



# Blackpool, Wyre and Fylde Activities Directory

**This resource was produced in June 2026. Information was correct at the time of publication. Services, contact details and availability may be subject to change.**

**We will review and update the directory at regular intervals throughout the year to help ensure the information remains accurate and relevant.**

**Please note that many of the services and groups listed are run by organisations other than Alzheimer's Society.**

**Please contact the individual organisations to confirm details and to get more information.**

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## Dementia Navigator Service

Providing advice, information, and emotional support, Alzheimer's Society is here for anyone with any form of dementia, as well as for friends and family supporting someone with dementia. Examples of how your local dementia adviser might help include:

- answering questions about dementia, symptoms, planning for the future, and what's available to you (and how to access and navigate local supports and the care system)
- working together with you to find ways to help continue doing the things you enjoy or that are important to you
- talking through with you when you meet new challenges to try and find ideas to help
- practical advice and sharing ideas learned from the lived experiences of other local people
- helping you connect with local groups and services

### Local Team

You can reach us by contacting 01253 696854 or by emailing [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk) (we are community based and regularly check the answerphone and will ring you back).

## Dementia Support Line

You can also contact national telephone dementia advisers on **0333 150 3456** (calls charged standard rate).

The Dementia Support Line is open:

- Monday to Wednesday 9am to 8pm
- Thursday and Friday 9am to 5pm
- Saturday and Sunday 10am to 4pm

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Our website provides lots of information and resources as well as an active support community named Dementia Support Forum.

## Singing for the Brain®

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. We also do vocal exercises that help improve brain activity and wellbeing. We currently have Singing for the Brain in Poulton.

**These sessions are available by referral only, please contact us for the address.**

**Cost:** Free

**Telephone:** 01253 696854

**Email:** [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk)

## Alzheimer's Society: Dementia Cafés

Chat to people with dementia, their carers, family and friends at our friendly and relaxed dementia café. At each session you can ask questions, share your experiences and get the help, advice and information you need in an informal and sociable setting.

### Two locations:

**Address:** The Park Suite Cleveleys, West Drive, Cleveleys, Thornton-Cleveleys FY5 2BL

**Cost:** Free

**Telephone:** 01253 696854

**Email:** [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk)

**When:** Every third Wednesday, 10.30am-12pm

**Address:** Best Western Glendower Hotel, North Promenade, Lytham St Annes FY8 2NQ

**Cost:** Free

**Telephone:** 01253 696854

**Email:** [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk)

**When:** Second Wednesday of every month, 11am-1pm

## Young Onset, Young Outlook (in partnership with NHS LSCFT)

Monthly group for people with a young onset dementia diagnosis and their carers. An opportunity to interact with others, we generally have a speaker, a cuppa and a natter about anything and everything.

**Address:** Fleetwood Wellbeing Centre, Dock St, Fleetwood FY7 6UZ

**Cost:** Free

**Telephone:** 01253 957036

**Email:** northlancashire@alzheimers.org.uk or  
jackie.leadbetter@lscft.nhs.uk

**When:** Every second Wednesday, 2.30pm-4pm

# Age UK Lancashire



## Cognitive Stimulation Therapy (CST)

A free 14-week programme for people with mild to moderate dementia, designed with the aim of maintaining/improving an individual's cognitive function (memory and thinking) as well as boost mood and improve social connections.

Delivered to groups of eight people over two hours each week, the sessions consist of specially selected, 'themed' activities that not only engage participants but help stimulate thinking, memory and connection, including creative, musical, physical activities, topical discussions and word/number games.

CST is the only non-clinical intervention that is recommended by the National Institute for Health and Care Excellence (NICE) as being effective in the management of dementia, irrespective of drug treatments received. For more information, contact Age UK Lancashire about the next CST programme in your area.

## Blackpool – Dementia Information Hub

Working in collaboration with Forget Me Not Café in Blackpool, Age UK Lancashire's free monthly drop-in social groups are for people with dementia and their carers, offering an opportunity to access information, advice and support and benefit from meeting others.

