



# **What's on in Notts?**

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

**Updated September 2022**

# 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](mailto:contact@trentdementia.org.uk)

Website: <https://www.trentdementia.org.uk/> - [see events calendar](#)

## **Trent Dementia support with setting up peer support groups**

Fancy setting up peer support groups in Nottinghamshire? Contact us

Email: [contact@trentdementia.org.uk](mailto:contact@trentdementia.org.uk)

Tel: 0115 74 84 220—please leave your name and number

## **Trent Dementia Walking group**

First Thursday of each month

Email: [contact@trentdementia.org.uk](mailto: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](mailto:contact@trentdementia.org.uk)

Tel: 0115 74 84 220—please leave your name and number

## **Trent Dementia annual event**

Tel: 0115 74 84 220—please leave your name and number

Email: [contact@trentdementia.org.uk](mailto:contact@trentdementia.org.uk)

Website: <https://www.trentdementia.org.uk/>

# Contact / Local Details

## **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](mailto:contact@trentdementia.org.uk)

## **Forget Me Notts**

Tel: 0115 982 3000

Email: [fmn@trentbridge.co.uk](mailto:fmn@trentbridge.co.uk)

Venues: Rushcliffe Arena, Melbourne Park, Edwalton Golf Club, and Trent Bridge Café

Website: <https://trentbridge.co.uk/trust/>

## **Netherfield Memory Café**

Tel: 0115 9051 515 (Martin Curtis)

Email: [martin.curtis@jigsawhomes.org.uk](mailto:martin.curtis@jigsawhomes.org.uk)

Venue: St George's Centre, 91 Victoria Road, Netherfield NG4 2NN (Last Thursday of each month, 2-4 PM) - information provided by Bassetlaw Community and Voluntary Service.

## **Free Dementia Swim**

Tel: 0115 941 2422

Website: <https://www.thelentoncentre.org.uk/2021/08/04/free-dementia-swims/>

Address: The Lenton Centre, Willoughby Street, Lenton, Nottingham, NG7 1RQ

# Contact / Local Details

## **Gedling Memory Café**

Tel: 07881 816 465

Email: [MandArotary@gmail.com](mailto:MandArotary@gmail.com)

Address: 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/>

## **Rotary Club of Sherwood Sunrisers—Memory Café**

Tel (Alan Bush) - 0115 926 2232

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

## **Singing for the Brain**

Second Tuesday of every month, 11 AM—12:30 PM

Tel: 0115 934 3811—information provided by Alzheimer's Society

## **Bingham Methodist Church Memory Café**

Second Monday each month, 2.00—4.00 PM

Address: Bingham Methodist Church, Needham Street, Nottingham, NG13 8AE.

Website: <https://www.binghammethodist.org.uk/regularerevents.htm>

## **All Saints Church Cotgrave: Memory Café**

Tel (Gerry Thompson): 01949 838173 or 07979392652.

Address: All Saints Church, Plumtree Road, Cotgrave, Nottingham, NG13 3HT.

Website: <https://allsaintscotgrave.co.uk/memory-cafe.html>

# Contact / Local Details

## **Beeston Memory Café**

Tel: 07960 398700

Email: [info@beestonmemorycafe.com](mailto:info@beestonmemorycafe.com)

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

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

## **Eastwood Memory Café**

Tel: 07847 716759

Email: [info@eastwoodmemorycafe.co.uk](mailto:info@eastwoodmemorycafe.co.uk)

Correspondence Address only: 362, Nottingham Road, Newthorpe, Nottingham, NG16 2ED

Website: <https://www.eastwoodmemorycafe.co.uk/>

## **Day Care and Friendship Groups**

Tel: 0115 978 6133

Email: [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk)

Website: <https://www.radfordcaregroup.org.uk/services/>

Address: Radford Care Group, 25 Prospect Street, Radford, Nottingham, NG7 5QE (Monday to Friday 9:30—3.00 PM)

## **Radford Care Group: Dementia Information Programme (DIP)—Making Sense of Dementia**

Various dates and locations throughout the year—please get in touch to ask

Tel: 0115 9786133

Email: [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk)

Website: <https://www.radfordcaregroup.org.uk/>

# Contact / Local Details

## **Rotary Club of West Bridgford Memory Lane Cafe**

Tel (Sandra Morrey): 0115 923 1092 or 07966 171 261

Email: [Sandra.rotary1220@gmail.com](mailto:Sandra.rotary1220@gmail.com)

Address: West Bridgford Methodist Church Hall, corner of Musters Road/Patrick Road, Nottingham, NG2 7PQ (First Monday of each month, 2—4 PM)

## **Dementia Choir**

Address: Springwater Golf Club, Calverton, NG14 6FZ.

Email: [secretary@ourdementiachoir.com](mailto:secretary@ourdementiachoir.com)

Website: [www.ourdementiachoir.com/join-us/](http://www.ourdementiachoir.com/join-us/)

## **Heron Music Care for Wellbeing**

Tel: 0115 914 5879

Email: [info@musicworksnet.co.uk](mailto:info@musicworksnet.co.uk)

Address: Poppy and Pint pub, Pierrepont Road, West Bridgford, Nottingham, NG2 5DX (various dates at 10:30 AM)

Website: <http://musicworksnet.co.uk/the-heron-well-being-music-cafes/>

## **The Studio—Beeston**

Activities: Carers Corner (Mondays), Sporting Memories (Tuesdays),

Couples Support (Wednesdays) ,

Day Care for People with Dementia (Mondays & Tuesdays),

Dance-led Exercise (Saturdays)

Tel: 07543 534 336

Address: The Studio, Beeston Royal British Legion Hall, 16 Hallcroft, NG9 1EL

Website: <https://www.thebeestonstudio.uk/>

# Contact / Local Details

## **Bloomin Dementia**

Tel: 0115 978 6133

Email: [info@bloomindementia.org](mailto:info@bloomindementia.org)

Website: <https://www.bloomindementia.org/>

Address: 4 Easthorpe Street, Ruddington, Nottingham, NG11 6LA

## **Reading Well for Dementia**

Contact your local library

*Inspire:* <https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/reading-well/>

*City:* <https://www.nottinghamcitylibraries.co.uk/our-services/health-wellbeing>  
under [Reading Well](#) section

## **Dementia Friendly Film Screenings**

Tel (Ask Inspire): 01623 677 200

Email: [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk)

Website: <https://www.inspireculture.org.uk/arts-culture/film/>

Address: Mansfield Library, Four Seasons Centre, West Gate, Mansfield, NG18 1NH or other library locations in Nottinghamshire.

## **Technology Enabled Care**

Tel: Notts County Council: Adult Social Care: 0300 500 80 80

Website:

[nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/equipment-to-help-you/monitors-and-alarms](https://nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/equipment-to-help-you/monitors-and-alarms)

# Contact / Local Details

## **Memory Lane Bags (Inspire) and Memory Packs (City)**

Available to request and collect from libraries across city and county

*Memory Lane Bags and Adult Care Cases (Inspire):*

[inspireculture.org.uk/reading-information/health-and-wellbeing/reminiscence-resources-inspire-libraries/](http://inspireculture.org.uk/reading-information/health-and-wellbeing/reminiscence-resources-inspire-libraries/)

*Memory Packs (City):*

<https://www.nottinghamcitylibraries.co.uk/our-services/health-wellbeing/>

Under Dementia section

## **Twiddlers Exhibition**

Address: Worksop Library, Memorial Avenue, Worksop, Nottinghamshire, S80 2BP

Tel: 01623 677 200

Email: [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk)