

# Community Dementia Companion Service



East Cheshire Hospice  
Where people come to live

## Supporting people with dementia & their carers in our local community

Our community based companion service is here to offer support to people with dementia, and their loved ones. The service can offer carers some time for respite, as well as helping the affected person to maintain social contacts, activities and skills. **For more information or to make a referral please contact Service Co-Ordinator Claire Halsey by phone on 01625 666990**

THE HERBERT PROTOCOL  
Safe & Found



Download the form and find out more at:  
[www.cheshire.police.uk](http://www.cheshire.police.uk) **WE'RE HERE TO HELP IF THEY DO!**

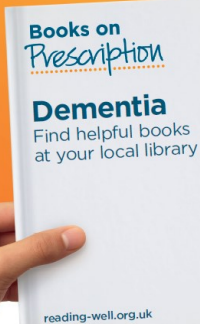


## The Clickety Click Club

The Clickety Click Club are a group of knitters, who knit for many good causes in the community and are keen to support Poynton becoming Dementia Friendly. Members have made beautiful 'Twiddle muffs' and 'Twiddle blankets' for people who are living with dementia. Please contact Jean Doyle on 01625 403 509 for more information or to purchase.



READING WELL



Call in at Poynton Library or online for more information [reading-well.org.uk](http://reading-well.org.uk)

Admiral Nurse  
Dementia Helpline  
0800 888 6678



DAA Dementia Action Alliance



Poynton with Worth Town Council

Groups and activities for people living with dementia, and their carers.



This leaflet is produced by Poynton Dementia Steering Group in conjunction with Poynton Area Community Partnership

## Weekly activities

### Monday

**9.45am - 10.45am**  
**11am - 11.30am**  
**Be steady, be safe.**  
**Falls Prevention Class**

Mon & Tues sessions available. Poynton civic centre, off Park Lane, Poynton, SK12 1RB. Balance exercise class. Booking essential call Everybody Healthy, 01625 383943.

**10.30am - 3.00pm**  
**Kaleidoscope**

2nd Monday in month, Macclesfield & Bollington United Reformed Church, Townley Street Halls, Townley Street, Park Green, Macclesfield. Drop-in. Lunch included. Phone Barbara 01625 616138

**2.00pm - 4.00pm**  
**In Together**

Wilmslow Methodist Church, Kings Close, Water Lane, Wilmslow, SK9 5AR. Drop-in. Phone Rev. Katy Thomas 01625 539584

### Tuesday

**10.15am - 11.30am**  
**Be steady, be safe.**  
**Falls Prevention Class**  
See details under Monday

**10.00am - 12.00noon**  
**Golden Memories Group**

Alternate Tuesdays, Family Worship Church, Sandwich Drive, off Dorchester Way, Tytherington, SK10 2UZ. Drop-in. Phone Pam Jagger 01625 828425 or Pat Newns 01625 611178

**2.15pm - 4.15pm**  
**Living Well**

Alternate Tuesdays. St. George's Church Hall, Poynton, SK12 1NH. Drop-in. Phone Helen Bradley 07745 322215

**2.30pm - 4.00pm**  
**Singing for the Brain**

Alternate Tuesdays, Methodist Church, Westminster Road, Macc, SK10 1BX. Phone Macc Alzheimer's Society 01625 503302 to register. £5 charge.

**10.00am - 11.30am**  
**Open The Door**

Alternate Tuesdays, Tytherington Family Worship Community Hall, SK10 2UD. £4 per couple, includes refreshments. Call 07553 566070

### Wednesday

**11.00am - 3.00pm**  
**Poynton Golden Memories Group**

Alternate Wednesdays, Poynton Community Centre, Park Lane, Poynton, SK12 1RB. Drop-in £5.00, lunch included. Phone Judy Hatton 01625 879376, Gerald Scriven 01625 875261 or Edith Clark 01625 875372

**2.00pm - 4.00pm**  
**P&J Social**

Alternate Wednesdays, St. Peter's Church Rooms, Prestbury village, SK10 4DG. Limited numbers. Phone Anne 07999 862035. wallworkpam@gmail.com

**10.00am - 2.00pm**  
**Wednesday Lunch Club**

Weekly, Civic Hall, off Park Lane, Poynton, SK12 1RB. £20, lunch included. Registration required. Phone Sharon Duke 01625 872238.

**10.30am - 11.30am**  
**Aqua Relax**

Poynton Leisure Centre, Yew Tree Lane, Poynton, SK12 1PU. Call Andy Molyneux on 07506 317055 or email andy.molyneux@everybody.org.uk

### Thursday

**10.00am - 12.00noon**  
**Macclesfield Alzheimer's Café**

4th Thursday in month, The Springwood Pub, Springwood Park, Tytherington Business Park, Macclesfield, SL10 2XA. Drop-in.

**11.00am - 12.30pm**  
**Singing for the Brain**

Hazel Grove Civic Hall, alternate Thursdays. Open to Cheshire residents. For more details phone Alzheimer's Society 0161 477 6999

**10.00am - 3.00pm**  
**Always Active**

Every Thursday. Oaklands Court, Oak Grove, Poynton, SK12 1AZ. Free taster days. Contact 07972 572054 enquiries@alwaysactive.org.uk

### Friday

#### More information:

The **Golden Memory Groups, In Together, Living Well & Open The Door** are interactive groups with singing, games, light exercise & crafts with time for carers to have a chat.

**Alzheimer's Cafés** are discussion/support groups and sometimes have quiet table-top games.

**P & J Social** includes people with Parkinson's. A welcoming group where carers have some "Me Time" whilst loved ones socialise in a separate lounge with dedicated pals. Refreshments provided with voluntary contributions.