

Social support for people with dementia and their carers in Brent

Information about groups can change so we recommend checking days and times before making a journey.

Dementia Cafés - for people with dementia, carers and friends

Dementia Cafés Coordinator Brent

If you would like information or support to set up a new Dementia Café/ Memory Lounges in the borough contact: **Gabby Horecka** 07904 202 517 or **email:** gabby.horecka@ashfordplace.org.uk see also downloadable leaflets at

For a map of Dementia Cafés in Brent click [here](#)

1. Dementia Café Cricklewood

Tuesdays 2 – 4pm, Ashford Place, 60 Ashford Road, NW2 6TU

Join us at our Dementia Café in Ashford Place. Our aim is to provide people who live with dementia as well as other mental health issues, their carers and families an opportunity to gather in an informal, relaxed and friendly atmosphere and meet other people in similar circumstances. Free. For more information contact:

Danny Maher on 020 8208 8591

2. Dementia Café Kingsbury run by Elders Voice

Wednesdays 2-4pm, St Sebastian & St Pancras RC Church, Father O'Callaghan Centre, Hay Lane, Kingsbury NW9 0NG

For further information please contact: **Lynn Burling**, Memory Café Project Worker 0208 968 8170 or **email:** lynnb@eldersvoice.org.uk

3. Dementia Café Kensal Green run by Elders Voice

Fridays 11am-1pm, Elders Voice, 181 Mortimer Road, Kensal Green, NW10 5TN.

This is a group for people with dementia and their carers/relatives. Activities include arts and crafts, quizzes, singing and relaxation, information sessions, support as and when you need it, a chance to chat with others, the opportunity to decide what activities you would like to see developed, refreshments. For further information please contact: **Lynn Burling**, Dementia Café Project Manager 0208 968 8170 or **email:** lynnb@eldersvoice.org.uk. We look forward to welcoming you.

4. Dementia Café North Wembley

Thursdays 11am-1pm, St Cuthbert's Church, 214 Carlton Ave West, North Wembley HA0 3QY

Join us at our Dementia Café at St Cuthbert's Church. Our aim is to provide people who live with dementia, their carers and families an opportunity to gather in an

informal, relaxed and friendly atmosphere and meet other people in similar circumstances. Free. For more information telephone: 020 8904 8599 or **email:** admin@stcuths.org

5. Dementia Café Willesden Sports Centre

Tuesdays 1pm-3pm, Willesden Sports Centre Donnington Rd, Willesden, NW10 3QX

A place for people with dementia and their carers to relax, socialise, do activities and get support. All ages are welcome. Free. Free parking. For more information contact: **Jo de Souza** 020 8955 1120 x 248 or **email:** HPAwillesden@1life.co.uk

6. Dementia Café run by City Mission Hub (Willesden)

Mondays 10.30am - 1.30pm at 2 Scrubs Lane, College Park, London NW10 6RB

You are welcome to join us at our Dementia Café. We offer a social space for people with dementia and memory loss and their carers to relax, socialise, do activities and get support. Our free activities include weekly chair exercise (run by 1Life), singing sessions, games club, film club, plus much more. Refreshments & lunch available. For more information contact: 07939 997 677 or **email:** dementiaproject.cmh@outlook.com

7. Memory Lounge Barham Community Library

Tuesdays 11.45am -1.45pm, Unit 4, 660 Harrow Road Wembley HA0 2HB.

Memory Lounge for people with memory loss/dementia and their carers. Relaxing social, activities, art class, advice and support sessions and free chair yoga. Buses 18, 92, 182, 204 and H17 stop nearby. Free. For more information contact:

Mrs Kawal Singh 07732 309 991 or **email:** mrskawalsingh@gmail.com

8. St Catherine's Dementia Café

Thursdays 11am -1pm, St Catherine's Church, Neasden Lane/ Dollis Hill Lane, London NW10 1QB

A space for people with dementia and memory loss and their carers to relax, socialise, do activities and get support. For more information contact:

Rob Harrison 07961 011040 or **email:** st.catherines@gmx.com

9. Dementia Cafés Brent Growing Club

Most days (*by arrangement only*), Sufra, 160 Pitfield Way, NW10 0PW

Gardening has proven benefits and Sufra NW London Community Garden is offering people affected by dementia the chance to get outdoors and grow stuff. (They also need volunteers to help out). For more information contact:

Jim Sheeran, 07984 321 179 or **email:** jim@sufra-nwlondon.org.uk

10. Memory Lounge Preston Community Library

Mondays 2-4pm, 2 Carlton Avenue East, Wembley, HA9 8PL

A safe, fun meeting place for people with Dementia and their carers. Talks, activities, entertainment, advice and information, free refreshments. For information contact:

Julie Lyons, 020 8908 5700 PrestonCommunityLibrary@gmail.com

Dementia Peer Support Project

Dementia Peer Support Project run by Ashford Place

Support available Monday – Friday 10am – 4pm

Peer Support Group

Tuesdays 11am-1pm - sharing of information and activities, Ashford Place, 60 Ashford Road, NW2 6TU

Supporting people living with dementia to support each other. Suitable for people who have capacity to engage in a peer support role. Free. Contact:

Amanda Cattini 020 8208 8591 or **email:** amanda.cattini@ashfordplace.org.uk

For people caring for someone with dementia

Sudbury Dementia Carers Support Group - Sudbury Methodist Church

Wednesday 11am-1pm fortnightly, Sudbury Methodist Church, 809 Harrow Road, Wembley, HA0 2LP

Support group for family or other carers of people with dementia. We are a group of family carers who help our relatives to live with dementia. We share our experiences, and exchange information and ideas in an informal, friendly and supportive environment.

