

“Spread the Word”

Please note, there may be rare occasions where sessions may change at short notice due to unforeseeable circumstances. Therefore if this is your first visit to a group, or if you haven't been for a while please ring the number below for any updates.

Derbyshire Office

01246 592 010

If you would like to make any suggestions about the groups or provide feedback in confidence please contact

<u>Service Manager</u>	<u>Quality Assurance</u>
Making Space Kelstedge Office Unit 4 Ashover Business Centre Matlock Road, Kelstedge Ashover Derbyshire. S45 0DX	Making Space Head Office Lyne House 46 Allen Street Warrington Cheshire. WA2 7JB
Tel: 01246 592 010	Tel: 01925 581 720

Activity Groups

Contact us today for more information

email: derbyshiredementia.service@makingspace.co.uk

Derbyshire Dementia Support Service



Carer support groups

Where carers can access peer support, guidance and information. Respite is available for the person with dementia

Memory sessions and activity groups

For both carers and people living with dementia to engage in activities in a warm and friendly environment.



Musical memory groups

Enjoy a fun and interactive environment while engaging in musical reminiscence

Alfreton

**Memory Session
& Group Activity**
Third Monday
2:00pm - 4:00pm

Providence Place Community Centre, Providence Place
Alfreton. DE55 7AZ

Jan 15 Feb 19 Mar 19

**Sports Reminiscence
Group**
Second Thursday
1:15pm - 2:45pm

Alfreton Town Football Club, North Street
Alfreton DE55 7FZ

Jan 11 Feb 8 Mar 8

Ashbourne

**Memory Session
& Group Activity**
First Thursday
2:00pm - 4:00pm

The Waterside Centre, Waterside Road
Ashbourne DE6 1DG

Jan 4 Feb 1 Mar 1

Bakewell

**Memory Session
& Group Activity**
Second Monday
10:30am - 12:30pm

Medway Community Centre, New Street
Bakewell DE45 1DY

Jan 8 Feb 12 Mar 12

Belper

**Memory Session
& Group Activity**
Fourth Monday
2:00pm - 4:00pm

Manor Farm Community Centre, New Beck Road
Belper DE56 1 PH

Jan 22 Feb 26 Mar 26

**Carer Support
Group**
First Tuesday
2:00pm - 4:00pm

Belper Community Cottage, 16 Chapel Street
Belper DE56 1AR

Jan 2 Feb 6 Mar 6

Bolsover

**Musical Memories
Group**
First Wednesday
10:00pm - 12:00pm

Bainbridge Hall Community Centre, Carr Vale
Bolsover S44 6PX

Jan 3 Feb 7 Mar 7

Dementia Support Services



For some, being diagnosed with dementia can be a daunting prospect, but having a diagnosis means that you can make plans and take positive steps to maintain your independence, plan for the future and ultimately live life to the full.

Making Space provides specialist dementia care and support to a great number of carers and people with dementia across the country. Our services can support people with dementia from early diagnosis throughout their journey.

We can provide you with information, support and guidance that may enable (or increase the likelihood) for you to stay in your own home for as long as possible. This information could for example help you access support with daily living, personal care, keeping safe, and accessing local community groups and day services.

We work closely with a variety of services and national initiatives, such as the Dementia Action Alliance, Memory Clinics, Admiral Nurses and other valued partners.



South Normanton

Memory Session
& Group Activity
Fourth Tuesday
2:00pm - 4:00pm

The Post Mill Centre, Market Street
South Normanton DE55 2EJ
Jan 23 Feb 27 Mar 27