**Address:** Marton United Reformed Church, Preston Old Road, Blackpool FY3 9UR

**Cost:** Free

**When:** Fourth Wednesday of every month, 11am-1pm

## Garstang and District Carers Support Group

Individuals and their carers are invited to come along to have a brew and a chat, share experiences, and access information on local services. We also have guest speakers covering a wide range of subjects. Quiet arts and crafts activities are also available.

Open to anyone over 18 years. Professional and family carers welcome.

**Address:** Garstang Methodist Church (opposite the Wheatsheaf),  
Park Hill Road, Garstang PR3 1EL

**Cost:** Free

**When:** Every Wednesday, 10am-12pm

For more information on any of the above, you can contact Age UK Lancashire via the following:

**Telephone:** 0300 303 1234

**Email:** [advice@ageuklancs.org.uk](mailto:advice@ageuklancs.org.uk)

# Blackpool Carers Centre



## Music Aloud Carers Choir

Young and adult carers are welcome to join our Carers Choir. It is important to realise (as with all of our respite activities) that skill and ability are not what we are aiming for. The most valuable thing that the singing offers is an hour of complete escapism and relaxation, whilst concentrating very hard!

**Address:** Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Cost:** Free

**Telephone:** 01253 393748

**Email:** [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

**When:** Every Monday, 6pm-7.30pm

## Wellbeing Afternoon

Take your pick either inside or outside, it's up to you! Join our free gardening group for a spot of weeding and pottering in our community garden or enjoy the peace and quiet in the woodland area. If you don't fancy gardening, you can try your hand at one of the many crafts we have on offer. It's never too late to learn a new skill! Everyone is welcome.

**Address:** Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Telephone:** 01253 393748

**Email:** [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

**When:** Every Wednesday, 1.30pm-3pm

## Chair-based Exercise, Tai Chi and Meditation Drop-In Session

Gentle chair-based exercise for all including Tai Chi and meditation. It's your chance to relax and unwind in beautiful, safe surroundings.

No need to book, just come along in your comfy clothes and recharge your batteries.

**Address:** Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Cost:** Free

**Telephone:** 01253 393748

**Email:** [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

**When:** Every Tuesday, 10.30am–12pm

## NHS Talking Therapies

Our NHS Talking Therapies sessions are **by appointment only**.

Advice is available from attending members of the Adult Support Team and also Healthier Minds NHS Mental Health Support (formerly Supporting Minds).

Call the Adult Team on 01253 393748 to make an appointment if you wish to book a counselling session or meeting.

**Address:** Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Cost:** Free

**Telephone:** 01253 393748

**Email:** [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

**When:** Every Wednesday, 10.30am–12pm

## Magical Mystery Minibus Tours

Join us every Thursday for our Magical Mystery Trips in our minibus. Usually setting out from the Centre at 12.30pm but occasionally we'll have full day trips. Return approximately 5pm.

Check the Take 5 Times respite newsletter (on the Blackpool Carers Centre website) for further details.

**Address:** Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Cost:** Free

**Telephone:** 01253 393748

**Email:** [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

**When:** Every Thursday, 12.30pm

# Blackpool Community Trust



## Sporting Memories

Blackpool FC Community Trust are delighted to announce news of a new weekly Sporting Memories group that will take place at the stadium.

This group, which is aimed at older sports fans, will predominantly cover football and Blackpool FC, although we will incorporate other sports. This fun group will then provide people with an opportunity to meet up with like-minded people to share stories, memories, memorabilia, and opinions.

### Two locations:

**Address:** The Grange, Bathurst Avenue, Blackpool FY3 7RW

**Cost:** Free

**Telephone:** 07597 786098

**Email:** [info@bfcct.co.uk](mailto:info@bfcct.co.uk)

**When:** Thursdays, 10.30am-12pm

**Address:** Bloomfield Road Stadium, North Stand Community Hub, Bloomfield Road, Blackpool FY1 6JJ

**Cost:** Free

**Telephone:** 07597 786098

**Email:** [info@bfcct.co.uk](mailto:info@bfcct.co.uk)

**When:** Fridays, 1.30pm-3pm

# AFC Fylde Community Foundation



## Extra Time

Extra Time is a walk and talk/activity session open to adults (over 55s) living within the Fylde area. The project provides an opportunity to meet new people, improve mental and physical wellbeing and receive help or advice from the Foundation's staff. You have the choice to go for a 'walk and talk' and then come back for a brew and an activity for the final hour.

