



Compassionate
KENILWORTH

Living with **Dementia**

**A guide to groups and help in
and around Kenilworth**



Updated August 2023



**** Please be aware that this information is correct as of August 2023.**

Please be sure to contact the groups or places prior to attending to confirm that the activities are running and the details of times and locations outlined here are still correct.

General Advice and Information

Alzheimers UK

www.alzheimers.org.uk

Dementia Connect advice line

0333 150 3456

Monday to Wednesday 9-8, Thursday - Friday 9-5, Saturday and Sunday 10-4.

dementia.connect@alzheimers.org.uk

Talkdementia.uk

A website with resources and list of dementia-friendly activities you can do at home. Activities in South Warwickshire

www.talkdementia.uk

NHS Mental Health Access Hub

24/7 Urgent Support for situations with people suffering from dementia

For 24/7 Urgent Support Call 0300 2000011

For people already receiving services from Coventry and Warwickshire Partnership Trust contact the local Duty Officer on 01926 450660 from 9am-5pm Monday to Friday.

Appoint Us Services

024 7699 8414

Mental capacity assessments by trained staff

These can be provided to solicitors or other people that may need them in order to make decisions.

"We will support you to make decisions before we say you are unable to make decisions for yourself. We will not assume you lack capacity if others believe you are making unwise decisions. We can also be Certificate Providers in order to support Lasting Power Of Attorney applications."

Dogs For Good

Trained dogs to work with people with autism, physical disabilities, learning disabilities and dementia

01295252600

Alzheimer's Society - Peer Support Groups for people with Dementia

The Peer Support Group is for people living with dementia. In this safe and friendly environment, you can share your experiences and practical tips for living well with dementia or simply chat with others in a similar situation.

Queen's Road Baptist Church, Grosvenor Road, Coventry CV1 3FE

024 7665 2602

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Arts and Crafts

Coventry Men's Shed

Rose Community Centre, Hope Street, Spon End, CV1 3LH.

Men's sheds are places for older men to meet, chat and make things together. Currently they are making plastic kits but do woodwork projects occasionally too. They are a dementia friendly crowd.

Contact: Mark Gibbins Tel: 07401 955 367

Email: coventrymensshed@gmx.co.uk.

Currently operating Tuesday 3-5pm

£3 per session and bring own materials.

The first session is *free* so do drop in to check it out.

Befriending

Age UK

Befriending Service - Available for age 65+

Regular telephone contact and possibly home visits.

befriending@ageukcovwarks.org.uk Befriending Service - Available for age 65+ Regular telephone contact and possibly home visits.

befriending@ageukcovwarks.org.uk Tel 07436108173 or 01926458113

.org.uk

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Arts Uplift

Bridging the Gap

Free Movement, Music and Memories sessions in Kenilworth for older people with memory issues and their loved ones and wellbeing young people's arts activities

Dates and times: Fridays from 11.00am - 12.30pm

Place: Kenilworth Library, 11 Smalley Place, Kenilworth CV8 1QG

Email: jenny@artsuplift.co.uk

Tel: 07946 585978

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Dementia Cafes/Social

Cafe WRAP (Warwickshire Reminiscence Project)

Friday 2pm - 4pm

Bishopton Community Centre Stratford-upon Avon

Contact: Janice Crompton-Brough 01789 261061 or 07803729894

www.reminiscence.org.uk

Memory Cafe+

1st and 3rd Monday of the month (excluding Bank Holidays) 2.00-4.00pm.

Venue: All Saints Church Centre, Emscote, Warwick CV34 5NJ -- Or phone: 01926 492073 or 07507 646030

Triple Link Dementia Cafe

Is a *free* cafe open on Wednesdays 11am to 12:30pm. They have weekly group activities such as music exercise. Brunswick Hub 98-100 Shrubland St, Leamington Spa.

Call Theresa to register prior to attending on 01926 422123

All events for Triple Link Dementia Cafe – Brunswick Hub (brunswickhlc.org.uk)

Memory Lane Cafe

Dementia Social Event - Coventry.

Fortnightly Friday 10:30am-12pm

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

Contact Jackie 07763908460 or 07563902904

Little Ray Of Sunshine Cafe

Dementia Cafe is a *free* monthly dementia community group

10.30am to 12.30pm

3rd Monday of the month

The Kenilworth Centre, Abbey End Car Park, Kenilworth

Contact Andrew on email: thelittlerayofsunshinecafe@hotmail.com or call 07802 595619

Balsall Common Memories Cafe

Cafe for people living with dementia and their friends and carers. They have regular activities, music, fitness and memory boxes.

Contact: Christine.g.hornsby@gmail.com 07974140353

Cafe and activities - 2nd Wednesday of the month, 1.30 - 3pm, at Balsall Common Village Hall

Coffee and chat - 1st Thursday of the month - 11-12.30pm at Balsall Common Library

Forget-Me-Not Cafe

A dementia friendly cafe where everyone is welcome.

8 Clarendon Avenue, Leamington Spa, CV35 5PZ (Next to The White Horse)

9.30am - 4pm Tuesday to Friday

9.30 - 3pm Saturday

Wellesbourne Dementia Cafe

The dementia café provides a safe and supportive environment for people with dementia and their carers. You will have the opportunity to share experiences, or simply have a cup of tea and a chat with others in a similar situation.