Staveley

Memory Session
& Group Activity
Fourth Thursday
1:30pm - 3:30pm

The Staveley Centre, Calver Street
Staveley S43 3LY
Jan 25 Feb 22 Mar 22

Swadlincote

Memory Session
& Group Activity
Second Wednesday
10:30am - 12:30pm

Oaklands Village,
Swadlincote DE11 8LH
Jan 10 Feb 14 Mar 14

Carer Support
Group
Fourth Wednesday
10:30am - 12:30pm

Oaklands Village,
Swadlincote DE11 8LH
Jan 24 Feb 28 Mar 28

Shirebrook

Musical Memories
Group
Second Tuesday
10:30am - 12:00pm

Miners Welfare, Central Drive
Shirebrook NG20 8BA
Jan 9 Feb 13 Mar 13

Willington

Memory Session
& Group Activity
Third Wednesday
10:30am - 12:30pm

Willington Surgery, Kingfisher Lane
Willington DE65 6QT
Jan 17 Feb 21 Mar 21

Breaston

Memory Session
& Group Activity
Fourth Thursday
1:30pm - 3:30pm

Methodist Church Hall, Blind Lane
Breaston DE72 3DX
Jan 25 Feb 22 Mar 22

Buxton

Memory Session
& Group Activity
Third Tuesday
10:30am - 12:30pm

Buxton Cricket Club, The Park
Buxton SK17 6SG
Jan 16 Feb 20 Mar 20

Musical Memories
Group
First Tuesday
10:30am - 12:30pm

Haddon Hall Care Home, 135 London Road
Buxton SK17 9NW
Jan 2 Feb 6 Mar 6

Chesterfield

DEEP Group
Third Tuesday
10:00am - 12:00pm

St Helana's Campus, University of Derby, Chesterfield Rd
Chesterfield S41 7LL
Jan 16 Feb 20 Mar 20



Memory Session
& Group Activity
Fourth Friday
10:00am - 12:00pm

Rose Hill United Reform Church
Chesterfield S40 1JN
Jan 26 Feb 23 Mar 23

Carer Support
Group
Second Friday
10:00am - 12:00pm

The Pavilion, Queen's Park Boythorpe Avenue
Chesterfield S40 2ND
Jan 12 Feb 9 Mar 9

Clay Cross

Memory Session
& Group Activity
Second Monday
2:00pm - 4:00pm

Clay Cross Hospital Meeting Room, Market Street
Clay Cross S45 9NZ
Jan 8 Feb 12 Mar 12

"Spread the Word"

Dronfield

Memory Session
& Group Activity
Third Wednesday
1:30pm - 3:30pm

Civic Hall, Civic Centre, Off High Street
Dronfield S18 1PD

Jan 17 Feb 21 Mar 21

Musical Memories
Group

First Thursday
2:00pm - 4:00pm

Civic Hall, Civic Centre, Off High Street
Dronfield S18 1PD

Jan 4 Feb 1 Mar 1

Glossop

Glossop De-Caf

Second Wednesday
11:00am - 1:00pm

Central Methodist Church, Chapel Street
Glossop SK13 8AT

Jan 10 Feb 14 Mar 14

Carer Support
Group

First Friday
1:00pm - 3:00pm

Volunteer Centre, Howard Town House High St East
Glossop SK13 8DA

Jan 5 Feb 2 Mar 2

Musical Memories
Group

First Wednesday
1:00pm - 3:00pm

Central Methodist Church, Chapel Street
Glossop SK13 8AT

Jan 3 Feb 7 Mar 7

Ilkeston

Memory Session
& Group Activity
Second Friday
2:00pm - 4:00pm

Arena Church, 1 Rutland Street
Ilkeston DE7 8DG

Jan 12 Feb 9 Mar 9

Musical Memories
Group

Second Tuesday
1:30pm - 3:30pm

Arena Church, 1 Rutland Street
Ilkeston DE7 8DG

Jan 9 Feb 13 Mar 13

Long Eaton

Memory Session
& Group Activity
Third Friday
2:00pm - 4:00pm

St John's Church, Canal Street
Long Eaton NG10 4GA

Jan 19 Feb 16 Mar 16

Matlock

Memory Session
& Group Activity
Third Saturday
10:00am - 12:00pm

Matlock Young at Heart Dementia Group
Matlock Football Social Club, Causeway Lane
Matlock DE4 3AR

Jan 20 Feb 17 Mar 17

Carer Support
Group

First Monday
2:00pm - 4:00pm

Meadow View Community Care Centre, Bakewell Road
Matlock DE4 2JD

Jan 8 Feb 5 Mar 5

Musical Memories
Group

Fourth Tuesday
1:30pm - 3:30pm

Matlock Football Social Club, Causeway Lane
Matlock DE4 3AR

Jan 23 Feb 27 Mar 27

Melbourne

Musical Memories
Group

First Wednesday
2:00pm - 4:00pm

Senior Citizens Community Centre, Church Street
Melbourne DE73 8EJ

Jan 3 Feb 7 Mar 7

Quarndon

Musical Memories
Group

Third Tuesday
2:00pm - 4:00pm

Quarndon Village Hall, Church Road
Quarndon DE22 5JA

Jan 16 Feb 20 Mar 20

Ripley

Memory Session
& Group Activity
Third Thursday
2:00pm - 4:00pm

Field Terrace Community Room, Off Slack Road
Ripley DE5 3HL

Jan 18 Feb 15 Mar 15