Contact: **Frank Arrojo** 07867 903 917 or **email:** frankj.arrojo@gmail.com

Wembley Dementia Carers Support Group

Fortnightly on Monday 1-3pm, St Erconwald's Catholic Church, 112 Carlton Ave East, Wembley, HA9 8NB

Support group for family or other carers of people with dementia. We are a group of family carers who help our relatives to live with dementia. We share our experiences, and exchange information and ideas in an informal, friendly and supportive environment.

Contact: **Frank Arrojo** 07867 903 917 or **email:** frankj.arrojo@gmail.com

Willesden – Mental Health Carers Support Group

Third Wednesday of the month 11am-1pm, Brent Carers Centre, Willesden Medical Centre, 144-150 High Road, Willesden NW10 2PT

Monthly peer support group for carers of someone with a mental health condition. A relaxed and supportive environment. Free. For more information contact **Brent Carers Centre** on 020 3802 7070 or **email:** email@brentcarerscentre.org.uk

Day Centres

Day centres with activities, lunch and often transport may be funded by Brent Council or privately from about £30 a day.

Asian People's Disability Alliance

Mon – Fri 10.30-2.30pm, Day Care and Development Centre, Alric Avenue, off Bruce Road, NW10 8RA

Offer collect and drop-off service at extra charge. For anyone with a disability or who is isolated including people with dementia, mild to moderate learning disability or mental health issues. Not profound needs, ie not 1-1 support. £60-£75 per day.

Contact: **Zeenat Dewa**: 020 8459 1030 or **email**: daycare@apda.org.uk

Elders Voice

Mon, Tue, Thur 9.30-4.30 including transport time. 181 Mortimer Rd, London NW10 5TN

Movement to music, arts and crafts, yoga, singing and drama sessions. Massage fortnightly. Self-funded places from £40. Half-day option on Monday for £25 or £35 with transport provided. Contact **Dawn Clarke** on 07455 784722 or **email**:

dawnc@eldersvoice.org.uk

Leonora House - Older People Day Care

Tue and Wed 10.30am-3.30pm, 49 Lanark Road, Maida Vale, W9 1AP

Group for over 50s. Activities include bingo, dominoes, word games, reminiscence sessions, chair exercises, gentle yoga classes. We often organise parties to mark special occasions throughout the year.

Cost: £35.50 a day plus £3.50 for lunch. Transport locally is £12 return. **Phone office**: 020 7286 9226.

New Testament Community Project Day Care

Wednesday, Thur, Fri: 10am-4pm. Willesden Centre for Health and Care, Robson Avenue, Willesden, NW10 3RY

Day centre offers a wide range of services to older (60+) and disabled (50+) people including people with dementia. All welcome with most people from the African Caribbean community. We offer keep fit sessions, massage, arts and craft, board games, outings, two holidays a year in the UK and overseas, one-to-ones, and group discussions. £46 per day + £5 for meals + £5 for transport if needed. Brent Social Services funds some members. Transport provided from most places between North Wembley and Kilburn. **Contact**: Office 07956 040 521 or **email**: ntcp@btconnect.com

Sneh Care

Mostly Gujarati, plus Hindi and English language. Open Monday and Thursday except public holidays. Knightleas Court, 111 Brondesbury Park, NW2 5JQ

Games, music, cards, quizzes, Asian films, outings, knitting, CV preparation, basic computing, cake making and decorating. Collects clients at 9am and ends 3.30pm. Can try out for free first time. Then £49.50 a day including transport.

Phone: 020 8830 2666 or **email:** snehcure@btconnect.com

Sudbury Neighbourhood Centre

Monday – Friday 10.30-3.30pm. 809 Harrow Rd, Wembley HA0 2LP.

Activities may include art class, computer class, keep fit, knitting, music therapy, tai chi, quizzes, games, outings. Can be paid for privately from £35.

Phone: 020 8908 1220 or **email:** office@sudburyneighbourhoodcentre.co.uk

WISE Day Centre

Tuesday to Friday 10am to 3pm, WISE Social Care and Education Project, Alric Avenue, Harlesden, NW10 8RA

Purpose built for the needs of older and disabled people our large, open-plan room is arranged into a dining and lounge area where clients and service users can watch television, take part in activities and enjoy a hot meal. Activities include arts and crafts, bingo, exercise and summer trips. Clients enjoy our garden during the summertime, with barbeque, patio, comfortable seating and attractive plants. People with early and mild dementia are welcome. We are open to everyone who fits into the Caribbean culture with people from all ethnicities attending

People access our services by contacting Adult Social Care on 020 8937 4300; their GP or other health professional. If paid for privately, the cost is £46 a day. Transport is not provided.

Phone: 020 8830 3337 or **email:** wise.brent@btconnect.com

Other support and information

CAD-Brent

A social campaigning group working towards a dementia friendly Brent.

<http://cad-brent.org.uk/> Also links

Memory Clinic

Fairfields House, Roe Green, Kingsbury, London, NW9 0PS

For diagnosis, Cognitive Stimulation Therapy (CST), and courses. Also Primary Care Dementia Practitioners - referral via GP.

Contact: 020 8206 3950 or **email:** brentmemoryservice.cnwl@nhs.net
www.cnwl.nhs.uk/service/brent-memory-services/

Cognitive Stimulation Therapy

Every Monday, times vary, Chalkhill Community Centre, 113 Chalkhill Road, HA9 9FX.

Repeating 14 week Cognitive Stimulation Therapy course (up to 6 participants at a time) for people with mild to moderate dementia. Free. Contact: **Saira** 07932 526 222

For a map of Dementia Services in Brent click [here](#)

Last amended 31 July 2018. If you know of any changes please email sibi@cvsbrent.org.uk