



What's on in Notts?

Contacts and Local Details of Support and Advice Centres, Activities and Social Groups in Nottinghamshire

Updated March 2026

Please contact us if you would like to be included:

contact@trentdementia.org.uk

Contact / Local Details

Trent Dementia craft groups on Zoom and face-to-face

Free bi-weekly online sessions and monthly face-to-face sessions.

Tel: 0115 74 84 220—please leave your name and number

Email: contact@trentdementia.org.uk

Website: <https://www.trentdementia.org.uk/> -The events calendar is on the right

Trent Dementia drop-ins

Free monthly sessions, providing space and time to chat with free refreshments.

Nottingham City Centre (NG1)– on various Wednesdays

Southwell (NG25)– on various Thursdays

Email: contact@trentdementia.org.uk

Tel: 07300 657 575 – please leave your name and number

Trent Dementia Health Walks

First Thursday of each month at Highfields Park (NG7) at 11:30 AM

Various Thursdays at the Stonebridge Farm (NG3) at 11:30 AM

Email: contact@trentdementia.org.uk

Tel: 0115 74 84 220—please leave your name and number

Trent Dementia day trips

Regular day trips every season.

Email: contact@trentdementia.org.uk

Tel: 0115 74 84 220—please leave your name and number

Contact / Local Details

Trent Dementia annual event

Tel: 0115 74 84 220—please leave your name and number

Email: contact@trentdementia.org.uk

Website: <https://www.trentdementia.org.uk/>

Friends for Life—Ey up me Duck!

DEEP peer support group

Their aim is to make friends with people living with dementia including carers. Regular meet ups with refreshments, with plans to create visits out, social events, reliving old haunts around Nottinghamshire. Helpful advice is always available from people who really know what it feels like.

Area: Gedling / Carlton / Arnold, Nottingham

Address: Westdale Lane Baptist Church, Mapperley, Nottingham, NG3 6ES

Email: contact@trentdementia.org.uk

Tel: 0115 74 84 220—please leave your name and number

Forget Me Notts

Forget Me Notts offers stimulating activities for those living with dementia and their loved ones in Rushcliffe Arena (NG2), Edwalton Golf Club (NG12), and in Trent Bridge (NG2).

Tel: 07486 327 403

Email: Louise.Manger@trentbridge.co.uk

Address: Trent Bridge Café, Trent Bridge, West Bridgford, Nottingham, NG2 6AG Website (for the dates & venues): <https://www.trentbridge.co.uk/trust/forget-me-notts.html>

Contact / Local Details

Netherfield Memory Café

Tel: 07900 951 867 (Martin Curtis)

Email: martin.curtis@jigsawhomes.org.uk (before 2nd April)

Asmina.choudhury@jigsawhomes.org.uk (from 6th April)

Venue: St George's Centre, 91 Victoria Road, Netherfield, Nottingham NG4 2NN

Last Thursday of each month 2PM-4PM

Gedling Memory Café

Tel: 07881 816 465

Address: Church of The Good Shepherd, 3 Thackeray's Lane, Woodthorpe, Nottingham, NG5 4HT (every 4th Friday of each month, 10:30 AM to 12:30 PM).

Website: <https://www.rotary-mapperleyarnold.org.uk/gedling-memory-cafe/>

Stapleford Memory Café

Tel: 0779 665 1950

Email: Jayne.daykin60@gmail.com

Address: The Equalised Club, Albert Avenue, Stapleford, Nottingham NG9 8ET
(Every other Wednesday 2:00pm – 3:30pm, please call to find out more).

Contact / Local Details

Carers in Hucknall

Tel: 0115 953 0746

Email: carersinhucknall@yahoo.co.uk

Website: <https://carersinhucknall.wordpress.com/dates/>

Address: The John Godber Centre, Ogle Street, Hucknall, Nottingham NG15 7FQ

(at 1:30-3:30 pm, every 1st and 3rd Tuesday of every month)

Dementia Information Programme for Carers (Radford Care Group)

A free seven week programme of information for unpaid carers of people with dementia. Help with respite care might be available (subject to suitability).

Locations: Programmes held throughout Nottinghamshire (locations and time vary for each programme).

Tel: 0115 978 6133

Email: info@radfordcaregroup.org.uk

Website: <https://www.radfordcaregroup.org.uk/dementia-information>

Our Dementia Choir

The Dementia choir meets every couple of weeks to rehearse at The City Ground, West Bridgford, Nottingham, NG2 5FJ.

Website: <https://www.ourdementiachoir.com/join-us>

Email them through the "Contact-US" form on the website:

<https://www.ourdementiachoir.com/contact-us>

Contact / Local Details

Forget-Me-Not Dementia Support Group

Meetings are varied each month and we always offer a warm welcome, a friendly and relaxed atmosphere and experienced volunteers who can offer support and advice. You are welcome to come along to any of the meetings at either Trinity Centre Point in Kirkby In Ashfield or St Johns Hall, Kirkby Woodhouse.

