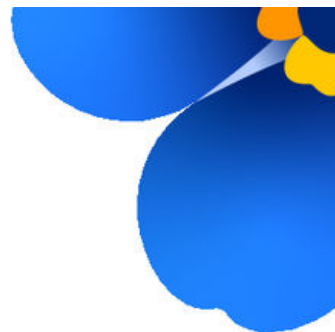
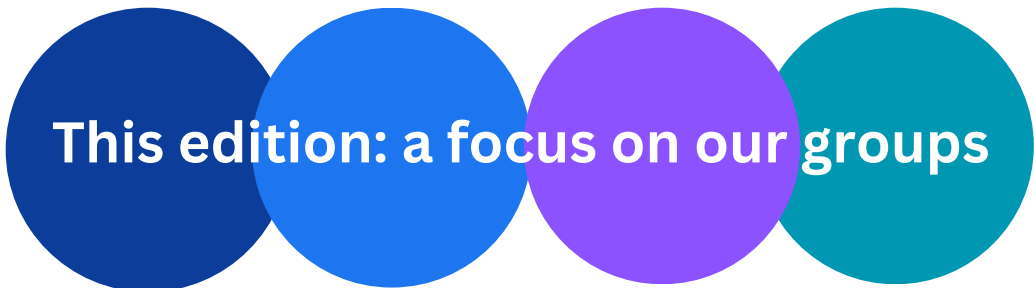




Winter/Spring 2025

Derbyshire Dementia Information & Advice Service



This edition: a focus on our groups

Derbyshire Information and Advice Service offers a range of support to anyone affected by dementia, including carers - you don't have to wait for an official diagnosis, we can support from the time you are worried about your memory.

In addition to 1:1 tailored information from our local Dementia Advisers, we hold fortnightly online carer information sessions, a separate online forum for Young Onset Dementia, and we deliver Memory Cafes and Singing for the Brain sessions across Derbyshire.

Visit our website dementiaderbyshire.org.uk from time to time to see the latest news and events.

Contact us:

01332 208845 (Mon-Fri, 9am-5pm except bank holidays)
OR email: derbyshire@alzheimers.org.uk

Our groups in Derbyshire

In January 2025 we launched our new groups format across Derbyshire. We now have a group in most districts, where people living with dementia can access either a Singing for the Brain session or memory café in their community. Please see the following pages to find out which day of the month the groups take place.

We also offer a young onset dementia forum, and a carers information session and have recently introduced a co-production group, which is an opportunity for people with lived experience of dementia to share their views and help shape services in Derbyshire.

Please see below a little more about what to expect at our group sessions.

Memory Cafe

Our memory café is an information and activity-based session lead by our Group Facilitator. Information and advice will be presented on a key topic and where possible a guest speaker may attend part of the session. This will be followed by some activities and an opportunity to have a chat and meet other people similarly affected by dementia, in a friendly and relaxed environment.

Who can attend: Derbyshire residents with or awaiting a diagnosis of dementia, plus their carer/family member.

Singing for the Brain

Join our Singing for the Brain sessions and meet new people in a friendly and fun social environment. Singing improves your brain activity, wellbeing, and mood, and you don't need to be a good singer to benefit, we sing for pleasure and cover a wide variety of familiar songs. The group is hosted by our friendly and experienced Group Facilitator.

Who can attend: Derbyshire residents with or awaiting a diagnosis of dementia, plus their carer/family member.

For all our groups it is important that you book a place, so if you are interested please contact us on 01332 208845.

Volunteering opportunities across Derbyshire

We currently have a number of volunteering opportunities at our Singing for the Brain and Memory Cafes in Chesterfield, Alfreton, Bolsover, Ilkeston & Claycross.

Are you a star tea maker? Do you love a chat? Can you spare a few hours a month to support people living with dementia in a fun and informal atmosphere?

If you are interested, please see the link on our website or get in touch with our team today by emailing derbyshire@alzheimers.org.uk and we will send you the link.

Young Onset Dementia Forum – ONLINE ONLY

Our Young Onset Dementia session is an informal but informative session developed for people living with dementia under the age of 65. Each session is an opportunity to share information and advice and is an opportunity to talk to other people all over the county. These sessions are run from 5:30pm on the first Tuesday of the month.

Who can attend: People affected by Young Onset dementia

Delivered by: Young Onset Dementia Adviser

Carers Engagement – ONLINE ONLY

Our online carers engagement session is a informative session developed for carers of people with dementia. Each session is dedicated to a specific topic where information and advice is shared followed by an opportunity for open discussion between carers in a safe and informal environment. These session are run in the evenings of the 1st & 3rd Thursday of each month.

Who can attend: Carers for people with a dementia diagnosis & those awaiting a diagnosis.

Delivered by: This session is co-produced with Derbyshire Healthcare NHS Trust and so a representative from the NHS will be on hand alongside our Group Facilitator.

Co-production groups – MIXTURE OF FACE TO FACE & ONLINE

Derbyshire Dementia Information and Advice Service co-production group is co-produced alongside other local statutory and non-statutory organisations, for example Derbyshire County Council. People with lived experience of dementia can attend the group to take part in discussions and have their voices heard, which in turn will help shape the future dementia services in Derbyshire.

Who can attend: Derbyshire residents with lived experience of dementia

Delivered by: Co-production leads, including a team member from Derbyshire Dementia Information and Advice Service

New Schedule for face-to-face groups

Please see p4 for groups taking place across Derbyshire in January, March, May, July September and November

Please see p5 for groups taking place across Derbyshire in February, April, June, August, October and December

For all our groups it is important that you book a place, so if you are interested please contact us on 01332 208845.

