

## DEMENTIA SERVICES ACROSS NORFOLK

Location/Service	Dementia Café	Activity Group	Dementia Support Group	Support services
<b>BRECKLAND</b>				
Attleborough	Alzheimer's Society Dementia café: meets on the 4th Friday of the month, from 10.30am – 12.30pm. St Mary's Church Community Hall, Church Street, Attleborough, NR17 2AH. Tel: 01603 763556			Day out initiative to get active including dancing, day visits and music. Contact <a href="mailto:Lea@creativeartseast.co.uk">Lea@creativeartseast.co.uk</a> or 01953 713390
Dereham		Alzheimer's Society Activity Group (structured activities for those affected by Dementia); Meets on the 3 <sup>rd</sup> Wednesday of the month from 10am – 12 noon; The Guildhall, St. Withburga Lane, Dereham, NR19 1ED Tel: 01603 763556		Day out initiative to get active including dancing, day visits and music. Contact <a href="mailto:Lea@creativeartseast.co.uk">Lea@creativeartseast.co.uk</a> or 01953 713390
Swaffham	Alzheimer's Society Dementia Café; meets on the 1st Wednesday of the month from 10am to 12 noon. The Assembly Room, Market Place, Swaffham, PE37 7QH Tel: 01603 763556			
Thetford	Alzheimer's Society Dementia Café; meets on the 4th Thursday of the month from 10.30 to 12.30, Thetford Methodist Church, Tanner Street, Thetford IP24 2BQ Tel: 01603 763556		Thetford & District Dementia Support Group welcomes anyone affected by Dementia and their carers. The sessions run every Friday from 10am to 1pm; Cloverfield Community Church, Yarrow Close, Thetford IP24 2TZ; visit: <a href="http://www.thetford-">www.thetford-</a>	

			<a href="http://dementia-support-group.org.uk">dementia-support-group.org.uk</a> or call Joanne on 07542 866519.	
Watton				Day out initiative to get active including dancing, day visits and music. Contact <a href="mailto:Lea@creativeartseast.co.uk">Lea@creativeartseast.co.uk</a> or 01953 713390
North Walsham				Day out initiative to get active including dancing, day visits and music. Contact <a href="mailto:Lea@creativeartseast.co.uk">Lea@creativeartseast.co.uk</a> or 01953 713390
<b>BROADLAND</b>				
Acle	Alzheimer's Society Dementia Café; 3 <sup>rd</sup> Thursday of the month from 1.30 – 3.30pm, Acle Methodist Church Hall, Bridewell Lane, Acle NR13 3RA Tel: 01603 763556			
Brundall	Forget-me-not Dementia Café Every Tuesday, 2-4pm and Thursday 10-12pm at The Hub, St Laurence Church, Church Lane, Brundall, NR13 5NA Tel: 01603 715136			
Hellesdon	Alzheimer's Society Dementia Café: 3 <sup>rd</sup> Monday of the month from 10.30am to 12.30pm. Hellesdon Community Centre, Middletons Lane, Hellesdon, Norwich NR6 5SR Tel: 01603 763556			
Horstead	Age UK Norfolk Pabulum Dementia Café; 3 <sup>rd</sup> Thursday of every month from 12			

