Registered with FUNDRAISING REGULATOR

Alzheimer's Society

Autumn 2026

Derbyshire Dementia Information & Advice Service

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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 or a loved one's memory.

In addition to 1:1 tailored information from our local Dementia Advisers, we hold regular online carer information sessions, a separate online forum for Young Onset Dementia, have co-production meetings, and we deliver Memory Cafes and Singing for the Brain sessions in venues across Derbyshire.

Visit our website dementiaderbyshire.org.uk from time to time to see our latest information.

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

DERBYSHIRE County Council

Supporting a loved one during Autumn & Winter

Cold weather

As the weather turns cooler, we need to be aware that our loved ones with dementia might not recognise or communicate that they are cold. An Alzheimer's Society's blog reminds us of '7 ways to support a person with dementia in cold weather'
Click the link below or search 'Alzheimer's Society cold weather advice'
https://www.alzheimers.org.uk/blog/how-support-somebody-living-dementia-cold-weather
and Dementia UK give further advice, reminding us that long periods indoors can also bring feelings of social isolation - click the link below or search 'Dementia UK cold weather advice'
https://www.dementiauk.org/information-and-support/health-advice/keeping-warm-in-cold-weather/





Fireworks

Fireworks are used to celebrate Bonfire night, Diwali, New Year's Eve and other festivals and events during Autumn and Winter. Fireworks can scare and confuse a person with dementia, or even trigger unwanted memories. Alzheimer's Society has tips on how to support a person with dementia during fireworks - click the link or search 'Alzheimer's Society firework advice'
https://www.alzheimers.org.uk/blog/dementia-fireworks-bonfire-night

Religious and cultural festivals

These are often a time for family gatherings and celebrations, however the change in routine can be overwhelming for some people with dementia, as there may be extra visitors, different foods and drink, and decorations or other changes in environment. Alzheimer's Society blog has useful tips.



If you would like further advice on any of this, and you or your loved one live in Derbyshire, you are welcome to speak with one of our Dementia Advisers tel: 01332 208845 (Mon-Fri, 9am-5pm except bank holidays)

Upcoming information sessions near you

You are welcome to come and speak with us at:

LOCATION	DATE & TIME	EVENT	WHAT TO EXPECT
Amber Valley Ironville Church Hall, 3 Casson St, Ironville, Nottingham NG16 5NN	Tuesday 29th September 9:30am – 11:30am	ARCH PCN wellbeing drop	Free health and wellbeing drop in. There will be an opportunity to speak to Dementia Adviser Sammi
Amber Valley Greenwich Community Centre, Nottingham Road, Ripley DE5 3AY	Thursday 1st October 10am – 3pm	Older Person's Day	As well as other local services, there will be an opportunity to speak to Dementia Adviser Sammi
Amber Valley Ripley Leisure Centre, Derby Rd, Ripley DE5 3HR	Tuesday 20th October 1pm – 4pm	ARCH PCN wellbeing drop in for people with learning disabilites	Free health and wellbeing drop in. There will be an opportunity to speak to Dementia Adviser Sammi
High Peak Blythe House Hospice, Eccles Fold, Chapel-en-le-Frith, High Peak SK23 9TJ	2nd Monday of month 1:30pm – 3:30pm ('drop in')	Carers Drop In	Hosted by Blythe House Hospice, it is an opportunity to chat with a Dementia Adviser
High Peak Glossop Cricket & Bowling Club, North Road, Glossop SK13 7AS	Saturday 3rd October	High Peak Together	As well as other local groups and services, there will be an opportunity to chat with Dementia Adviser Barbara
South Derbyshire Hilton Village Warm Space, Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH	10am-12pm on: 27th October 24 November 15 December	Drop in, for people with symptoms of dementia and/or their carers	An opportunity to ask questions or have a friendly chat with a Dementia Adviser
South Derbyshire Melbourne Library Assembly Rooms, High Street, Melbourne DE73 8GF	2-4pm on: 12 October 9 November 14 December	Drop in, for people with symptoms of dementia and/or their carers	An opportunity to ask questions or have a friendly chat with a Dementia Adviser

Young Onset Dementia Support Group - 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 6pm on the first Tuesday of the month.

Who can attend: People affected by Young Onset dementia

Delivered by: Young Onset Dementia Adviser

Book a place by emailing derbyshire@alzheimers.org.uk or phone **01332 208845**

Carers Engagement – ONLINE

Our online carers engagement session is an 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 sessions take place each month (Thursdays 5.30–7.00pm) on Zoom.

