free, weekly session for Men living with dementia or memory loss, and their carers.

Get involved with fun activities such as archery, badminton and darts, followed by chats and refreshments.

Price: Free

For more info, times and locations, email:

Jack.Clemons@sbitc.org.uk

Or call: **07494 734264**

Nuneaton group:

Jubilee Sports Centre **CV10 7EZ**

Date and Time– Mondays **2.30pm-4.30pm**

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Memory Café Earlsdon

Are you living or caring for someone with memory loss? Come along for tea, biscuits, fun activities and friendship.

Location: Earlsdon Library, **CV5 6FZ**

Time: Monthly Tuesdays, 2pm-4pm,

Usually first week of the month

Price: Free

Booking: No booking, just come along

Contact: 024 7678 6970 or

admin@earlsdonlibrary.org.uk

Warwickshire Care Services Directory

Detailed booklet listing local care providers, explaining respite care & speciality services.

View online or request a printed copy, via tinyurl.com/caredirectorywarwickshire or call: **07553 194 436**

Home Farm Care Services Day Centre

Enjoy home from home activities—from music & craft to movement and chat—plus a home cooked lunch & refreshments throughout. All personal care needs met.

Location:

Allesley Park Community Centre, 199
Winsford Avenue, Coventry, CV5 9NG

Time: Mondays, Wednesdays & Thursdays
10am–2.45pm. Stay all day or for morning/
afternoon.

Price: £28 for whole day

For more information, contact:

homefarmservice@outlook.com

or **02477 058 683**

Singing for the Brain Coventry

Singing group where you can meet new people in a friendly, fun and social environment. The group is hosted by skilled, compassionate and experienced group leaders. You don't need to be a good singer to benefit!

Location:

Queens Road Baptist Church, Grosvenor
Road, **CV1 3EG**

First Monday of the month 10.30–12pm

Second Monday of the month 1–2.30pm

Price: Contact the group for details

Booking: Required

Telephone 07708510144 For more
information, email:

coventry@alzheimers.org.uk

Always Me Activity Group

The whole day is full of activities include bowling, darts, skittles, quizzes, crafts and entertainers

Location:

St Mary's church, 4 Hall Lane, Walsgrave, **CV2 2AW**

Time: Monday Tuesday and Thursday

Collection from **8.45am**. Day session starts from **9.15am**, ending at **3.00pm**.

Price: £50 for activities, snacks and drinks. £5 for transport if required. £5 for hot lunch.

Booking: Required

For more information, call:

07891 953615 or **07410 977274**

Or email: **alwaysme.coventry@outlook.com**
or visit **alwaysmecoventry.co.uk**

Coventry Dementia Partnership Hub

A new centre for one-stop-shop support. A café is available Monday to Friday, plus a range of drop in services every day. These include: Support with form filling, Benefits help, Care information, IT services.

Location: Everdon Road, Holbrooks, **CV6 4FB**

Price: Free

Booking: No booking, just come along

Contact 07957 429 324 or
CDPH@coventry.gov.uk

Memory Lane Radford

by Good Neighbours Coventry

Make new friends and have a chat with other people living with dementia or memory loss, and their carers

Location:

Lawrence Saunders Church, Lawrence Saunders Road, Radford, **CV6 1HH**

Time: Weekly every Friday

10:30am - 12pm

Price: £2 suggested donation

For more information, contact:

carol@hopecoventry.org.uk /

07552 496661

Memory Lane Finham

by Good Neighbours Coventry

Make new friends and have a chat with other people living with dementia or memory loss, and their carers

Location:

Woodside Avenue Methodist Church, Woodside Avenue South, Finham, Coventry, CV3 6BE

Time: fortnightly Tuesdays, **10.30am-12pm**

Price: £2 suggested donation

Booking: No booking – just come along

For more information, contact:

carol@hopecoventry.org.uk /

07552 496661

Warwick University

Memory Lane Café (new)

Support and advice for people living with mild to moderate dementia and their families

Location:

Canley Community Centre, Coventry,

CV4 8FT

Time:

Every other Wednesday, 1pm- 3pm,

University term time only

Price: free refreshments and activities provided

Booking: No booking, just come along.

For more information, email

memorycafe@warwick.ac.uk

Peer Support groups for carers

Carers Tea for 3

Location: Zoom, online

Time: 3pm-4pm every Wednesday

General Carers Social Group

Location: Zoom, online

Time: 10.30-12.00pm

Third Tuesday of the month

Ben Centre drop-in-session

Location: Zoom, online

Time: 10.00-12.00pm

Last Friday of each month

Peer Support groups

Two parallel groups run: a **chat peer support group** for people living with dementia, and a **carers' group**.

Location:

St Barbara's Church Hall, 22 Rochester Road, Earlsdon, Coventry, **CV5 6AG**

Time: 1st Wednesday of the month for carers **10.30am-12pm**

3rd Wednesday of every month, peer support **11am - 12.30pm**

Price: Contact the group.

Booking: Required

For more, call **0333 150 3456** or email:

coventry@alzheimers.org.uk

Memory Café

Enjoy home cooked cakes, chats, discussions, simple craft and singing

Location:

St John's Church Westwood,
45 Westwood Heath Road, Canley
CV4 8GN

Time:

2nd and 4th Mondays of the month
11am - 12.15pm

Price: Free

Booking: No booking, just come along

For more information, contact:

02476 695026

Coundon Care for Seniors

Enjoy a two-course home cooked meal with musical entertainment most afternoons

Location:

St James Church Hall, 4 Westcotes, Tile Hill, CV4 9BD

Time:

Mondays, Wednesdays and Fridays

10:30am - 3pm

Price: Approx. £30

Booking: Required

02476 715432 or **02476 715150**

For more information, visit:

facebook.com/coundoncareseniorsclub1

Or email: **coundonatap@gmail.com**

Dementia Activity Days

Meet others experiencing the same difficulties surrounding dementia

Location:

All Souls Church, Chapelfields, **CV5 8DX**

Time:

Wednesdays and Thursdays

10:30am - 3:30pm

Price: £35 for the whole day

Booking: Required

For more information, call:

07598782739

or email:

hello@dementiaactivitydays.co.uk