

## Team and Service Contact Details

### Telephone Contact Numbers

Central Number: 01332 497640

National Support Helpline: 0333 150 3456

### Derby City Dementia Support Email:

[derbycitydementiasupport@alzheimers.org.uk](mailto:derbycitydementiasupport@alzheimers.org.uk)

**\*New schedule each quarter\***

## Derby City Dementia Support Service

### Activity Information and Respite Schedule

April 2026 – June 2026

**Please contact us to book a place !!!**

\*\* Please do not arrive at groups until 10 minutes before the start of the group\*\*

Do not attend groups if you feel unwell, have a temperature, new continuous cough or a loss or change in your sense of smell or taste.



Together we are help & hope  
for everyone living with dementia

<p><b>First Monday of the month</b></p> <p><b>SEWA Asian Session</b></p> <p>Indian Community Centre Rawdon Street Normanton Derby DE23 6QR</p> <p><b>1pm – 3pm</b></p> <p>6 April 2026—No group due to bank holiday 4 May 2026—No group due to bank holiday 1 June 2026</p>	<p><b>Other Memory loss groups in the area</b></p> <p><b>First Monday of the month</b> Monday Mates – Derbyshire County Cricket Club Legends Lounge county Ground DE21 6DA, 10am - 12.30pm <i>*Please check with the cricket club if the group is running on bank holidays.</i></p> <p><b>The Hardy Group</b> The Hardy Group, St Nicholas Church Hall, DE22 2PE 13.00–15.00</p> <p><b>Wednesday 8 April</b> <b>Wednesday 22 April</b> <b>Wednesday 13 May</b> <b>Wednesday 27 May</b> <b>Wednesday 10 June</b> <b>Wednesday 24 June</b></p>
<p><b>Fourth Monday of the month</b></p> <p><b>Musical Memories</b></p> <p>Fraser Hall Leyland’s Estate Broadway Derby DE22 1AY</p> <p><b>10.30am – 12.30pm</b></p> <p>27 April 2026 25 May 2026—No group due to bank holiday 22 June 2026</p>	<p><b>Mental Health Support Services</b></p> <ul style="list-style-type: none"> <li>• For Carers Derbyshire life links <a href="https://derbycitylifelinks.org.uk/">https://derbycitylifelinks.org.uk/</a> call 0800 032 2202</li> <li>• Mental Health Crisis Team helpline call 0800 028 0077</li> <li>• Trent PTS South Derbyshire call 01332 265659</li> <li>• Trent PTS North Derbyshire call 01246 387498</li> <li>• Samaritan 24hr helpline call 116 123</li> <li>• Mental Health Support call 111 select option 2.</li> <li>• Safe Haven in Derby and Chesterfield: Tel: 0330 008 3722 or drop in to the service at 309 Burton Road, Derby DE23 6AG. Open from 4.30pm to 12.30am, 365 days a year, to anybody who is 18 years or above. Offering support when you feel overwhelmed or unable to manage stress.</li> </ul>

**Fourth Friday of the month**

**‘DEEP’  
(Dementia Engagement and Empowerment Project)**

Spondon Village Hall  
Sitwell street  
Spondon  
Derby DE21 7FG

**1.30pm – 3.30pm**

24 April 2026  
22 May 2026  
26 June 2026

**First Saturday of the month**

**Working Age and Rare Dementia Group**

Meet by the Café at the Castle  
Elvaston Castle and Country Park  
Borrowash Road  
Derby DE72 3EP

**10am – 12pm**

4 April 2026  
2 May 2026  
6 June 2026—Calke Abbey Trip

**Fourth Friday of the month**

**Spondon Carers Group.** \*Respite provided, please  
contact the team for more information\*

Spondon Village Hall  
Sitwell Street  
Spondon  
Derby DE21 7FG

**1.30pm – 3.30pm**

24 April 2026  
22 May 2026  
26 June 2026

**Second Monday of the month**

**Chaddesden Activity Session**

St Phillips Church  
Taddington Road  
Chaddesden  
Derby DE21 4JU

**10am – 12pm**

13 April 2026  
11 May 2026  
8 June 2026

## Alternate Tuesdays

### Let's Make It! (Craft Group)

Dovedale Day Hospital  
London Road  
Derby DE1 2XX

**10am – 12.30pm**

7 and 21 April 2026  
5 and 19 May 2026  
2 and 16 June 2026

## Third Monday of the month

### Sing and Sway

St Peter's Church Hall  
Yew Drive, Off St Peter's Road, High Street  
Chellaston  
Derby DE73 6TD

**1.30 pm – 3.30pm**

20 April 2026  
18 May 2026  
15 June 2026

## Carers engagement sessions

If you live in Derby City or in Derbyshire and are caring for a loved one, friend or neighbour who is affected by dementia, please get in touch to book your place. The sessions take place every first Thursday of the month, on Zoom, and will cover a range of topics relating to life with dementia  
Contact us: If you would like to book your place on any of these sessions, or if you have any questions about them, please contact the team to ask for the link to be sent to you:  
Email: [derbyshire@alzheimers.org.uk](mailto:derbyshire@alzheimers.org.uk) Tel: 01332 208845

**5.30pm – 7pm**

2 April 2026  
7 May 2026  
4 June 2026

## Third Wednesday of the month

### Mickleover Quiz and Activity Session

Mickleover Methodist Church  
Station Road  
Mickleover  
Derby DE3 9GH

**10am – 12pm**

15 April 2026  
20 May 2026  
17 June 2026