

# Dementia Support Guide

East Lancashire



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**Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS

[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 - '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 - Clitheroe Borough Council Office opposite library - every 4th Thursday of the month: 10am - 12pm. Contact Diane Rimmer on 07908641025 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.

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

# 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.

# Singing 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, Blackburn, BB1 9QY, 1.30pm - 3.00pm.  
Call 0333 150 3456 for more information.

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



# 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.

**Tuesday 14th May**  
**(whole day course)**

Carers Link Community Facility, 10:00am - 3:30pm



**Monday 8th, 15th, 22nd July (3 week online course)**

Online Microsoft Teams, 6:30pm - 8:30pm

**Monday 16th September (whole day course)**

Colne Library, 10am - 3.30pm

## 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.



# 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**

## 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.



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Call Stephen  
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**01772 367900**