



What's on in Notts?

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

Updated September 2023

Contact / Local Details

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

Free 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/> - events calendar on the right

Trent Dementia drop-in

Free monthly meeting on third Wednesday of each month. Chatting over free tea, coffee, cake and soup

Email: contact@trentdementia.org.uk

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

Trent Dementia Health Walks

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

Second Thursday of each month at the Stonebridge Farm 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

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/>

Contact / Local Details

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 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

Forget Me Notts

Tel: 0115 982 3000

Email: ian.richardson@trentbridge.co.uk

Address: Nottinghamshire County Cricket Club, Trent Bridge, West Bridgford, Nottingham, NG2 6AG

Website: <https://www.trentbridge.co.uk/trust/forget-me-notts.html>

Netherfield Memory Café

Tel: 0115 9051 515 (Martin Curtis)

Email: martin.curtis@jigsawhomes.org.uk

Venue: St George's Centre, 91 Victoria Road, Netherfield, Nottingham NG4 2NN (Last Thursday of each month, 2-4 PM)

Free Dementia Swim

Mondays 11-12 during term-time

Tel: 0115 941 2422

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

Address: The Lenton Centre, Willoughby Street, Lenton, Nottingham, NG7 1RQ

Contact / Local Details

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/>

Sherwood Sunrisers—Memory Café

Tel (Alan Bush)- 0115 926 2232

Address:

Sherwood Methodist Church, Devon Drive (off Mansfield Road), Nottingham, NG5 2EN
(second Wednesday of every month at 1—3 PM)

Singing for the Brain - Wollaton (City)

Third Monday of every month, 11am–12.30pm

Tel: 07718697246

Email: nottspdss@alzheimers.org.uk or phone

Bingham Methodist Church Memory Café

Second Monday each month, 2.00—3.45 PM

Address: Bingham Methodist Centre, Needham St, Bingham, Nottingham NG13 8AE

Website: <https://www.binghammethodist.org.uk/regularerevents.htm>

Cotgrave Memory Café: Vale of Belvoir Rotary Club Memory Café

Last Thursday of each month

Tel (Gerry Thompson): 07979392652 / Email: thompson54@virginmedia.com

Address: All Saints Church, Plumtree Road, Cotgrave, Nottingham, NG13 3HT.

Website: <https://allsaintscotgrave.co.uk/memory-cafe.html>

Contact / Local Details

Beeston Dementia Friends

Tel: 07846 403 342

Email: info@beestonmemorycafe.com

Address: Middle Street Resource Centre, Middle Street, Beeston, NG9 2AR

Website: <http://beestonmemorycafe.com/>

Eastwood Memory Café

Tel: 07847 716 759

Email: info@eastwoodmemorycafe.co.uk

Correspondence Address only: Eastwood Memory Café, 362, Nottingham Road, Newthorpe, Nottingham, NG16 2ED

Website: <http://www.eastwoodmemorycafe.co.uk/>

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.

Locations: Nottingham City, County and surrounding areas (locations and time vary each programme).

Tel: 0115 978 6133

Email: info@radfordcaregroup.org.uk

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

Contact / Local Details

West Bridgford Memory Lane Cafe

Tel (Sandra Morrey): 07966 171 261.

Email: Sandra.rotary1220@gmail.com

Address: West Bridgford Methodist Church Hall, Musters Road, Nottingham, NG2 7PQ

(First Monday of each month, 2—4 PM)— information from WB Methodist Church website.

Our Dementia Choir

Address: Springwater Golf Club, Calverton, Nottinghamshire, NG14 6FZ.

Tel: 07925 452 207

Email: charitymanager@ourdementiachoir.com

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

Heron Music Care for Wellbeing

Tel: 0115 914 5879

Email: info@musicworksnet.co.uk

Address: Poppy and Pint pub, Pierrepont Road, West Bridgford, Nottingham, NG2 5DX
(various dates at 10:30 AM)

Website: www.musicworksnet.co.uk/the-heron-well-being-music-cafes/

The Studio—Beeston

Activities: Carers Corner (Mondays), Sporting Memories (Tuesdays),

Couples Support (Wednesdays), Individualised dementia day care.

Tel: 07543 534 336

Email: thestudio@imagineartsdem.co.uk

Address: The Studio, Beeston Royal British Legion Hall, 16 Hall Croft, NG9 1EL

Website: <https://www.thebeestonstudio.uk/>

Contact / Local Details

Free Singing for the Brain Session - East Bridgford Village Hall

Third Wednesday of the month at 2—3:30 PM

Address: East Bridgford Village Hall, Main Street, East Bridgford, Nottingham NG13

Email: fieldsup1.eastnotts@homeinstead.co.uk

Tel: Abi Vernon on 01949 480480

Website: <https://eastbridgfordvillagehall.co.uk/whats-on/>

Ashfield Support Group—Supported by Dementia UK Admiral Nurse

Every Wednesday 1-3 PM and 3-5 PM (no need to book)

Tel: 01623 784 723

Email: reception.ashfield@property.nhs.uk

Address: Ashfield Health and Wellbeing Centre, Portland Street, Kirby in Ashfield, Nottingham, NG17 7AE

Website: <https://willowbrookmp.co.uk/ashfield-admiral-nurse-support-group/>

Forget Me Not Dementia Support Group

Tel: 07763 519 196 or 07751 006 107

Email: fmn.contactus@gmail.com

Meets on the third Monday of the month from 1.30pm – 3.30pm

Trinity Centre Point, Kirkby Trinity Centre Point, Diamond Avenue, Kirkby-in-Ashfield, NG17 7GN

Meets on the first Tuesday of the month from 1.30pm – 3.30pm

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

Website: <https://sites.google.com/site/forgetmenotgroup/>

Contact / Local Details

Golf in Society: Transforming lives at local golf clubs

Inclusive golf sessions for people living with a chronic illness and their carers, such as Parkinson's Disease, Dementia, Stroke Recovery, Hospital Recovery, Loneliness, and Depression.

