

Gentle Activities for the Young at Heart in Congleton

Local Activities Leaflet

Find out more - get involved!



Working to become
**Dementia
Friendly**
2019-2020

Winter
2020



Chatty Café Scheme!

Two Congleton businesses have introduced 'chatter and natter' tables as part of the national Chatty Café Scheme. A Chatter and Natter table is one where individuals or couples can sit if they are happy to talk to other customers. The tables are clearly marked and it's all about good old fashioned human interaction!

The two participants in Congleton are:

Bear Grills Café on Market Street. 'Chatty Table' available when the café is open (every day except Sunday and Wednesday)

Stock at the Pavilion, Congleton Park, Chatty Table available on a Wednesday from 11am – 4pm

More Help Available

Everyone needs more help at times. Below are a few organisations that may be able to help you...

- Cheshire East Carers Hub – exists to help the people who care for people! The hub is full of useful contacts and resources see: www.cheshireeastcarershubs.co.uk or call 0300 303 0208
- Cheshire East Pathfinder – is to help people who feel isolated or who need some free confidential advice and information about services. Contact Carol Levis on 07799 519431 or email: pathfindereast@cheshireaction.org.uk
- Cheshire East Social Care Out of Hours – 0300 123 5022
- Age UK Cheshire – 01625 612958
- Blue Badge Scheme – 0300 123 5020 Bluebadge@cheshireeast.gov.uk
- Alzheimer's Society – for help and advice – 0300 222 1122 or www.alzheimers.org.uk
- Silver Line – is a national charity which provides a free, confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year. Call anytime on 0800 4 70 80 90

Tesco Sunflower Lanyards

Tesco's has introduced the sunflower lanyard scheme for people with hidden disabilities. If you want store staff to be aware that you have a hidden disability that may mean you require some additional help, simply ask for a lanyard at customer services in Barn Road, or at the checkout at Tesco Express.

Gentle Activities for the Young at Heart in Congleton

Below is a list of regular activities which have been organised to help local people feel part of their community. All the activities listed are also designed to be friendly for those living with dementia and their carers.

Age UK – Men in Sheds – Lower Park Mill, Lower Park Street, CW12 1EH
Open every Monday and Tuesday – 3 sessions 9-11am 11am – 1pm & 1pm – 3pm
Cost £5 per session. Open to all men aged 50 and over

Astbury Mere Care Home – Newcastle Road, CW12 4HP
Runs a number of activities for their residents which are also open to local people.

Afternoon Tea Club - Mondays 3pm – 4pm – join us for tea and conversations

Musical Moments Session – every other Tuesday at 3pm

Seasonal Art and Craft – every Thursday at 2pm

Bee Active seated exercise – every Friday at 11am

Parkinson's Café – last Friday of the month 10.30am – 12 noon – join us for a chat

Bromley Farm Community Centre, Edinburgh Road, CW12 3EN

Never Too Old to have Fun - 'a youth group for pensioners!' Free lunch and lots of activities. Monday 12pm-2pm

Time Out Group - variety of activities, lunch provided. We are in need of more volunteers to ensure that we can continue to offer everyone a quality time:

Contact Margaret Butcher on 0797 4261407 or 01260 297847.

Thursday 10am-3pm

Chappell Centre (Mossley), Leek Road CW12 3LJ

Silver Active Club – gentle exercises every Wednesday (except the 3rd Wed), 10am – 11am and 11.15am – 12.15pm.

To book call 07788 966566, or 01260 281601

Email: silveractivefun@gmail.com

Congleton Cricket Club, Booth Street, CW12 4DG

Company Corner Every Monday 10am – 12 noon

Don't be alone, come in for a coffee, cake and see a friendly face! Contact Liz on 077 177 36645. Open to anyone who would like some company.

Visitors will be made very welcome.

Gentle Activities for the Young at Heart in Congleton

Congleton Library, Market Street, CW12 1ET

Fourth Monday 2:30pm - 3:30pm

Poetry and readings with refreshments provided. All welcome.

Crafternoon Tea - Tuesday 18th February, Tuesday 12th March £1 simple crafts with tea, coffee and chat

Story and Tea - Mondays 27th Jan, Tuesday 18th Feb, Tuesday 17th March. 2.30pm - 3.30pm.

