



What's on in Notts?

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

Updated May 2024

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 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-ins

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

Nottingham city centre – on various Wednesdays

Southwell – 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 at 11:30 AM

Various Thursdays 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

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 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.

Tel: 0115 982 3000

Email: fmn@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>

Contact / Local Details

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)

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 Memory Café

Tel (Alan Bush)- 0783 323 2215

Address:

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

Stapleford Memory Café

Tel: 0779 665 1950

Email: jayne.daykin@ntlworld.com

Address: The Equalised Club, Albert Avenue, Stapleford, Nottingham NG9 8ET

(Every other Wednesday 2:00pm – 3:30pm, please call to find out more).

Beeston Dementia Friends

Tel: 07846 403 342

Email: beestonmemorycafeinfo@gmail.com

Address: 74 Middle Street Resource Centre, Middle Street, Beeston, NG9 2AR

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

Contact / Local Details

Eastwood Memory Café

Meet on the second Tuesday of the month from 12.30-3pm at Plumtre Hall in Eastwood NG16 3BS

Tel: 07847 716 759

Email: info@eastwoodmemorycafe.co.uk

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>

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

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/>

Mill Waters Memory Café

Crafts and games or simply relax and socialise in our beautiful surroundings. For people living with dementia, their friends, families and carers.

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

Date: 2nd and 4th Wednesday of each month

FREE and no need to book, drop in anytime between 1.30 PM and 3.30 PM

Email: millwaters@ashfield.gov.uk

Website: <https://discoverashfield.co.uk/places-to-visit/mill-waters>

Forget-Me-Not Dementia Support Group

Tel: 07763 519 196 or 07751 006 107

Email: fmn.contactus@gmail.com

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

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

Contact / Local Details

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

Our Dementia Choir

Address: Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ

Date: Every other Tuesday – 11.00 a.m.-1.30 p.m

Email: info@ourdementiachoir.com / charitymanager@ourdementiachoir.com

Tel: 07925 452 207

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

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

Dementia Support Line

Get personalised information, support and advice

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

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

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Radford Care Group Centre for Care

Full and half day provision of day care Monday-Friday for those living with dementia and other long term conditions, enabling carers to have a break.

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

Dementia Support group in the back room at Rumbletums,

Address: 2A Victoria Street, Kimberley, NG16 2NH

For people with dementia and their carers.

2nd Thursday morning of the month from 10.30am - 12.30pm.

For more information

Email: projectmanager.rumbletums@gmail.com

Tel: 0115 9384953.

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 & Dementia Friendly Guide

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

Rushcliffe Dementia Directory can be downloaded here: <https://tinyurl.com/285n9u7f>

Email: gwynneth.owen@nhs.net

It has information on: General Advice and Practical Support, Out and About in the Community, Living Well with Dementia at Home, 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) :

<https://tinyurl.com/5xansecd>