	noon – 3pm. Tithe Barn, Rectory Road, Horstead NR12 7EP Tel: 01603 785228			
Old Catton	Age UK Norfolk Pabulum Dementia Café Norwich meets on the 3 <sup>rd</sup> Wednesday of every month from 10.30am – 12.30pm at St. Margaret’s Church Hall, Blacksmiths Way, Old Catton NR6 7DN Tel: 01603 785228			
Reepham			Reepham Dementia Group; second Monday of the month from 12 noon to 2pm; Kerri’s Farmhouse Pine in The Old Railway Station on Station Road; call (01603) 873355.	
Aylsham		Aylsham Singing Together group 2 <sup>nd</sup> Friday of the month, 2-3.30pm at Green Lane View, St Michael's Avenue, Aylsham, NR11 6YA Norfolk Carers Support – 01603 219924		
		The Sycamore Tree lunch group Every Monday, 10.30-1.45pm at Jubilee Family Centre, Aylsham Tel: 01263 734801		
Sprowston	Community Dementia Café 3 <sup>rd</sup> Thursday of the month, 10-12 noon at Diamond Centre, School Lane, Sprowston, NR7 8TR <a href="mailto:E:growyourcommunity@broadland.gov.uk">E:growyourcommunity@broadland.gov.uk</a>			
Great Yarmouth		Alzheimer's Society Activity Group Meets 1 <sup>st</sup> Tuesday of the month, 10.30-12.30 at Middlegate Room,		Alzheimer’s Society Side by Side service; The Kings Centre, 30 Queen Annes Road, Great Yarmouth NR31

		Gt Yarmouth Library, Tolhouse Street, Gt Yarmouth NR30 2SH Tel: 01603 763556		OLE.
		Scratby Memory Club Every Monday, 10-2pm at Scratby Parish Hall  Gorleston Memory Club Every Wednesday, 10-2pm at the Methodist Church Hall. <a href="http://www.gygmemoryclub.co.uk">www.gygmemoryclub.co.uk</a>		
Gorleston	Alzheimer's Society Dementia Café; meets on the 1 <sup>st</sup> Wednesday of the month from 10.30am – 12.30pm; Louise Hamilton Centre, James Paget University Hospital, Gorleston NR31 6LA Tel: 01603 763556	Norfolk Carers drop-in on the 1 <sup>st</sup> an 3rd Monday each month between 11am – 1pm at Gorlestone library; and on the 2 <sup>nd</sup> and 4 <sup>th</sup> Monday at the Bradwell & Gorlestone Carers Group, Shrublands Centre.		
<b>NORTH NORFOLK</b>				
Bodham			Bodham Dementia Support Group 1 <sup>st</sup> Thursday of the month, 11-2pm at Bodham Village Hall, The Street, NR25 6AD Tel: 07957 221709	Norfolk Dementia Helpline Tel: 01603 763 556 E: <a href="mailto:norfolk@alzheimers.org.uk">norfolk@alzheimers.org.uk</a> A: North Norfolk Office, Stable Yard Office, Breck Farm House, Stody, Melton Constable, NR24 2EP
Fakenham		Alzheimer's Society Activity and Peer support group. 1 <sup>st</sup> Wednesday of the month, 10.30am – 12.30pm. Salvation Army Hal, Oak Street, Fakenham NR21 9DY Tel: 01603 763556		

Holt			Holt & District Dementia Support Group – Poppy Café Every Tues 10.30-12.30 at Sta Andrew's Church meeting room, Holt, NR25 6BB Tel: 01263 861700	
Melton Constable				Alzheimer's Society Side by Side Service and Dementia Support: Breck Farmhouse, Stody, Melton Constable NR24 2EP
North Walsham		Alzheimer's Society Peer Support Group; 2 <sup>nd</sup> Thursday of the month, 10.30am – 12 noon; The Salvation Army, Day Care Centre, 73 Happisburgh Road, North Walsham, NR28 9HD Tel: 01603 763556		
			North Walsham Dementia Support Group Tues & Thurs, 10-3pm at Cameo Café, Furze Hill Resource Centre, 73 Happisburgh Rd, North Walsham NR28 9HD Tel: 01692 502708	
Sheringham		Alzheimer's Society Activity and Peer Support Group; 3 <sup>rd</sup> Monday of the month from 11.30 – 12.30pm; St Joseph's RC Church Hall, Cromer Road, Sheringham NR26 8RT. Tel: 01603 763556		
Wells Next the Sea	Alzheimer's Society – Dementia Café; 2 <sup>nd</sup>			