Good Vibrations - sing-a-long Wednesdays 22nd Jan, 19th Feb and 4th March

Widows' Group - 1st Tuesday of the month - meeting room under the library. Costs £12 per year

Friendly Conversation Club - Thursday 13th Feb, Thursday 12th March, 2.30pm - 3.30pm free to attend

Congleton Museum, behind the Town Hall, Market Square, CW12 1ET

Walk: Sunday 1st March - Shadows of the Town, Walk with Peter Aston £6 including Cream Tea - meet at 2pm

Talk: Tuesday 31st March - Watch and Ward - Law and Order in Congleton - £2.50 meet at 2pm

Walk: Sunday 5th April - Mansion to Cottage, Walk with Ian Doughty - £6 including Cream Tea - meet at 2pm

Heath View Care Home, Heath Road, CW12 4BB

Luncheon Club - every Tuesdays and Thursdays 12 noon - 1pm. £5.50 for two courses - need to book in advance - call Wendy on 07766 445973

Arm Chair exercises - every Monday at 1.45pm - 3pm followed by singing group from 3pm - 4pm

Bingo Session every Thursday 2pm - 4pm.

New Life Church, West Road, CW12 4EY

Forget-Me-Not Club, 2nd and 4th Friday of the month, 10am - 12 noon

With a range of activities for people living with dementia and those who support them. For more information and to register with the group contact Claire Sheard tel 07866 415211.

Gentle Activities for the Young at Heart in Congleton

Coffee and Chats, 4th Wednesday of the month, 10.30am – 12.30pm

Jubilee Club, every Tuesday, 10am – 12.30pm – free activities including allotments, cooking, crafts and chatting!

The LA (Less Able) club meets at New Life Church on the 2nd Friday of the month from 2pm – 4pm. The cost to become a member of the LA Club is £12 per year. Tea and Coffee at each meeting and at least one outing per year. Contact Douglas Parker on 0776 781 7170.

Overton House, West Street, CW12 1JY

1st and 3rd Wednesday of the month

Singing Together 1.30pm – 3pm

Contact Helen on 0333 323 1990. Cost £2 including refreshments.

Old Saw Mill, Back River Street (off Antrobus Street), CW12 1HJ

Tel 01260 277658

Every Monday **Chomp and Chat** 12pm – 2pm – meet new friends over lunch and have a good chat.

£6 for meal and a drink

Every Monday **Sing-a-long** 2.30pm – 3.30pm

Every Tuesday – **Knit and Knatter** 2pm – 4pm free drink in the café

St John's Community Centre, Buxton Old Road, Buglawton CW12 2ES

Every Wednesday, 10am – 12 noon

Dance to Health sessions with Claire Donaldson 07493 299721. Costs £3.50

Older Adult Exercise Class, Monday 10-11am.

Cost £4, tel Sarah on 077398 02536

Tea-Church 2nd Wednesday of the month – Tea-church – a short worship service followed by high tea. No charge but there is a donation box

Luncheon Club, every Friday (starts 12 noon). Luncheon Club – good food and fellowship. For details of events at St John's call Peter Houldsworth on 01260 271103. Costs £4.

St Mary's Parish Centre, West Road, CW12 4ES

Be-Fit Gentle Exercise Class, Chair based exercise to music for the over 50s. Every Wednesday 1pm – 2pm – tel Bernadette on 07758 733312. Bernadettesumner9@gmail.com

Gentle Activities for the Young at Heart in Congleton

The United Reformed Church, Antrobus St, CW12 1HE

Every Monday – **Dance to Health**, 1.30 – 3.30pm

Tel Claire Donaldson – 01993 870150

Luncheon Club every Wednesday and Friday from 11am – 2pm. £4 per person, good company and a hot meal. Carers can stay for a meal but it is not necessary.

