



Compassionate
KENILWORTH

Living with **Dementia**

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



General Advice and Information

Alzheimers UK

Dementia Navigators can signpost appropriate resources and activities for you.

01926 888899 OR southwarks@alzheimers.org.uk.

Dementia Navigator Clinics in Coventry -
Forrest Medical Centre 9:30am-12:30pm
1st Thursday of the month (02476672277)

Park Leys Medical Centre (Bennetts Road) 9:30am-12:30pm
1st Thursday of the month (02476 332636)

Priory gate Practice 9:30am-12:30pm
3rd Wednesday of the month (02476961370)

Kenyon Medical Centre (Chase Avenue) 1:30pm-4:30pm
3rd Wednesday of the month (02476307024)

Dementia Connect advice line

0333 150 3456

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

Talkdementia.uk

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

NHS Mental Health Access Hub

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

For 24/7 Urgent Support Call 0300 200011

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 your 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

Arts and Crafts

Artsuplift

Story telling and sharing life stories in Kenilworth with Nicky Bellenger
Thursdays 11-12:30 from 16th June, Kenilworth Library.

Movement, Music and Memories

Movement to Music for people with Dementia

Mondays 2-3:30pm 26 Sept, 3rd, 10th, 24th, 31st October 7th November, Kenilworth Library

Both are free but it is advisable to book.

Contact jenny.davis@artsuplift.co.uk 07946 585978

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.

Contact: Mark Gibbins Tel: 07401 955 367

Email: coventrymensshed@gmx.co.uk.

Currently operating Tuesday 3-5pm

£3 per session and bring own materials.

Befriending

Age UK

Befriending Service - Available for age 65+

Regular telephone contact and possibly home visits.

befriending@ageukcovwarks.org.uk

Tel 07436108173 or 01926458113

Dementia Cafes/Social

Cafe WRAP

Friday 2pm - 4pm
Bishopston Community Centre Stratford-upon Avon
Contact: Janice Crompton-Brough 01789 261061

Triple Link Dementia Cafe

Wednesdays 11am to 12:30pm
Brunswick Hub 98-100 Shrubland St, Leamington Spa.
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

Little Ray Of Sunshine Cafe

Dementia Cafe
3rd Monday of the month
The Kenilworth Centre
01926 855205

Balsall Common Memories Cafe

Cafe for people living with dementia and their friends and carers
Contact: Christine.g.hornsby@gmail.com 01676532793
Balsall Common Village Hall
2nd Wednesday of every month

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 - 3 30pm Monday to Friday

Day Care/Activities

WRAP daycare provision

Briar Croft, Alcester Road, Stratford-upon-Avon Subject to discussion at Cafe WRAP
Contact Mike Strophair on 01789 261061

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

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

Wednesdays 3pm
Briar Croft, Alcester Road, Stratford-upon-Avon

Monday and Fridays 10am to 3pm
Ettington Lodge, Wellesbourne

Thursday 3pm
Queensway Court, Leamington Spa

Wednesdays 10:30-12:30
Stratford Town FC, Knights Lane, Tiddington

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: joannahwhitten@googlemail.com

Music and Dancing

Kenilworth Dancing Club

St Johns Church Hall. Tuesday 2pm.
Closed until 6th September.
Contact Valerie Taylor nearer the time 01926 859391

Movement to Music

Pingles Leisure Centre, Avenue Road Nuneaton - Thursday 2-3:15pm

Or

Rugby Library - Thursday 10:30-11:45am

Artsuplift

The Virtual Choir (online) Choir for Seniors.
Monday 2-3pm
Contact Jenny Davis jenny@artsuplift.co.uk 07946 585978.
£5 per session for couples. £8 per session for groups

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
At the Unitarian Chapel 31 High Street Warwick
Contact Sarah Riddell sriddell@armonico.org.uk

Sports and Games

Jigsaw Swappers

Last Saturday of the month
The Copper House Club, Albion Street, Kenilworth

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
07845 380750 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 men diagnosed with dementia and their carers.
Call 07494734264 or email jack.clemons@sbitc.org.uk
Mondays at AT7 Coventry (CV6 7GP) 10am to 12pm
Fridays at St Nicholas Park Warwick (CV34 4QY) 10am to 11:30am

Outdoors

Oscar's Garden

Dementia Friendly Garden off Wellesbourne to Kineton Road.
Contact Heather for more information
07964 683146

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.

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

Pam Britton Trust

A monthly group supporting carers of dementia sufferers aged under 65.
At The Waverley Centre, for carers only
First Saturday of the Month 10:30am-12pm
01926 852365

Warwickshire Reminiscences Action Project

“Looking After A Loved One Living with Dementia” Support Programme (LAALO) - run by Warwickshire Reminiscences Action Project. 6 week course in Stratford upon Avon

Wefindanylearner.com

Free training - Dementia Care Level 2
Free online course



info@compassionatekenilworth.co.uk

01926 919340



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@kenilworthcommunity



Updated September 2022