

Community Dementia Companion Service



East Cheshire Hospice
Where people come to live

Supporting people with dementia & their carers in our local community

Our community based companion service is here to offer support to people with dementia, and their loved ones. The service can offer carers some time for respite, as well as helping the affected person to maintain social contacts, activities and skills. **For more information or to make a referral please contact Service Co-Ordinator Claire Halsey by phone on 01625 666990**

THE HERBERT PROTOCOL
Safe & Found



Do you care for someone who has dementia & worry that they might go missing?

Download the form and find out more at:
www.cheshire.police.uk **WE'RE HERE TO HELP IF THEY DO!**



Poynton with Worth Town Council

Groups and activities for people living with dementia, and their carers.

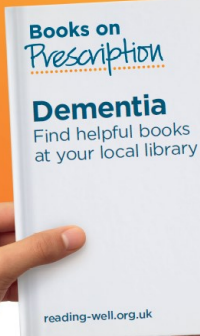


The Clickety Click Club

The Clickety Click Club are a group of knitters, who knit for many good causes in the community and are keen to support Poynton becoming Dementia Friendly. Members have made beautiful 'Twiddle muffs' and 'Twiddle blankets' for people who are living with dementia. Please contact Jean Doyle on 01625 403 509 for more information or to purchase.



READING WELL



Call in at Poynton Library or online for more information reading-well.org.uk



Admiral Nurse
Dementia Helpline
0800 888 6678



DAA Dementia Action Alliance

Weekly activities

Monday

9.45am - 10.45am
11am - 11.30am
Be steady, be safe.
Falls Prevention Class

Mon & Tues sessions available. Poynton civic centre, off Park Lane, Poynton, SK12 1RB. Balance exercise class. Booking essential call Everybody Healthy, 01625 383943

10.30am - 1.30pm
Kaleidoscope Memory Café

2nd and 4th Monday of month, Macclesfield & Bollington United Reformed Church, Townley Street Halls, Townley Street, Park Green, Macclesfield. Drop-in. Light lunch included. Phone Barbara 01625 616138

2.00pm - 4.00pm
In Together

Wilmslow Methodist Church, Kings Close, Water Lane, Wilmslow, SK9 5AR. Drop-in. Phone Rev. Katy Thomas 01625 539584

Tuesday

10.15am - 11.30am
Be steady, be safe.
Falls Prevention Class
 See details under Monday

10.00am - 12.00noon
Golden Memories Group

Alternate Tuesdays, Family Worship Church, Sandwich Drive, off Dorchester Way, Tytherington, SK10 2UZ. Drop-in. Phone Pam Jagger 01625 828425 or Pat Newns 01625 611178

2.15pm - 4.15pm
Living Well

Alternate Tuesdays. St. George's Church Hall, Poynton, SK12 1NH. Drop-in. Phone Helen Bradley 07745 322215

2.30pm - 4.00pm
Singing for the Brain

Alternate Tuesdays, Methodist Church, Westminster Rd, Macc, SK10 1BX. Phone Macc Alzheimer's Society 01625 503302 to register. £5 charge.

10.00am - 11.30am
Open The Door

Alternate Tuesdays, Tytherington Family Worship Community Hall, SK10 2UD. £4 per couple, includes refreshments. Call 07553 566070

Wednesday

11.00am - 3.00pm
Poynton Golden Memories Group

Alternate Wednesdays, Poynton Community Centre, Park Lane, Poynton, SK12 1RB. Drop-in £5.00, lunch included. Phone Judy Hatton 01625 879376, Gerald Scriven 01625 875261 or Edith Clark 01625 875372

2.00pm - 4.00pm
P&J Social

Alternate Wednesdays, St. Peter's Church Rooms, Prestbury village, SK10 4DG. Limited numbers. Phone Anne 07999 862035. wallworkpam@gmail.com

10.30am - 11.30am
Aqua Relax

Poynton Leisure Centre, Yew Tree Lane, Poynton, SK12 1PU. Call Andy Molyneux on 07506 317055 or email andy.molyneux@everybody.org.uk

Thursday

10.00am - 12.00noon
Macclesfield Alzheimer's Café

4th Thursday in month, The Springwood Pub, Springwood Park, Tytherington Business Park, Macclesfield, SL10 2XA. Drop-in.

11.00am - 12.30pm
Singing for the Brain

Hazel Grove Civic Hall, SK12 4DF alternate Thursdays. Open to Cheshire residents. For more details phone Alzheimer's Society 0161 477 6999

10.00am - 3.00pm
Always Active

Every Thursday. Oaklands Court, Oak Grove, Poynton, SK12 1AZ. Free taster days. Contact 07972 572054 enquiries@alwaysactive.org.uk

2.00pm - 4.00pm
In Together

St Mary's Methodist Church Hall, Wilmslow Rd, Handforth SK9 3LF. Drop-in. Phone Rev. Katy Thomas 01625 539584

Friday

More information:

The **Golden Memory Groups, In Together, Living Well & Open The Door** are interactive groups with singing, games, light exercise & crafts with time for carers to have a chat.

Alzheimer's Cafés are discussion/support groups and sometimes have quiet table-top games.

P & J Social includes people with Parkinson's. A welcoming group where carers have some "Me Time" whilst loved ones socialise in a separate lounge with dedicated pals. Refreshments provided with voluntary contributions.