Tel Margaret Bourner on 0796 4865 632

Trinity Methodist Church, Wagg Street, CW12 4BA

Seated Pilates – every Monday during term time – 1pm – 1.45pm – Contact Suzanne on 01260 279142

Stitch and Chat – Every Monday afternoon – 2-4pm includes tea and coffee – Contact Glenice on 01260 277230

Silver Surfers Badminton Club - Every Tuesday 2pm – 3.30pm contact Keith on 01260 278932

Retired Men's Group – every Thursday morning 10am – 11.30am – varied programme, but mainly a chance to chat – contact Keith 01260 278932

Congleton Memory Café - 2nd Tuesday of the month, 10am-12noon.

An Alzheimer's Society run group. Referrals not needed but please ring and introduce yourself first, tel: 0300 3690570.

Wild and Wild Café, pedestrian area, CW12 1AY

Traditional games sessions on the 1st and 3rd Wednesday of the month from 10am -12 noon. Come and play dominoes, draughts, scrabble etc. Helpers wanted to join in the fun.

Health Walks

Meet every 1st and 3rd Monday at 10.30am from Ayres Health, Lion Street Congleton. Call Anna on 01260 408514



If you are aware of more activities which should be included in this booklet please contact Mike Smith or Jackie MacArthur on 01260 270350 ext 3

Become a Dementia Friend



Join the growing band of 1000+ people who have attended a dementia friends awareness session in Congleton. It only takes an hour and offers an insight into making life a little easier for those living with dementia. Our Dementia Champions are happy to run sessions for 8+ people-

or you can join in an open session. Next open session is at Congleton Museum on Sunday 9th February at 2.30pm. For details contact Diane Ritherdon on 0777 0724932.

Dementia Buddy

If you are worried about a loved one with dementia wandering off and getting lost, you may want to look into the Dementia Buddy scheme. With Dementia Buddy's the person can have an identifiable badge, wrist band, bag tag or key ring which just needs to be scanned with a smart phone to reveal a name and contact of someone able to help the 'lost' person. Thanks to funding from Congleton Lions, while funds last, people with a CW12 postcode can order an item free of charge from www.dementiabuddy.co.uk or 01942 888990, or pick up a form from Congleton Tourist Information Centre.



Dementia Reablement Service

This service offers help and support for individuals with the early stages of dementia following a formal diagnosis.

For more information tel: 01625 378287,

or email: dementiareablementnorth@cheshireeast.gov.uk

or visit: www.cheshireeast.gov.uk/dementiareablement

Dementia Reading

Congleton library has a stock of 'Books on Prescription' which can help those with early stages of dementia or those caring for someone with dementia to further understand the condition. There's a wide range of books and library staff will be happy to help and advise.

Congleton Businesses that are working hard to become Dementia Friendly

Many businesses in Congleton are making a special effort to help their staff become more aware of the issues and needs of people living with dementia, as well as making extra efforts to ensure that their premises are dementia friendly. Dementia Friendly Congleton has been delighted to award 'Working to become a Dementia Friendly Business' stickers to the following...

Bear Grills	Butters John Bee Estate Agent
Chris Hamriding Lettings and Estate Agent	Congleton Library
Congleton Lions	Congleton Museum
Congleton Veterinary Centre	Co-op Funeral Care
Eaton Bank Academy	Gather of Cheshire
Innovations	Lawton House Surgery
Musical Moments	New Life Church
Old Saw Mill	The Castle Inn
Three Way Travel	Top Nosh
Wild and Wild	

In order to gain this status, a business must meet the set criteria of:

1. Running a Dementia Friends Awareness Session for the staff and...
2. Carry out a Dementia Friendly Physical Environment Checklist with an action plan and audit with short term measures that can be improved on.

If you are interested on working to become a Dementia Friendly Business, contact Mike Smith, Congleton Partnership:

Mike Smith, Congleton Partnership
c/o Congleton Town Hall, High Street, Congleton CW12 1BN
Email: mike.smith@congleton-tc.gov.uk
Web: www.congletonpartnership.co.uk
Tel: 01260 270350 ext 7

Dementia Friendly Congleton would like to offer a sincere thank you to Mark, Donna and all the staff and customers at Bear Grills Café near the Fairground car park. Bear Grills not only invited three members of Dementia Friendly Congleton to their wonderful Christmas Cheer event, but also raised £161 for Dementia Friendly Congleton via their raffle. Bear Grills is a very friendly, traditional café that offers a warm and friendly welcome to all members of the community.

