

**Local Alzheimer's Society Offices:**

**Nottingham: 0115 934 3800**

**Mansfield: 01623 429419**

**Worksop: 01909 730886**



**Alzheimer's  
Society**

Leading the  
fight against  
dementia

## Join us at your local Memory Café, Activity Group or Carer Support Group

If you have dementia or are caring for someone with dementia, come along to your local Support Group. Meet with other people living with dementia, have a cuppa, receive information, support and guidance. Our support groups meet in the following locations.

### Memory Cafes and Groups

Alzheimer's Society Nottinghamshire runs various groups for people with dementia and their carers. For more information please contact Alzheimer's Society T: 0115 9343800.

**Balderton Memory Café**

Salvation Army, Mead Way, Balderton,  
Newark NG24 3GA

3<sup>rd</sup> Tuesday of the month.

**10.30am - 12.30pm**

**City Memory Group**

Lark Hill Village, New Rise, Clifton,  
Nottingham NG11 8BF

1<sup>st</sup> Monday of the month.

**1.30pm – 3.30pm**

**Costhorpe Memory Group**

The Civic Centre, Long Lane,  
Carlton-in-Lindrick, Worksop S81 9AP

3<sup>rd</sup> Thursday of the month.

**10.30am - 12.30pm**

**Gedling Memory Café**

Good Shepherd Church Hall, Thackeray's  
Lane, Gedling, Nottingham NG5 4HT

4<sup>th</sup> Friday of the month

**10.30am - 12.30pm**

**Hallcroft Memory Club**

Hallcroft Community Centre, Randall Way,  
Retford, DN22 7GR

2<sup>nd</sup> Wednesday of the month

**10.30am - 12.30pm**

**Mansfield Memory Club**

The Towers, Botany Avenue,  
Mansfield NG18 5NG

Last Monday of the month

**10.30am – 12.30pm**

**Rushcliffe Memory Club**

Lutterell Hall, Church Drive,  
West Bridgford, NG2 6AY

3<sup>rd</sup> Thursday of the month

**1.30pm – 3.30pm**

**Southwell Memory Café**

Kings Court, Southwell  
NG25 0EL

Last Friday of the month

**10.30am – 12.30pm**

**Wollaton Memory Club**

St Leonard's Community Centre  
Bramcote Lane, Nottingham NG8 2ND

2<sup>nd</sup> Tuesday of the month

**10.00am - 12.00pm**

## Carers' Groups

Alzheimer's Society Nottinghamshire runs various groups for carers of people with dementia. For more information please contact Alzheimer's Society T: 0115 9343800.

### Sybil Levin Centre

Nuthall Road, Nottingham NG8 6AD

2<sup>nd</sup> Thursday of the month

2.00pm – 4.00pm

### City Evening Carers' Group

The Mary Potter Centre, Room 1,  
Gregory Boulevard, Hyson Green, Nottingham  
NG7 5HY

1<sup>st</sup> Wednesday of the month

6.00pm – 7.30pm

### Core Carers' Group

The CORE Centre, 17 St. Wilfred's Square,  
Calverton, NG14 6FP

2<sup>nd</sup> Thursday of the month

1.30pm – 3.30pm

### Stapleford Carers' Group

Stapleford Methodist Church, Eatons Road  
Stapleford, NG9 7EB

Last Wednesday of the month

11.00am – 12.30pm

**Singing for the Brain®** is designed to be a fun, stimulation and social activity for people in the early to moderate stages of dementia and their carers, family and friends. Sessions are free of charge. For more information or to book a place please contact:

Angela Warren T: 0115 9343800 Email: [angela.warren@alzheimers.org.uk](mailto:angela.warren@alzheimers.org.uk)

### Rushcliffe

Lutterell Hall, Church Drive,  
West Bridgford, NG2 6AY

Monday Afternoons (Fortnightly)

1.30pm – 3.00pm

Jan 11, 25 Feb 8, 22

Mar 21 Apr 11, 25

### Nottingham - Gedling

Good Shepherd Church Hall, Thackeray's  
Lane, Gedling, Nottingham NG5 4HT

Tuesday Mornings (Fortnightly)

11.00am – 12.30pm

Jan 5, 19 Feb 2, 16

Mar 1, 15 Apr 5, 19

### Nottingham - Wollaton

Wollaton Park Community Centre,  
Harrow Road, Nottingham NG8 1FG

Tuesday Afternoons (Fortnightly)

2.00pm – 3.30pm

Jan 5, 19 Feb 2, 16

Mar 1, 15 Apr 5, 19

### Worksop

Oasis Community Centre, 2 Longfellow  
Drive, Kilton, Worksop S81 0DE

Tuesday Afternoons (Fortnightly)

1.30pm – 3.30pm

Jan 12, 26 Feb 9, 23

Mar 8, 22 Apr 12, 26

### Mansfield

Mind, 14 St Johns Street, Mansfield,  
Notts, NG18 1QJ.

Friday Mornings (Fortnightly)

11.30am – 1.00pm

Jan 8, 22 Feb 5, 19

Mar 4, 18 Apr 8, 22

### Newark

Holy Trinity Community Centre,  
Boundary Road, Newark,  
Notts NG24 4AU

Friday Afternoons (Fortnightly)

1.30pm – 3.00pm

Jan 15, 29 Feb 12, 26

Mar 11 Apr 15, 29