

## SINGING FOR THE BRAIN®

Singing for the Brain® brings people with dementia and their carers together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide variety of familiar and new songs. The sessions run once every three weeks at six different locations across the county and are free of charge.

Please contact us on 01159 343 800 to book a place.

### Gedling

Good Shepherd Church Hall, Thackeray's Lane,  
Woodthorpe, Nottingham NG5 4HT

Tuesday  
Morning

### Rushcliffe

Jubilee Clubhouse, Loughborough Road,  
Ruddington NG11 6NX

Friday  
Morning

### Mansfield

St Peter's Centre, Church Side,  
Mansfield, NG18 1AP

Friday  
Morning

### Newark

The Salvation Army, Church Centre, Mead Way,  
Balderton, Newark NG24 3GA

Friday  
Morning

### Worksop

Civic Centre's Golding Suite, Long Lane,  
Carton-in-Lindrick, Worksop S81 9AP

Tuesday  
Morning

### Wollaton

Grangewood Methodist Church,  
Grangewood Road, Wollaton NG8 2SJ

Tuesday  
Morning

If you would like to know more about our Dementia Support service, or if you have questions about dementia, contact your local Alzheimer's Society office or visit [alzheimers.org.uk](http://alzheimers.org.uk)

## Office Contact Details

Nottingham T: 01159 343 811  
Mansfield T: 01623 429 419  
Bassetlaw T: 01909 730 886



**NATIONAL DEMENTIA HELPLINE 0300 222 1122**

## ALZHEIMER'S SOCIETY

### Nottingham City and Nottinghamshire Services

1st Floor, Castle Heights  
72 Maid Marian Way  
Nottingham NG1 6BJ  
E: [nottingham@alzheimers.org.uk](mailto:nottingham@alzheimers.org.uk)

### DEMENTIA SUPPORT SERVICE

Our specialist Dementia Support Workers provide support, information and guidance for people with dementia, their carers and family members. This includes assisting people to access other support services within the community. We offer a one-to-one support service by telephone, face to face visits and written information as required.

### SIDE BY SIDE

Our Side by Side Service is a free service which helps people with dementia stay active and involved in their local community. Volunteers provide support to enable people with dementia to keep doing the things they enjoy or try out new activities. Please contact Sue Button on 01159 343 800 for further details.

### DEMENTIA CAFES

Our Dementia Cafes are a place to relax, socialise and meet other people with dementia and their carers. Our café facilitators provide information about living with dementia and other services available locally, in an informal and comfortable environment. The cafes run monthly in different locations across the City and County.

## DEMENTIA CAFÉ LOCATIONS

Please contact us on 01159 343 811 to book a place.

### Balderton Dementia Café

Salvation Army, Mead Way, Balderton,  
Newark NG24 3GA

3rd Tuesday  
of the month  
**Morning**

### City Dementia Café

Clifton Methodist Church, 212 Rivergreen,  
Clifton NG11 8AU

1st Monday  
of the month  
**Afternoon**

### Costhorpe Dementia Café

The Civic Centre, Long Lane,  
Carlton-in-Lindrick, Worksop S81 9AP

3rd Thursday  
of the month  
**Morning**

### Gedling Dementia Café

Good Shepherd Church Hall, Thackerays  
Lane, Woodthorpe, Nottingham NG5 4HT

4th Friday  
of the month  
**Morning**

### Hallcroft Dementia Café

Hallcroft Community Centre, Randall Way,  
Retford DN22 7GR

2nd Wednesday  
of the month  
**Morning**

### Mansfield Dementia Café

The Gas Sports & Social Club, Lime Tree Place,  
Mansfield NG18 2HX

Last Monday  
of the month  
**Morning**

### Rushcliffe Dementia Café

Lutterell Hall, Church Drive,  
West Bridgford NG2 6AY

1st Thursday  
of the month  
**Afternoon**

### Southwell Dementia Café

Kings Court, Southwell NG25 0EL

2nd Friday  
of the month  
**Morning**

### Wollaton Dementia Café

Kingswood Methodist Church, Lambourne Drive,  
Wollaton, NG8 1GR

1st Wednesday  
of the month  
**Morning**

## CARERS' SUPPORT GROUPS

Our Carers' Support Groups give people the opportunity to talk to others about how dementia affects their lives. Run by a facilitator, the sessions offer a chance to make new friends, to ask questions, get information and share experiences in a safe and supportive environment. Groups meet on a monthly basis.

### Sybil Levin Carers' Support Group

Sybil Levin Centre, 577A Nuthall Road,  
Nottingham NG8 6AD

2<sup>nd</sup> Thursday  
of the month  
**Afternoon**

### City Evening Carers' Support Group

The Mary Potter Centre, Room 1,  
Gregory Boulevard, Hyson Green,  
Nottingham NG7 5HY

1<sup>st</sup> Wednesday  
of the month  
**Evening**

### Calverton Carers' Support Group

Calverton Village Hall, Park Road, Calverton,  
NG14 6SA

2<sup>nd</sup> Thursday  
of the month  
**Afternoon**

### Stapleford Carers' Support Group

The Haven Centre, Wadsworth Road,  
Stapleford NG9 8BD

Last Wednesday  
of the month  
**Morning**