Tel: 07763 519 196

Email: fmn.contactus@gmail.com

Website: www.fmndementiasupport.co.uk

Meets on various Mondays from 1pm – 3pm

Trinity Centre Point, Kirkby Trinity Centre Point, NG17 7GN

Meets on various Tuesdays from 1pm – 3pm

St Johns Hall, Skegby Road, Kirkby Woodhouse, NG17 9JE

Free Admiral Nurse Dementia Helpline—Dementia UK

The specialist dementia nurses on our free, confidential Helpline for when you need help. Whatever you're worried about, they have the time to listen and the knowledge to solve problems.

Tel: 0800 888 6678

Email: helpline@dementiauk.org

Website: <https://tinyurl.com/4fu3wvb>

Contact / Local Details

Singing for the Brain - Clifton

Group sessions are free. The sessions are structured to include a range of activities including vocal warm-ups and singing a variety of familiar and new songs. You will also have the opportunity to talk to other people affected by dementia.

Second Monday of the month 11AM to 12:30PM

Address: Clifton Methodist Church, Rivergreen, Nottingham NG11 8AU

Tel: 0115 9343811 Leave a message and Angela will get back to you

Email: Angela.ONeill@alzheimers.org.uk — from Alzheimer's Society website

Singing for the Brain in Newark

4th Monday of the month, 11am – 12.30pm.

Address: Salvation Army, Church hall, Mead way, Balderton. NG24 3GA.

Email: Angela.ONeill@alzheimers.org.uk

Telephone: 0115 9343811 Leave a message and Angela will get back to you.

Singing for the Brain - Gedling (County)

Second Tuesday of the month 11AM to 12:30 PM

Address: Good Shepherd Church Hall, Thackerays Lane Woodthorpe, Nottingham NG5 4HT

Tel: 0115 9343811 Leave a message and Angela will get back to you

Email: Angela.ONeill@alzheimers.org.uk - from Alzheimer's Society website

Singing for the Brain - Worksop

Fourth Tuesday of the month 11AM-12:30PM

Address: Balmoral Community Centre, Sandringham Crescent, Worksop S81 7ET

Tel: 0115 9343811 Leave a message and Angela will get back to you

Email: Angela.ONeill@alzheimers.org.uk - From Alzheimer's Society website

Contact / Local Details

Singing for the Brain in Mansfield

Third Tuesday of the month, 10:30 am – 12:00 pm.

Address: St Peter's Centre, Church side, Mansfield NG18 1AP.

Email: Angela.ONeill@alzheimers.org.uk - From Alzheimer's Society website

Telephone: 0115 9343811 Leave a message and Angela will get back to you

Dementia Support Line

Get personalised information, support and advice.

Calls charged at standard local rate.

They offer advice on things such as getting diagnosed, caring strategies, how to access social care, remaining independent for as long as possible, making a Lasting Power of Attorney (LPA) amongst many other things.

Tel: 0333 150 3456

Website: <https://www.alzheimers.org.uk/get-support/dementia-support-line>

Phone support is available seven days a week.

Monday to Wednesday: 9am – 8pm; Thursday and Friday: 9am – 5pm;

Saturday and Sunday: 10am – 4pm

Peer Support available on Dementia Support Forum: <https://forum.alzheimers.org.uk/>

Contact / Local Details

Radford Care Group

The Pauleen Davis Centre – Day Care

Day care centre helping to support those with lifelong debilitating conditions such as dementia. Supported by dedicated professional Care staff. Offering stimulating activities, friendship and fun - lunch included.

Address: The Pauleen Davis Centre, 25 Prospect Street, Radford, Nottingham NG7 5QE

Telephone: 0115 978 6133

Email: daycareservices@radfordcaregroup.org.uk

Website: <https://www.radfordcaregroup.org.uk>

Respite Support for Carers

Full and half day respite 'breaks'. Time out for carers to have a break whilst loved ones attend the centre. – Free Taster sessions available.

Address: The Pauleen Davis Centre, 25 Prospect Street, Radford, Nottingham NG7 5QE

Telephone: 0115 978 6133

Email: daycareservices@radfordcaregroup.org.uk

Website: <https://www.radfordcaregroup.org.uk>

Mansfield Woodhouse Memory Café—The Peaceful Trust

They provide friendship, support, activities and occasional day trips. Tel: 01623 633 139

Website: <http://www.peacefultrust.com/>

Email: office@peacefultrust.com

Address: Turner Memorial Hall, Mansfield Woodhouse, Mansfield NG19 9JY

Social Sing-alongs—The Joyful Jukebox

They are at Keyworth Methodist Church Hall (NG12), Radcliffe Methodist Church (NG12), Cotgrave Methodist Church (NG12), and at Ruddington Village Hall (NG11)

Tel: 07905 912582

Website: <https://joyfuljukebox.wordpress.com/>

Email: thejoyfuljukebox@gmail.com

Contact / Local Details

Technology Enabled Care provided by Nottinghamshire County Council Monitors and

alarms can detect if there is an emergency and alert a carer or support

centre. You must be eligible for care and support, and Nottinghamshire County Council then can supply four types of systems depending on your personal circumstances.

