

DERBY CITY GROUP SERVICES

If you are interested in attending any of these groups, please contact the team by:
Telephone: 01332 497640 or Email: DerbyCityDementiaSupport@Alzheimers.org.uk

Monday			
SEWA Asian Session First Monday of the month	13.00pm – 15.00pm	Indian Community Centre Rawdon Street Normanton Derby DE23 6QR	A variety of crafting activities and occasional speakers
Chaddesden Activity Session Second Monday of the month	10.00am – 12.00pm	St Phillips Church Taddington Road Chaddesden Derby DE21 4JU	Seated exercise class with quiz and activities
Sing & Sway Third Monday of the month	13.30pm – 15.30pm	St Peter's Church Hall Yew Drive, Off St Peter's Road, High Street Chellaston Derby DE73 6TD	Music quiz, sing and dance
Musical Memories Fourth Monday of the month	10.30am – 12.30pm	Fraser Hall Leyland's Estate Broadway Derby DE22 1AY	A morning of music, musical quizzes, and musical bingo

Tuesday			
Let's Make It -Craft Group Fortnightly Tuesdays	10.00am – 12.30pm	Dovedale Day Hospital London Road Derby DE1 2XX	A session of varied art and craft techniques which is for all abilities.
Wednesdays			
Mickleover Quiz & Activity Third Wednesday of the month	10.00am – 12.00pm	Mickleover Methodist Church Station Road Mickleover Derby DE3 9GH	A morning of themed activities and quizzes.
Friday			
DEEP Group Fourth Friday of the month	13.30pm – 15.30pm	Spondon Village Hall Sitwell street Spondon Derby DE21 7FG	This group gives people living with Dementia a voice to make a difference.
Spondon Carers Group Fourth Friday of the month	13.pm – 15.30pm	Spondon Village Hall Sitwell street Spondon Derby DE21 7FG	A carers' respite group where carers are given talks by different services whilst the person with dementia takes part in activities.
Saturday			
Working Age Dementia (Under 65's) & Rare Dementia Walking Group First Saturday of the month	10.00am – 12.00pm	Meet by the Café at the Castle Elvaston Castle and Country Park Borrowash Road Derby DE72 3E	A specialist group for those living with young onset or rare dementia. A walk with time to chat and receive peer support and professional advice.