	Wednesday of the month from 10.30 – 12.30pm. Wells Community Hospital, Mill Road, Wells next the Sea NR23 1RF Tel: 01603 763556			
Stalham	Alzheimer's Society Dementia Café 2 <sup>nd</sup> Thursday of the month, 2-4pm at Stalham Green Surgery, Yarmouth Rd, Stalham, NR12 9PS Tel: 01603 763556			
<b>NORWICH</b>				
City Centre			<p>Age UK Norwich Carer Support Group 1<sup>st</sup> Wednesday of the month, 10-12noon at Don Pratt Court, Mousehold Street, Norwich</p> <p>3<sup>rd</sup> Thursday of the month, 10-12noon at Assembly House, Norwich</p> <p>2<sup>nd</sup> Friday of the month, 12.30-2.30pm at Bowthorpe Church, Bowthorpe Hall Rd, Norwich, NR5 9AA</p> <p>4<sup>th</sup> Wednesday of the month, 2-4pm at St Andrews Church Hall, Eaton</p> <p>4<sup>th</sup> Friday of the month at Marion Rd Dementia Day Care Centre, Marion Rd, Norwich</p>	<p>Alzheimer's Society – Information and Advice Telephone line NORFOLK; Room 1, Charing Cross Centre, 17-19 St John Maddermarket, Norwich NR2 1DN. Call 01603 763556.</p>

			Tel: 01603 677944	
	Alzheimer's Society Dementia Café; 3 <sup>rd</sup> Friday of the month from 10am – 12 noon; Chapelfield Methodist Church, Chapel Field Road, Norwich NR2 1SD. Tel: 01603 763556	Alzheimer's Society Peer Support Group – 3 <sup>rd</sup> Wednesday of the month from 10.30 – 12.30pm; 100 Rider Haggard Road, Norwich NR7 9UQ Tel: 01603 763556		
		Age UK Norwich - Riverside Activity Group 2 <sup>nd</sup> Tuesday of the month, 11-12.15pm at Riverside Leisure Centre, Wherry Rd, Norwich, NR1 1WX Tel: 01603 397785		
		Come Singing 1 <sup>st</sup> Tuesday of the month, 11am-12pm at Dell Rose Court, Northfields, Norwich, NR47EL Tel: 01603 452404  2 <sup>nd</sup> Tuesday of the month, 10.45-11.45 at The Norfolk & Norwich Millenium Library, Norwich Tel: 01603 774774  2 <sup>nd</sup> Friday of the month, 10.45-11.30 at Gray's Friar Court, 266 Dereham Rd, Norwich, NR6 0SN Tel: 01603 594 747  3 <sup>rd</sup> Friday of the month, 10.15-11.15 at Marion Road Dementia Day Care Centre, Marion Rd,	Alzheimer's Society Norwich YOG Dementia group for younger people with dementia (under 65) 2 <sup>nd</sup> & 4 <sup>th</sup> Wed of the month, 10.30-12.30pm at The Union Building, 51-59 Rose Lane, Norwich, NR1 1BY Tel: 01603 763556	

		Norwich, NR1 4BN Tel: 01603 667943		
Costessey	Age UK Norfolk Pabulum Dementia Café; 1 <sup>st</sup> Friday of the month from 11am – 1pm. The Costessey Centre, Longwater Lane, Norwich NR12 7EP Tel: 01603 785228	Come Singing 4 <sup>th</sup> Friday of the month, 11-12.30 at Costessey Community Centre, Longwater Lane, Norwich, NR8 5AH Tel: 01603 452404		
	Alzheimer's Society Dementia Café: 1 <sup>st</sup> Thursday of the month from 10.30am – 12.30pm; Costessey Centre, Longwater Lane, Costessey Norwich NR8 5AH Tel: 01603 763556			
Hethersett			Hethersett Hub Dementia Support Cafe 3 <sup>rd</sup> Tuesday, 10-12 at Hethersett Methodist Church, Great Melton Rd, Norwich, NR9 3AB Tel: 07808329102	
Heartsease			Care n Share 1 <sup>st</sup> Wednesday of the month 10-12pm at Heartsease Lane Methodist Church, Heartsease Lane, Norwich, NR7 9NR Norfolk Carers Support – 01603 219924	
Wymondham	Wymondham Dementia Support Group  Pabulum Café & Singing Café 3 <sup>rd</sup> Friday of the month, 10-1pm  Pabulum Sports & Leisure		Wymondham Dementia Support Group: every Friday from 10am – 1pm; Call Trevor Brown on 01953 851796.	