Due to limited places, access to face-to-face groups is on a pre-booked basis only

If you are eligible and would like to attend one of our groups please contact us on 01332 208845

Please note that the groups alternate monthly between a Singing for the Brain session & a Memory Cafe session (i.e. one month its Singing for the Brain and then next month Memory Cafe)

JANUARY, MARCH, MAY, JULY, SEPTEMBER, NOVEMBER

•Please note the following groups are cancelled

(Bank Holiday) Monday May 5th - Melbourne (Cancelled)

(Bank Holiday) Monday May 26th - Clay Cross (Cancelled)

Area	Group	Day & Time	Place
Online	Carers Information Sessions	1st & 3rd Thursday 5:30pm-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Online	Young Onset Dementia forum	1st Tuesday 5:30-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Amber Valley	Alfreton Singing for the brain	3rd Wednesday 10.30am – 12pm	Alfreton Town FC, North Street, Alfreton, DE557FZ
Bolsover	Bolsover Singing for the Brain	2nd Monday 11am-12pm	Bainbridge Hall Community Centre, Chapel Road, Bolsover S44 6PX
Chesterfield	Chesterfield - Memory Café & Activity Group	4th Friday 10:00-12:00	Chesterfield Fire Station, Spire Walk Business Park, Braidwood Way, S40 2WH
Derbyshire Dales	Matlock Singing for the Brain	1st Tuesday 11:00-12:30	Imperial Rooms, Imperial Road, Matlock DE4 3NL
Erewash	Ilkeston Singing for the Brain	1st Friday 11am to 12.30pm	Ilkeston Fire Station, Derby Road, Ilkeston, DE7 5EZ
Erewash	Long Eaton Memory Cafe & Activity Group	3rd Tuesday 10:00-12:00	Erewash Voluntary Action, Granville Avenue, Long Eaton NG10 4HD
North East Derbyshire	Clay Cross Memory Cafe & Activity Group	4th Monday 1:30-3:30	Clay Cross Social Care Centre, Market Street, Clay Cross S45 9JE
North East Derbyshire	Dronfield Singing for the Brain	3rd Thursday 11:00-12:30	Dronfield Hall Barn, High Street, Dronfield S18 1PX
South Derbyshire	Melbourne Singing for the Brain	1st Monday 11am to 12.30pm	Melbourne Sports Park, Cockshut Lane, Melbourne, DE73 8DG
South Derbyshire	Swadlincote Memory Café & Activity Group	4th Wednesday 10am to 12pm	Oakland Village, Hall Farm Road Swadlincote DE11 8ND

Due to limited places, access to face-to-face groups is on a pre-booked basis only

If you are eligible and would like to attend one of our groups please contact us on 01332 208845

Please note that the groups alternate monthly between a Singing for the Brain session & a Memory Cafe session (i.e. one month its Singing for the Brain and then next month Memory Cafe)

FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER, DECEMBER

·Please note the following groups will be subject to change or are cancelled

(Bank Holiday) Monday August 25th – Clay Cross (Cancelled)

(Christmas Eve) Wednesday December 24th – Swadlincote (TBA)

(Boxing Day) Friday December 26th – Chesterfield (TBA)

Area	Group	Day & Time	Place
Online	Carers Information Sessions	1st & 3rd Thursday 5:30pm-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Online	Young Onset Dementia forum	1st Tuesday 5:30-7pm	Contact 01332 208845 OR derbyshire@alzheimers.org.uk
Amber Valley	Alfreton - Memory Cafe & Activity Group	3rd Wednesday 10.30am – 12pm	Alfreton Town FC, North Street, Alfreton, DE557FZ
Bolsover	Bolsover - Memory Cafe & Activity Group	2nd Monday 11am-12pm	Bainbridge Hall Community Centre, Chapel Road, Bolsover S44 6PX
Chesterfield	Chesterfield Singing for the Brain	4th Friday 10:00-12:00	Chesterfield Fire Station, Spire Walk Business Park, Braidwood Way, S40 2WH
Derbyshire Dales	Matlock - Memory Cafe & Activity Group	1st Tuesday 11:00-12:30	Imperial Rooms, Imperial Road, Matlock DE4 3NL
Erewash	Ilkeston - Memory Cafe & Activity Group	1st Friday 11am to 12.30pm	Ilkeston Fire Station, Derby Road, Ilkeston, DE7 5EZ
Erewash	Long Eaton Singing for the Brain	3rd Tuesday 10:00-12:00	Erewash Voluntary Action, Granville Avenue, Long Eaton NG10 4HD
North East Derbyshire	Clay Cross Singing for the Brain	4th Monday 1:30-3:30	Clay Cross Social Care Centre, Market Street, Clay Cross S45 9JE
North East Derbyshire	Dronfield - Memory Cafe & Activity Group	3rd Thursday 11:00-12:30	Dronfield Hall Barn, High Street, Dronfield S18 1PX
South Derbyshire	Melbourne - Memory Cafe & Activity Group	1st Monday 11am to 12.30pm	Melbourne Sports Park, Cockshut Lane, Melbourne, DE73 8DG
South Derbyshire	Swadlincote - Singing for the Brain	4th Wednesday 10am to 12pm	Oakland Village, Hall Farm Road Swadlincote DE11 8ND