

Dementia Cafés

2018



Our Dementia Cafés, provide information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia and their carers.

Whether you are worried about your memory, or have concerns about a friend or relative, you will be made very welcome.

If you have any questions please get in touch

T: 0114 276 8414 E: sheffield-enquiries@alzheimers.org.uk

National Dementia Helpline T: 0300 222 1122 E: helpline@alzheimers.org.uk

Central

United Reformed Church, Norfolk St, Sheffield City Centre

Usually last Friday of every month 10am - 12.30pm

26 Jan 23 Feb 23 Mar 27 Apr 25 May 29 Jun 27 Jul
Aug-no café 28 Sep 26 Oct 30 Nov **21 Dec**

South West

Meersbrook Park United Reformed Church,
173 Chesterfield Road, S8 0RP

1st Thursday of the month
10am - 12.00pm

4 Jan 1 Feb 1 Mar 5 Apr 3 May
7 Jun 5 Jul Aug-no café 6 Sep
4 Oct 1 Nov 6 Dec

North

Hillsborough Arena, Middlewood Road,
off Hawksley Ave, Hillsborough, S6 4HA

2nd Wednesday of the month
10am - 12pm

10 Jan 14 Feb 14 Mar 11 Apr
09 May 13 June 11 Jul Aug-no café
12 Sep 10 Oct 14 Nov 12 Dec

South East

Beighton Welfare Recreation Ground, High St, Beighton, S20 1EA

3rd Thursday of the month
10am - 12pm

18 Jan 15 Feb 15 Mar 19 Apr 17 May 21 Jun
19 Jul Aug-no café 20 Sep 18 Oct 15 Nov 20 Dec

Activity and support groups



Singing for the Brain® sessions

Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs.

We have 3 Singing for the Brain groups that are held on Wednesday afternoons at the Quaker Meeting House in Sheffield City Centre

Peer Support Group

Our monthly peer support group gives you the opportunity to meet with others who have been diagnosed with dementia. The sessions offer a chance to share experiences in a safe and supportive environment.

This is currently a closed group with limited spaces available. If you would like to find out more please contact the office.

For more information about any of our groups please contact us

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E: sheffield-enquiries@alzheimers.org.uk

Alzheimer's Society, Bamforth Building, 110 Burton Street, Sheffield, S6 2HH

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