**Address:** Hope Church, 10 Preston Road, Lytham FY8 5AA

**Telephone:** 01772 598856

**Email:** [bernadette.kunna@afcfylde.co.uk](mailto:bernadette.kunna@afcfylde.co.uk)

**When:** Every Tuesday, 10am-12pm

## Kirkham Companions

Our goal is to offer the chance for participants over the age of 55 to meet new people, take part in mindfulness activities as well as light-paced games and exercises to suited those of any ability.

**Address:** Kirkham Community Centre, Mill Street, Kirkham PR2 2AN

**Telephone:** 01772 598856

**Email:** [bernadette.kunna@afcfylde.co.uk](mailto:bernadette.kunna@afcfylde.co.uk)

**When:** Every Wednesday, 1.30pm-3.30pm

## Talking Men

Talking Men is a peer-to-peer opportunity for men to open up and share their thoughts and feelings amongst others, in an environment that they feel comfortable in. Mental health plays a pivotal role in the lives of many across the world, whether that be personally or with those closest to us.

**Address:** Verona Hall, 124 Fleetwood Road North, Thornton-Cleveleys, Lancashire FY5 4BL

**Cost:** Free

**Email:** Steve Kessell at [kess757@live.co.uk](mailto:kess757@live.co.uk)

**When:** Every Thursday, 6pm-8pm

## Memory Café

Fleetwood Community Trust's Memory Café is a friendly, welcoming drop-in session held fortnightly on Thursdays at Preesall Youth Centre. It offers a relaxed and supportive space for people living with dementia, memory concerns, and their carers to meet others, share experiences, and enjoy social activities over a cuppa. The café aims to reduce isolation and promote wellbeing through conversation, informal activities, and community connection.

**Address:** Preesall Youth and Community Centre, FY6 0ER

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Thursday, 10am

## Yoga

A gentle yoga session suitable for all abilities, supporting flexibility, balance, and wellbeing in a relaxed and welcoming environment.

**Address:** YMCA Lofthouse Building, Park St, Fleetwood FY7 6JW

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Tuesday, 1pm-2pm

## Walk and Talk

A friendly guided walking group promoting physical activity, conversation, and social connection in a relaxed outdoor setting.

**Address:** Marine Hall, The Esplanade, Fleetwood FY7 6HF

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Wednesday 11am-12.30pm and every Friday 11am-12.30pm.

## Gentle Exercise

Seated and standing gentle exercise sessions designed to support mobility, strength, and wellbeing in a supportive group setting.

**Address:** Cleveleys Methodist Church, Rossall Road, Thornton-Cleveleys FY5 2BL

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Wednesday 1.45pm-1.30pm or 1.45pm-2.30pm.

## Thornton – Get Your Steps In

A community walking group encouraging light exercise, social interaction, and improved wellbeing at a gentle pace.

**Address:** Thornton Library, Victoria Road East, Thornton-Cleveleys, Lancashire FY5 3SZ

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Friday, 11am

## Fleetwood Active Gardening

A therapeutic gardening group offering outdoor activity, social connection, and opportunities to enjoy nature together.

**Address:** Memorial Park, Warrenhurst Road, Fleetwood, Lancashire FY7 7AQ

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Friday, 12.30pm–2pm

## Thornton Active Gardening

A friendly gardening group promoting wellbeing, light physical activity, and social engagement in a community setting.

**Address:** Thornton Library, Victoria Rd East, Thornton FY5 3SZ

**Cost:** Free

**Telephone:** 01253 208442

**Email:** [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)

**When:** Every Monday, 12.30pm–2pm

# Trinity Hospice



Trinity Hospice provides specialist, compassionate support for people living with dementia and their carers across the Fylde Coast and Lancashire.

