

# Memory Wellbeing Cafés

## Heywood, Middleton, Milnrow and Rochdale



### Worried about your memory? Want to know more about dementia?

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

“ I feel accepted here and really enjoy the activities and making new friends, we lost a lot of friends when I was diagnosed. ”

Person Living with Dementia  
from the Milnrow 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: British Red Cross, Falls Prevention Team and the Benefits Advice Service will be available to give advice on a one to one or group basis.

A range of activities will also be available such as reminiscence sessions, armchair dancing, card making, and Indian head massages. You can have as little or as much involvement as you like and we are always looking for suggestions for future bookings.

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](mailto:Tania.Taylor@alzheimers.org.uk)

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## CHRISTMAS PLANS

To celebrate Christmas all our cafés will come together to have a Christmas Lunch on Friday 16th December at 1:30pm, please contact Tania for booking and venue details. Please note Alzheimer's Society will not be providing funds for the meal.

### HEYWOOD

3rd Friday of the month  
10am - 12pm

December: Closed, please see Xmas plans  
20th January: First Aid training  
& Reminiscence Session  
17th February: Falls Prevention Team  
& Armchair Dancing  
16th March: Personal Budgets & Indian  
Head Massage

The Phoenix Centre, Church Street, Heywood OL10 1LR

### MILNROW

First Tuesday of the  
month 1.30pm - 3.30pm

6th December: First Aid training  
& Reminiscence Session  
January: Closed, please see Xmas plans  
7th February: Life Story Workshop & Indian  
Head Massage  
6th March: Falls Prevention Team  
& Armchair Dancing

Butterworth Hall, New Street, Milnrow OL16 3PE

### MIDDLETON

2nd Wednesday of the  
month 10am - 12pm

14th December: Christmas Card Making  
11th January: First Aid training  
& Reminiscence Session  
8th February: Falls Prevention Team  
& Armchair Dancing  
14th March: Personal Budgets & Indian  
Head Massage

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

### ROCHDALE CARERS SUPPORT GROUP

Last  
Wednesday  
of the month  
1.30pm - 3pm

(For Carers Only)

December: Closed, please see Xmas plans  
25th January: Bowel Screening Team  
29th February: Benefits Advice  
28th March: Falls Prevention Team

St Andrews Church, Smith Street, Rochdale OL16 1HE

## MEMORY WELLBEING CAFÉ ROADSHOW

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

Talks around Dementia Awareness and free information and support around dementia and its effects. To find out more please call Tania on 01706 926666 or email [Tania.Taylor@alzheimers.org.uk](mailto:Tania.Taylor@alzheimers.org.uk)

## ALZHEIMER'S SOCIETY ROCHDALE

Is also able to:

- Provide information and support over the phone
- Send out information packs tailored to your individual needs
- Carry out dementia awareness sessions at groups or team meetings
- If you are unable to attend the cafés but would still like face to face support please contact Tania to arrange an appointment. (Please note there are restrictions to this service).

Tania Taylor, Alzheimer's Society  
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Tel: 01706 926666 Email: [Tania.Taylor@alzheimers.org.uk](mailto:Tania.Taylor@alzheimers.org.uk)