Wednesday 2 - 4pm

Wellesbourne Village Hall, CV35 9NH

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Day Care/Activities

Dementia Activity Days

Charmaine on 07598 782 739 <https://www.dementiaactivitydays.co.uk/>
Wednesday and Thursday 10:30-3:30
All Souls Church, Earlsdon
£35 per day incl lunch and activities

Age UK Dementia Days

Socialising, games and activities organised by Age UK.
Tuesdays and Thursdays 9:30am-3pm
at Dell Court Henley-in Arden
Wednesdays and Fridays 9:30am-3pm
at James Court Warwick
Maureen Wiggington - 07780684383
warwick.dayops@agentcovwarks.org.uk

VASA Memory Club

We provide respite for carers and a fun, stimulating and friendly environment for our club members.
The Memory Clubs suit those with mild to moderate dementia."

Contact: 01789 777986
janis@vasa.org.uk
Book online: www.vasa.org.uk/services/memory-club

Tuesdays 3pm - Briar Croft, Alcester Road, Stratford-upon-Avon
Monday and Fridays 10am to 3pm - Ettington Lodge, Wellesbourne
Thursday 3pm - Queensway Court, Leamington Spa

Forget-Me-Not Dementia Group

A Drop-In group held on 1st and 3rd Tuesday of the month
Between 1.15pm - 3pm
At Chase Meadow Community Centre, Narrow Hall Meadow, Warwick
Contact: judybaker44@hotmail.co.uk - 07853374388

Dementia Activity Days

Where people living with dementia can come together to participate in activities and meet others in a similar situation.
Activities include - music, dancing, singing for the brain, board games, light exercise and many more. The group will be every Wednesday and Thursday from 10:30am...
All Souls Church, Kingsland Avenue, Coventry CV5 8DX
07598 782 739

Music and Dancing

Warwick Memory Singers

A group for people living with dementia and their carer's. Weekly singing sessions led by specially trained musicians. Refreshments are served.

Every Wednesday 1pm-2.30pm

£5 a week/Carers *free*

At All Saints Church, Vicarage Fields, Warwick, CV34 5NL

Contact Sarah Riddell sriddell@armonico.org.uk or 07722 632242

Sports and Games

Kenilworth Croquet Club

Kenilworth Tennis Squash and Croquet Club Cracklet Lane, Kenilworth CV8 2JS.

Social sessions Monday 2pm, Thursday 5pm.

Social members and players welcome

01926 859650 - Adrian Morris

croquet@ktscc.co.uk

Annual Membership is around £120 per year and it is then free to play.

Sky Blues in the Community Dementia Active

A free weekly social session for anyone living with memory loss or dementia and their carers.

Call 07494734264 or email jack.clemons@sbitc.org.uk

Monday mornings 10am to 12pm at AT7 Centre, Coventry CV6 7GP

Monday afternoons 2.30pm - 4.30pm at Jubilee Sports Centre, Nuneaton CV10 7EZ

Friday mornings 10am to 11:30am at St Nicholas Park, Warwick CV34 4QY

Outdoors

Oscar's Garden

Dementia Friendly Allotments off Wellesbourne to Kineton Road.

Contact Heather for more information 01295 688376

Green Minds Gardening

Green Minds offers sessions of gardening and growing produced at allotments, encouraging people with personal experiences of mental health difficulties to become involved in outdoor gardening activities, learn new skills and meet others.

Men's Group held every Tuesday from, 10:00am - 12:00pm

Mixed Group held every Wednesday 10:00am - 12:00pm.

<https://springfieldmind.org.uk/services/green-minds>

Call: 01789 298615 to book on

Kenilworth Walkers

5-10 mile walks in the Warwickshire area - starting and ending at a pub for lunch.

Taster walks available - £5 annual memberships subsequently.

Email kwcms100@gmail.com.

Weekly Thursdays and Fridays.

Always Me Dementia Activity Club

Activity group where people with dementia can meet up, take part in activities, day trips have lunch and a chat

The club is open Monday - Thursday 9.30- 1530 at St Mary's Church, Hall Lane, Walsgrave.

Call Michelle 07891953615 or Cherry 07410977274 for information



For Carers

Carers Trust

Heart Of England, Breaks for Carers
contactus@carerstrusthofe.org.uk or 02476632972

Dementia Carers Count

A national charity offering courses and resources
info@dementiacarers.org.uk or 0203 0967894

The Carer's Retreat

A monthly group supporting carers of a loved one living with a Dementia illness.
At The Waverley Centre, for carers only
First Saturday of the Month 10:30am-12pm
07759126731

Warwickshire Reminiscences Action Project

A great resource for people who are looking after a loved one living with dementia. A few of which are mentioned below.
Please call Mike or Linda on 01789 261061 to find out what there could be to help and support you.

- "Looking After A Loved One Living with Dementia" Support Programme (LAALO) . This is a free 6 week course, 10am to 12pm once a week.
- Dementia Friends training (free when arranged)
- Reminiscence awareness training (Open College Network Level 1) £98

www.reminiscence.org.uk

Foundation House, Masons Road, Stratford upon Avon, Warwickshire, CV37 9NF

Wefindanylearner.com

Free training - Dementia Care Level 2
Free online course





info@compassionatekenilworth.co.uk

07831 552470



Compassionate Kenilworth



@kenilworthcommunity



Charity number: 1190005

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