Services: Telecare, Standalone Technology Enabled Care, and Activity

Monitoring Tel: Nottinghamshire County Council: Adult Social Care: 0300 500 80 80

Website: <https://tinyurl.com/yhcub6y8>

You can ask for Free Equipment on Loan from Nottinghamshire County Council at the same telephone number: 0300 500 80 80 (Equipment on Loan, Adult Social Care). The free equipment is available after a care and support assessment by the council.

Care and Support Assessment by Nottinghamshire County Council

Care and support assessment can be completed over the phone, at a clinic, or during a visit at your home by one of Nottinghamshire County Council's workers.

You can also ask for an assessment form to be sent to you, so you can fill it in and return it to the council.

Tel: 0300 500 80 80. The staff will discuss the best way for you to have an assessment.

Website: <https://tinyurl.com/yvvjz623>

Social Care Needs Assessment at Nottingham City Council

Nottingham City Council Adult Social Care Team helps people with difficulty doing daily activities such as washing, cooking and getting dressed. If you or someone you know needs this type of help, you can get a Care Needs Assessment from Nottingham City Council. This assessment will help you to receive the social care support you need. You can ask your GP, carer, social services or district nurse to refer you to the Nottingham City Council Social Services team.

Tel: The Adult Social Care Hub on 0115 8763330 to refer yourself or others.

Website: <https://tinyurl.com/5n7y4djm>

Contact / Local Details

Dementia Resources at Nottingham City Libraries

Services: Reading Well for Dementia, Memory Packs, Online Reminiscence Resources, Home Library Service Click & Collect

Website: <https://www.nottinghamcitylibraries.co.uk/dementia/>

Email: enquiryline@nottinghamcity.gov.uk

Locations: various at Nottingham City - ask your local library

Notts Help Yourself

Just type "dementia" in the search box and it would show you dementia services, Activities, and information about dementia in your location.

Website: <https://tinyurl.com/4awyzdbf>

Alzheimer's Society Directory

This directory helps find local support services for people with dementia and their carers anywhere in Nottingham & Nottinghamshire, of course in England, Wales, and Northern Island.

Website: <https://www.alzheimers.org.uk/find-support-near-you>

Dementia Directories & Dementia Friendly Guide

Broxtowe Dementia Directory can be downloaded here: <https://tinyurl.com/mr4attp2>

Rushcliffe Dementia Directory can be downloaded here: <https://tinyurl.com/285n9u7t>

Email: admin@dementiastudio.org

It has information on: Advice and Practical Support, Living Well with Dementia at Home, Social Activities, Dementia Friendly Care Agencies, Support & Respite for Carers, What Family Carers Need to Know, etc.

Dementia Friendly Guide published by Dementia Action Nottingham & Nottinghamshire Partnership (DANN) can be downloaded from here: <https://tinyurl.com/5xansecd>

Facebook: <https://tinyurl.com/387ktrvx>

Contact / Local Details

Silver Line

This service is not dementia-specific. But it is by Age UK. It is a free, confidential telephone service for people aged 55 or over. They provide friendship, conversation and support 24 hours a day, 7 days a week. This is not an emergency service.

Tel: 0800 4 70 80 90

Website: <https://www.thesilverline.org.uk/>

Cruse Bereavement—Helpline

The helpline is run by trained bereavement volunteers, who offer emotional support to anyone affected by grief.

Tel: 0808 808 1677 (Calls are free)

Monday, Wednesday, Thursday, Friday – 9.30am – 5pm

Tuesday – 1pm – 8pm

Saturday & Sunday – closed

Website: <https://www.cruse.org.uk/>

Home Instead—Nottingham

Home care and Live-in Care in Nottingham by a friendly team of care professionals. Tel: 0115 922 6116

Website: <https://www.homeinstead.co.uk/nottingham/>

Nottinghamshire Carers Association

Nottinghamshire Carers Association (NCA) promotes Carers services across the county . Tel: 01773 833833

Email: info@nottinghamshirecarers.co.uk

Website: <https://nottinghamshirecarers.co.uk/support-services>



Trent Dementia charity

Institute of Mental Health

Triumph Road,

Nottingham

NG7 2TU

Tel: 0115 74 84220—Please leave your name & number

Email: contact@trentdementia.org.uk

Website: <https://trentdementia.org.uk/>

Trent DSDC is a Registered Charity (No.1109855)