

**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:**

[facebook.com/goodneighbourscoventry](https://facebook.com/goodneighbourscoventry)

or

[hopecoventry.org.uk/good-neighbours](https://hopecoventry.org.uk/good-neighbours)



# **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 Coventry does not directly run most of the groups & is not responsible for vetting them. Contact each group directly for more details.



## Peer Support Groups for Carers

### General Carers' Support Group

Peer Support Group for carers inc. outings in different locations across the city.

(There are additional carers' groups e.g. social group, walking group, book club, working carers' group, BAME carers.)

**Location:** city centre

**Time:** 1st Tuesday of month 10.30am-12.30pm

**Price:** Free

**Booking:** Register with Heart of England Carers Trust to attend

**Telephone:** 02476 632972 (Option 1)

**Email:** [CarerGroups@Carertrusthofe.org.uk](mailto:CarerGroups@Carertrusthofe.org.uk)

## **Carers' groups (Alzheimers' Society)**

A Carers Information session (enabling increased practical knowledge of dementia-related topics for coping well, like falls, technology, eating, communication), followed by a Carers' Peer Support Group.

### **Location:**

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

**Carers Information Sessions:** 1st Thursday of the month 10.15am-11.30 am

**Carers Peer Support Group:** 1st Thursday of the month 11.45am - 12.45pm

**Price:** Please contact group

**Booking:** Required in advance

**Telephone:** 02476 652602

**Email:** [coventry@alzheimers.org.uk](mailto:coventry@alzheimers.org.uk)

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## **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. Support for carers & volunteers on hand to help with varied activities. (Please note - people living with memory loss must be accompanied.)

#### **Location:**

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

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

**Price:** £2 donation. No booking needed

**For more information, contact:**

**Email:** [carol@hopecoventry.org.uk](mailto:carol@hopecoventry.org.uk) or  
[goodneighbours@hopecoventry.org.uk](mailto:goodneighbours@hopecoventry.org.uk)

**Telephone:** 07552 496661 or 07544 488 724

## **Dementia Active – Coventry**

Dementia Active is a free, weekly session for men living with dementia or memory loss, and their carers in a fun and relaxed environment. Enjoy free physical and reminiscence activities and refreshments.

#### **School Term Time: Location:**

AT7 Centre, 12 Bell Green Road, **CV6 7GP**

#### **Outside of Term Time : Location:**

Woodlands Sports Complex, Broad Lane,  
Eastern Green **CV5 7FF**

**Time:** 10am–12pm **Price:** Free

**Booking:** Required in advance

**For more information, contact:**

**Telephone:** 02476 786349

## **Betty's Friends Dementia Club**

### **(Aimed at those with Irish Heritage)**

A friendly and informative support group with reminiscence for those living with, or supporting those, with early memory loss.

Designed for those with Irish Heritage

#### **Location:**

2nd Floor, Eaton House, Eaton Road, city centre, **CV1 2FJ**

**Time:** Mondays 12pm – 2pm

**Booking:** Required in advance

**For more information, contact:**

**Telephone:** 02476 256629

**Email:** [cis@CoventryIrish.org.uk](mailto:cis@CoventryIrish.org.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. Support for carers & volunteers on hand to help with varied activities. (Please note – people living with memory loss must be accompanied.)

#### **Location:**

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

**Time:** Weekly Fridays, **10.30am-12pm**

**Price:** £2 donation. No booking needed

**For more information, contact:**

**Email:** [carol@hopecoventry.org.uk](mailto:carol@hopecoventry.org.uk) or [goodneighbours@hopecoventry.org.uk](mailto:goodneighbours@hopecoventry.org.uk)

**Telephone:** 07552 496661 or 07544 488 724

## 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

For more information contact:

**Telephone:** 02476 652602

**Email:** [coventry@alzheimers.org.uk](mailto:coventry@alzheimers.org.uk)

## Daybreak Dementia Day Centre

Includes a hot meal /snacks. Staff support people living with Dementia to access activities, which individuals choose. Respite service.