No golf experience is required to get involved.

They offer a FREE taster session. Then the cost is £10 per couple.

Locations: Coxmoor golf club NG17 5LF, Newark golf club NG24 2QX

Email: info@golphinsociety.com

Tel: 07491 694 938

Website: <https://golphinsociety.com/impact-evidence-research/participants/>

Sing along with Elie

Email: ellie@singalongwithellie.co.uk

Tel: 07813 148373

Locations: Mansfield, Sutton in Ashfield, Pinxton

Facebook: <https://www.facebook.com/singalongwithellie>

Willow Tree Memory Café

2nd and 4th Wednesday of each month, drop in anytime between 1.30 PM and 3.30 PM

Address: The Discovery Room, Mill Waters Heritage Centre and Café, Sutton in Ashfield, NG18 5HY

Email: millwaters@ashfield.gov.uk

Website: <http://www.millwaters.org.uk/whats-on/willow-tree-memory-cafe/>

Singing for the Brain in Newark

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

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

Email: nottspdss@alzheimers.org.uk

Telephone: 0771 8697 246 — information from Alzheimer's Society

Contact / Local Details

Sawley Wellbeing Café

A friendly space with drinks, snacks and activities for older people living alone in or around the Sawley area and for their carers who feel isolated.

Tel (Janet): 07906 367553

Website: <https://www.parishofsawley.org/wellbeing-cafe>

Singing for the Brain Rushcliffe County

Third Monday of every month, 11am–12.30pm

Address: Clifton Methodist Church, 212 Rivergreen, Nottingham NG11 8AU

Tel: 07718697246

Email: nottspdss@alzheimers.org.uk

Singing for the Brain - Gedling (County)

Second Tuesday of the month

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

Tel: 07718697246

Email: nottspdss@alzheimers.org.uk

Walking Football and Sporting Memories - West Notts

Address: Clifton Leisure Centre, Southchurch Drive, Nottingham NG11 8AB

Tel: 01623 752 136

Email: westnottsandderbyshireborders@mha.org.uk

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

Contact / Local Details

Bloomin Dementia

Music in Mind every fortnight & free events

Tel: 0115 984 37 03

Email: info@bloomindementia.org

Website: <https://www.bloomindementia.org/>

Address: 4 Easthorpe Street, Ruddington, Nottingham, NG11 6LA

Dementia Wellbeing Service

The Dementia Wellbeing Service (formerly known as Dementia Connect) is the Alzheimer's Society's personalised support service for those with dementia and their carers, families and friends. It consists of our 1:1 Dementia Support Service, our Carers Information and Support Programme and Cognitive Stimulation Therapy. It's free for service users.

Tel: 0333 150 3456

Email: DementiaSupportLine@alzheimers.org.uk

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

Telephone lines are open Monday - Wednesday (9am - 8pm); Thursday - Friday (9am - 5pm); Saturday - Sunday (10am - 4pm)

Ask Inspire

Tel (Ask Inspire): 01623 677 200

Email: ask@inspireculture.org.uk

Locations: various—ask your local library

Website: <https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/reminiscence-resources-inspire-libraries/>

Technology Enabled Care

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

Website: <https://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/equipment-to-help-you/monitors-and-alarms>

Services: Telecare, Standalone Technology Enabled Care, and Activity Monitoring

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: <http://nottinghamshire.familyservicedirectory.org.uk/kb5/nottinghamshire/directory/home.page>

Alzheimer's Society Directory

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

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

Dementia Directories: Broxtowe & Rushcliffe

Broxtowe Dementia Directory can be downloaded here: <https://tinyurl.com/yc35b4bb>

Rushcliffe Dementia Directory can be downloaded here: <https://tinyurl.com/3ta3rahj>

It has information on the following services: Advice and support, General services, NHS primary and community care, Information on entitlements, Information on living well with dementia at home, Applications, and Social activities

Email: gwynneth.owen@nhs.net

Contact / Local Details

Radford Care Group Centre for Care

Full and half day provision of day care Monday-Friday. Varied activities including crafts, exercises, singing and outings. Lunch provided.

Address: 25 Prospect Street, Radford, Nottingham NG7 5QE

Telephone: 0115 978 6133

Email: info@radfordcaregroup.org.uk

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

Singing for the Brain in Mansfield

Third Tuesday of the month, 10.30am – 12 noon.

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

Email: nottspdss@alzheimers.org.uk

Telephone: 077 186 97 246—information from Alzheimer's Society

Singing for the Brain in Worksop

Last Tuesday of the month, 11am – 12.30pm.

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

Email nottspdss@alzheimers.org.uk

Telephone: 0771 8697 246—information from Alzheimer's Society