

# Dementia Support Guide

## East Lancashire



## CARERS LINK LANCASHIRE DEMENTIA SUPPORT GROUP

'Too many people face dementia alone' Are you caring for someone living with Dementia? If yes you are both welcome to join us for a delicious lunch at our cafe. As well as friendship & support there will be lots of information and guest speakers. Spend time doing something fun together. Meal Deal is just £5 which includes a hot drink.

**1st Tuesday of every month - 11am - 1pm Carers Link Lancashire Community Cafe, 54-56 Blackburn Road, Accrington, BB5 1LE**



Carers Link Lancashire



@carerslinklancashire



@carerslinklancs



[activities@carerslinklancashire.co.uk](mailto:activities@carerslinklancashire.co.uk)

[www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)

# Cafes & Support Groups

ACCRINGTON - Dementia Support Group on the first Tuesday of every month. Carers Link Lancashire, 54-56 Blackburn Road, Accrington, BB5 1LE. Contact 01254 387444.

ACCRINGTON - Dementia Friendly Craft Sessions. Contact 01254 233782 to express interest and for upcoming dates. Haworth Art Gallery, Hollins Lane, BB5 2JS.

ACCRINGTON - 'No Nay Never Forget' group every Tuesday 10:30am - 12:00pm. Pendle Brook Care Home. 2 Howarth St, Oswaldtwistle, Accrington, BB5 3EA.

BARNOLDSWICK - Butterfly Memory Cafe at Pension Centre, Frank Street, BB18 5AE. Every other Thursday: 1.30pm - 3pm. Contact Angela A on 01254 387444 or James on 01282 433740.

BRIERFIELD - "Forget Me Not Memory Café", Brierfield Library, Colne Road, Brierfield, BB9 5HW. Fortnightly Mondays 1pm-2.30pm, call Sarah on 01282 804998.

BURNLEY - "The Yesteryears Cafe". Last Saturday of every month. Charter House Resource Centre, Morse St, BB10 4PB

BURNLEY - Burnley FC in the Community at Burnley Cricket Club, Belverdere Road, BB10 4BN. Every Wednesday from 1pm - 3pm. Contact M.Colquhoun@burnleyfc.com or call 01282 704716 or 01282 704716.

CLITHEROE - Trinity Methodist Church Community Hub, Wesleyan Row, BB7 2JY - 4th Thursday of the month 10am - 12pm. Contact Carol Baird on 07581187615 for information.

CLITHEROE - 'No Nay Never Forget' group every Thursday 10:00am - 12:00pm. Salvation Army, 16 Lowergate, Clitheroe, BB7 1AD

COLNE - "Butterflies Cafe" Colne Library - Market St, BB8 0AP. Every 1st and 3rd Thursday.

HASLINGDEN - "Friends Reminisce Group" Every Friday: 10.30am - 12.30pm. Community Link, Bury Road, BB4 5PG. Contact 07891 176063.

LANGHO - Memories group. Every Wednesday, 11.30AM - 1pm. Billington And Langho Community Centre (Off Whalley Road, BB6 8AB). Contact Tricia Beach – 07971 079966

LONGRIDGE - Laughter and Lunch Club, Longridge Civic Hall, Wednesdays 11.00 - 1.30. Contact rosemaryandtime01@gmail.com or Friends of Longridge Civic Hall on 01772 780520

NELSON - Christ Church, Carr Road, BB9 7LE. "Friendship Group" - For those living with dementia and carers, family and friends. Every 2nd Tuesday at 2pm.

RAWTENSTALL - Whittaker Museum, The Coach House, Haslingden Rd, BB4 6RE. 3rd Friday of the month 3-4pm. Email hello@beaconrossendale.org.uk / 07704859056

WATERFOOT - Old Library, Bacup Road, BB4 7AW. On the 3rd Tuesday of every month: 2-4pm.

WHITWORTH: 'Stronger Together'- Mondays 11am–2pm. The Ashcroft, Market St, OL12 8DP. Contact Angela - 07827 292951



# Activities/Groups

Singing brings people with Dementia together in a friendly and stimulating activity. You don't need to be a good singer to benefit. Express yourself, feel positive and make new friends.

**PADIHAM** - Singing for the Brain, Padiham Townhall, 83 Burnley Road, Padiham, BB12 8BL. Every Tuesday. For further information call 0333 150 3456 or email [eastlancashire@alzheimers.org.uk](mailto:eastlancashire@alzheimers.org.uk)

**BLACKBURN** - Singing for the Brain, Trinity United Reform Church, Brownhill Road, BB1 9QY, 1.30pm - 3.00pm. Call 0333 150 3456 for more information.



**CLITHEROE** - Memory Choir and Lunch, Trinity Hub, Wesleyan Row, Parson lane, BB7 2JY. Wednesday weekly 11.30am - 1pm. Contact Trish at Trinity Hub on 07971 079966.

**RAWTENSTALL** - Rossendale Memory Choir, Kay Street Baptist Church, BB4 7LS. Every Wednesday. For further information call Crossroads on 01282 832548.

**LANGHO** - Friends in Nature outdoor group with 'Outdoors 4 All Together'. Mondays 10.30am - 12noon. Billington & Langho Community Centre, BB6 8AB. Contact [O4AtogetherCIC@outlook.com](mailto:O4AtogetherCIC@outlook.com).

# Courses

## Understanding Dementia Course

This popular course will help you develop skills and confidence to support you in your caring role. Contact 01254 387444 to book your place.

### Upcoming dates:

16th September - Colne Library 10am - 3.30pm

21st November - Trinity Hub, Clitheroe 10am - 3.30pm

9th January 2025 - Carers Link Accrington, 54-56 Blackburn Rd, BB5 1LE. 10am - 3.30pm

10th, 17th and 24th March 2025 - Online. 6.30pm - 8.30pm



## Living with Dementia

Supports people with dementia and their carers with sessions such as problem solving, advanced care planning, and maintenance support for the future. Sessions are held every Friday in the day services unit at Pendleside Hospice and includes a free lunch. This course runs over 6 weeks - it is for you and the person you are caring for to attend. Call 01282 440100 for more information and to book your place.



# Respite sessions

A Proper Break - offers 2 hours of free respite support per week which is provided by Crossroads Care. Call 01282 832548 for more information.

'Time For You' is a weekly group on Thursdays from 11.30 to 2.30 at West Bradford Village Hall, Grindleton Rd, West Bradford, Clitheroe BB7 4TE, for people with dementia and their carers. Sessions include crafts, quizzes, singing, games, bingo - and a delicious two-course lunch. £7.50 per session. To find out more please call 01200 422104.

## Lasting Powers of Attorney (LPA)

Give someone you trust the authority to make Financial & Medical decisions on your behalf.

Stephen is a local LPA advisor with a low cost solution.



Home Visits  
for your  
convenience



*Bramwell*  
ESTATE PLANNING

Get Your Affairs in Order [www.bramwellep.co.uk](http://www.bramwellep.co.uk)

Call Stephen  
on:  
**01772 367900**



Pop into any of our charity shops for a brew and a chat, and for signposting to other helpful services.

### Accrington Shop

54-56 Blackburn Road  
Accrington  
BB5 1LE  
(Next to Nationwide Bank)

### Haslingden Shop

13 Deardengate  
Haslingden  
BB4 5QN

### Colne Shop

59 Market Street  
Colne  
BB8 0LL  
(Next to Farmfoods)