**Location:** Dementia Partnership Hub, Everdon Road, Holbrooks, **CV6 4FB**

**Price:** £30 per person

**Time:** Tuesday/Wednesday 10am - 3pm

**Telephone:** 02476 632972

**Email:** [daybreak@carerstrusthofe.org.uk](mailto:daybreak@carerstrusthofe.org.uk)

### **Love to Move with Fiona**

A dementia friendly Gymnastics Programme to with movement and cognitive stimulation.

**Held on:** Alternate Fridays

### **Singing for Health and Mind with Fiona**

A dementia friendly singing group to evoke emotions and memories and promote interaction

**Held on:** Alternate Fridays 11am to 12pm

### **Please contact the Hub for more info:**

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

**Telephone:** 07957 429 324

**Email:** CDPH@coventry.gov.uk

### **Always Me Activity Group**

The whole day is full of activities including bowling, darts, skittles, quizzes, crafts & 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 **3pm**.

**Price:** £48 per session (includes a 2 course meal). Transport is £6 if required.

**Booking:** Required

**Telephone:** 07891 953 615 or 07410 977274

**Email:** alwaysme.coventry@outlook.com

**Visit:** alwaysmecoventry.co.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:**

**Telephone:** 02476 695026

## Coventry Dementia Partnership Hub

Holistic support. A café is open Monday to Friday, plus drop-in services every day. These include: Support with form filling, Benefits help, Care information, IT services.

### **Specific activities include:**

#### **Cuppa and Chat with Dave Atkins**

Join Dave for a cuppa and a chat, sharing personal experience and tips for living with Dementia

**Held on:** Every Wednesday and Thursday

**Time:** 10:30am - 1pm

#### **Coventry Memory Singers**

The "Memory Singers" are choirs for people living with Dementia and their carers. Join for a cuppa and a chat, followed by an hour of singing

**Held on:** Every Thursday

**Time:** 10.30am to 2pm

## **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 Tuesday of the month

**Price:** Free. No booking, just come along

**Telephone:** 024 7678 6970

**Email:** [admin@earlsdonlibrary.org.uk](mailto: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](http://tinyurl.com/caredirectorywarwickshire) or

**Telephone:** 07553 194 436

## **Coundon Care Seniors Club**

A day care Seniors' Group where activities will include Bingo/Games/Quizzes/Talks

Dinner is served at 12:30pm

**Location:**

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

**Time:**

Mondays, Wednesdays and Fridays  
10am - 3pm

**Price:** £30 per Day

**Booking:** Required in Advance

**For more information, contact:**

**Telephone:** 02476 715432 or 02476 715150

**Email:** [coundonatap@gmail.com](mailto:coundonatap@gmail.com)

[facebook.com/coundoncareseniorsclub1](http://facebook.com/coundoncareseniorsclub1)

## **Home Farm Day Centre**

A day centre group for all older people. Dementia Friendly run by qualified care staff. Activities on-site include art, singing, baking, board games & flower arranging. A Two Course Lunch is included.

**Location:**

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

**Time:** Tuesdays & Thursdays

Morning: 10am–1pm.

Afternoon: 11:45am–2.45pm

**Price:** £36 (whole day) / £24 (one Session)

For more information, contact:

**Email:** [homefarmservice@outlook.com](mailto:homefarmservice@outlook.com)

**Telephone:** 02477 058 683

## **Dementia Activity Days**

Meet others experiencing dementia. Activities include crafts, visiting choirs & entertainment, and a meal.

**Location:**

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

**Time:**

Wednesdays & Thursdays 10:30am – 3:30pm

**Price:** £35 for the whole day

**Booking:** Required in Advance

For more information, contact:

**Telephone:** 07598 782739

**Email:**

[hello@dementiaactivitydays.co.uk](mailto:hello@dementiaactivitydays.co.uk)