	<p>2<sup>nd</sup>, 4<sup>th</sup> &amp; 5<sup>th</sup> Friday of month, 11-12</p> <p>Monday Club – Quiet &amp; Reflection Every Monday, 10-12</p> <p>All held at The Fairland Church Centre, Fairland Hill, Wymondham, NR18 0AW Tel: 07712 727897</p>			
Diss	<p>Age UK Pabulum Dementia Café : 2<sup>nd</sup> Wednesday of the month, from 10am – 12 noon: Denny Centre, Thomas Manning Road, Diss, IP22 4HL Tel: 01603 785228</p>	<p>Dove Dementia Café and Activity Group Every Wednesday, 10-1pm with a break for Carers 11-12. Diss United Reformed Church, Mere Street, Diss, IP22 4AD E: <a href="mailto:gabriellepagan@gmail.com">gabriellepagan@gmail.com</a></p>		
<b>SOUTH NORFOLK</b>				Forget me Not Grants help people living with Dementia to maintain suitable and safe homes with grants to £1,000. Call 01508 533705.
Cringleford		<p>Cogs Club Every Thursday, 10-3pm at Cavell Court, 140 Dragonfly Lane, Cringleford, Norwich, NR4 7SW Tel: 0333 3211980</p>		
Long Stratton		<p>Long Stratton Activity Group (referral only) 4<sup>th</sup> Tuesday of the month, 2-4pm at Long Stratton Leisure Centre, Swan Lane, Long Stratton, NR15 2UY Tel: 01603 763556</p>		
<b>WEST NORFOLK</b>				Living Independently in Later Years Project (LILY) funds Dementia

				friendly home assessments: call 01553 760671, <a href="http://www.west-norfolk.gov.uk">www.west-norfolk.gov.uk</a>
Congham	Dementia friendly pub lunches: 2 <sup>nd</sup> Wednesday of the month, 12 noon – 2pm: The Anvil Inn, Congham. <a href="http://www.anvilcongham.co.uk">www.anvilcongham.co.uk</a> .			
Downham Market	Alzheimer's Society – Dementia Café; 2 <sup>nd</sup> Monday of the month from 10am – 12 noon: Town Hall, Paradise Road, Downham Market, PE38 9HS Tel: 01603 763556			
	Downham Market Dementia Café 4 <sup>th</sup> Monday of the month, 10-12noon at Downham Market Methodist Church, Paradise Road, Downham Market PE38 9JE			
Hunstanton	Alzheimer's Society Dementia Café: 3 <sup>rd</sup> Monday of the month from 10am – 12 noon. The Community Centre, Avenue Road, Hunstanton, PE36 5BW Tel: 01603 763556			
Dersingham			Dersingham Peer Support Group 1 <sup>st</sup> Tuesday of the month, 1-3pm at The Library, Chapel Rd, Dersingham PE31 6PN Tel: 01603 763556	
Kings Lynn	Alzheimer's Society Dementia Café Meets 1 <sup>st</sup> Friday of the month, 10-12pm at Methodist Church Rooms, London Rd, Kings Lynn, PE30 5EJ Tel: 01603 763556			Norfolk Dementia Helpline Tel: 01603 763556 E: <a href="mailto:norfolk@alzheimers.org.uk">norfolk@alzheimers.org.uk</a> A: Kings Lynn and West Norfolk Office

				2 Thoresby College, Queen Street, Kings Lynn, PE30 1HX
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