

Memory Wellbeing Cafés

Heywood, Middleton, Milnrow, Littleborough and Rochdale



Worried about your memory?

Want to know more about dementia?

Why not come to one of our Cafés, in a welcoming environment.

“ It is comforting to know that my mum and I can feel welcome in a social setting without having to worry about her being judged because of her memory loss ”

Carer from the Milnrow
Memory Wellbeing Café

A free social meeting place for people living with Dementia, their carers, family and friends. Tea, coffee and biscuits will be provided.

Professionals from organisations which may be useful to people living with Dementia and their carers, family or friends such as: Oral Health, Carers Resource and Partnerships for Older Peoples Projects (POPP's) will be available to give informal advice on a one to one or group basis.

A range of activities will also be available such as reminiscence work, games and arts and crafts. You can have as little or as much involvement as you like.

If you are interested in finding out more or wish to come along to one or more of the cafés, please contact Tania Taylor, Development Worker on 01706 926666 or Tania.Taylor@alzheimers.org.uk

HEYWOOD

Third Friday of the month
10.00am - 12.00pm

The Phoenix Centre, Church Street,
Heywood OL10 1LR

20th May - Chiropodist
17th June - Voices4Wellbeing
15th July - Carers Resource
19th August - Oral Health
16th September - Expert Patients Programme
21st October - Health Trainers
18th November - Bowel Screening

LITTLEBOROUGH

First Monday of the month
2.00pm - 4.00pm

Littleborough Library, Hare Hill Park OL15 9HE

10th May - Drop-in session (11am-1pm)
6th June - Travelwatch
4th July - Chiropodist
1st August - Oral Health
5th September - Carers Resource
3rd October - Voices4Wellbeing &
Health Trainers
7th November - Bowel Screening

MIDDLETON

Second Wednesday of the month
10.00am - 12.00pm

The Lighthouse Project, Warwick Mill
Oldham Road, Middleton M24 1AZ

11th May - Carers Resource
8th June - Oral Health
13th July - Chiropodist
10th August - Health Trainers
14th September - Expert Patients Programme
12th October - Bowel Screening
9th November - Travelwatch

MILNROW

First Tuesday of the month
1.30pm - 3.30pm

Butterworth Hall, New Street
Milnrow OL16 3PE

3rd May - Carers Resource
7th June - Oral Health
5th July - Chiropodist
2nd August - Voices4Wellbeing
6th September - Expert Patients Programme
4th October - Bowel Screening
1st November - Health Trainers

ROCHDALE

Second Tuesday of the month
6.00pm - 7.30pm

St. Andrew's Church, Smith Street,
Rochdale OL16 1HE

10th May - Carers Resource
14th June - Chiropodist
12th July - Voices4Wellbeing
9th August - Expert Patients Programme
10th October - Travelwatch
8th November - Health Trainers

NEW MEMORY WELLBEING CAFÉ ROAD SHOW

The Memory Wellbeing Café is on the move and could be at an existing community group near you soon!

If you would like the Memory Wellbeing Café Road Show at your community group or are interested in finding out more please call Tania on 01706 926666.

CARERS SUPPORT GROUP (For Carers Only)

Last Wednesday of the month 1.30pm-3.00pm
St. Andrew's Church, Smith Street, Rochdale OL16 1HE