Delivered by: Alzheimer's Society Group Facilitator – Rhys Wilkinson

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

B**ook a place** by emailing derbyshire@alzheimers.org.uk or phone **01332 208845**

Derbyshire Dementia Together Co-production Group – IN PERSON AND ONLINE

A group of people with lived experience working together to shape better dementia support in Derbyshire. An opportunity for carers to share their experiences in a safe space, discuss how to remove barriers and challenges, and have an input on how Dementia services are provided. Please check with website for more detailed information.

Who can attend: Derbyshire residents who care, or have previously cared, for a person living with a dementia diagnosis.

Co-Chaired by: Derbyshire County Council and an Expert by Experience; with facilitation by Alzheimer's Society.

Book a place by emailing vicki.baker@alzheimers.org.uk or phone **01332 208845**

DERBYSHIRE AND DERBY CITY DEMENTIA TOGETHER

*For all our groups it is important that you **BOOK A PLACE**, so if you are interested please contact us on **01332 208845** (Mon-Fri, 9am-5pm except bank holidays)*

Due to limited places, access to our 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**

All Venues have access to disabled toilets and parking onsite
Refreshments & Drinks are available free of charge

Area	Location	Day and Time	Activity
Amber Valley	Alfreton Town FC North Street Alfreton DE55 7FZ	3rd Wednesday of each month 10.30am– 12pm	21 Oct 2026 – Singalong Group 18 Nov 2026 – Memory Café 16 Dec 2026 - Singalong Group etc.
Bolsover	Bainbridge Hall Community Centre Chapel Road Bolsover S44 6PX	2nd Monday of each month 11am – 12.30pm	12 Oct 2026 – Singalong Group 9 Nov 2026 – Memory Café 14 Dec - Singalong Group etc.
Chesterfield	Chesterfield Fire Station Spire Walk Business Park Braidwood Way Chesterfield S40 2WH	4th Friday of each month 10am– 11.30am	23 Oct 2026 – Singalong Group 27 Nov 2026 – Memory Café 18 Dec 2026 - Singalong Group etc.
Derbyshire Dales	Imperial Rooms Imperial Road Matlock DE4 3NL	1st Tuesday of each month 11am– 12.30am	6 Oct 2026 – Singalong Group 3 Nov 2026 – Memory Café 1 Dec 2026 - Singalong Group etc.
Erewash	Ilkeston Fire Station Derby Road Ilkeston DE7 5EZ	1st Friday of each month 11am– 12.30am	2 Oct 2026 – Singalong Group 6 Nov 2026 – Memory Café 4 Dec 2026 - Singalong Group etc.
	Erewash Voluntary Action Centre Granville Avenue Long Eaton NG10 4HD	3rd Tuesday of each month 10am– 12.00pm	20 Oct 2026 – Singalong Group 17 Nov 2026 – Memory Café 15 Dec 2026 - Singalong Group etc.

Due to limited places, access to our 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**

Area	Location	Day and Time	Activity
North-East Derbyshire	Clay Cross Social Care Centre Market Street Clay Cross S45 9JE	4th Monday of each month 1.30pm – 3pm	26 Oct 2026 – Singalong Group 23 Nov 2026 – Memory Café 21 Dec 2026 - Singalong Group etc.
	Dronfield Hall Barn High Street Dronfield S18 1PX	3rd Thursday of each month 11am–12.30pm	15 Oct 2026 – Singalong Group 19 Nov 2026 – Memory Café 17 Dec 2026 - Singalong Group etc.
South Derbyshire	Melbourne Leisure Centre Cockshut Lane Melbourne DE73 8DG	1st Monday of each month 11am– 12.30pm	5 Oct 2026 – Singalong Group 2 Nov 2026 – Memory Café 7 Dec 2026 - Singalong Group etc.
	Oakland Village Hall Farm Road Swadlincote DE11 8ND	4th Wednesday of each month 10am– 11.30pm	28 Oct 2026 – Singalong Group 25 Nov 2026 – Memory Café 23 Dec 2026 - Singalong Group etc.

Online Groups

For more information or to request to join, contact us on 01332 208845 OR derbyshire@alzheimers.org.uk

Group	Day & Time
Carers Information Sessions	1st Thursday of the month 5:30pm-7pm
Young Onset Dementia Support Group	1st Tuesday of the month 6pm-7.30pm

Face-to-face/online hybrid

For more information contact us on 01332 208845 OR vicki.baker@alzheimers.org.uk

Co-Production Group	22 October - Cultural Diversity and Dementia 3 December - Achievements and Christmas Party