## Admiral Nurse

Trinity Hospice offers a specialist Admiral Nurse service in partnership with Dementia UK, providing expert support for people living with dementia and their carers across the Fylde Coast. The service offers one-to-one emotional and practical support, helping families understand dementia, manage symptoms, and plan for the future. Admiral Nurses also support carers with coping strategies, wellbeing advice, and links to wider services.

**Telephone:** 01253 358881

**Email:** [trinity.enquiries@trinityhospice.co.uk](mailto:trinity.enquiries@trinityhospice.co.uk)

## Living Well Service

Trinity Hospice's Living Well Service supports people living with a life-limiting illness, including those affected by dementia, to maintain independence and quality of life after diagnosis. It offers tailored clinics and group sessions focused on wellbeing, rehabilitation, and achieving personal goals, along with access to specialist input from nurses, therapists, counsellors, and other professionals. The service also provides support for carers through advice, peer support, and opportunities to connect with others in similar situations.

**Telephone:** 01253 952566

**Referral:** Access is via GP or healthcare professional referral.

## Dementia Lounge

The Dementia Lounge is a warm and welcoming fun environment that enjoys activities in an informal community environment. Supporting people living with a dementia diagnosis and their carers to feel less isolated and engage with others in a similar situation. An Admiral nurse and assistant are on hand to offer support and guidance too.

Booking not necessary, just pop in.

Who is it for:

- Residents of Blackpool and the Fylde Coast
- People with dementia or worried about their memory, their carers and health and social care professionals

**Address:** Living Well Centre, Trinity Hospice, Bispham, Blackpool, Lancashire FY2 0BG

**Cost:** Free

**Telephone:** 01253 952610 or 01253 358881

**Email:** [trinity.enquiries@trinityhospice.co.uk](mailto:trinity.enquiries@trinityhospice.co.uk)

**When:** Second Tuesday of every month, 10.30am-12.30pm

# Forget Me Not



**FORGET ME NOT  
DEMENTIA CAFÉ**  
BLACKPOOL

## Forget Me Not Dementia Café

The café is open every Wednesday for people living with dementia to come along with their carers for friendship and information.

We are very informal group and are here to support each to other. We also have a sensory garden.

**Who is it for:** People living with or affected by dementia and their carers (people living with dementia must be accompanied).

**Address:** Marton United Reformed Church, Preston Old Road, Blackpool FY3 9UR

**Cost:** Free

**Telephone:** Jenny Fitzsimmons 07523 637452

**When:** Every Wednesday, 11am-1pm

## Forget Me Not – Singing for the Brain

Group singing sessions for people with dementia (and carers).

**Who is it for:** People living with or affected by dementia and their carers (people living with dementia must be accompanied).

**Address:** Marton United Reformed Church, Preston Old Road, Blackpool FY3 9UR

**Cost:** Free

**Telephone:** Jenny Fitzsimmons 07523 637452

**When:** Every Monday, 11am-1pm

## Park View 4U

Park View 4U  
Putting the Heart back into Lytham



### The Toolkit Men's Group

Activities will include practical conservation projects, creating community spaces, developing campfire skills and heritage crafts. Tools, equipment and refreshments provided Promoting wellbeing and community engagement.

**Address:** QEII Park View Playing Fields, Park View Road,  
Lytham FY8 4JE

**Telephone:** 01253 741955

**Email:** [ecopod@parkview4u.org.uk](mailto:ecopod@parkview4u.org.uk)

**When:** Tuesdays, 10am-12pm

## Freckleton Methodist Church

### Lunch Club

A welcoming place to meet others and eat together. Lunch is served from 12.30pm-1.30pm. Open to everyone. No appointment or referral needed.

**Address:** Freckleton Methodist Church, Kirkham Road,  
Freckleton PR4 1HS

**Cost:** Free

**Email:** [freckletonmc@gmail.com](mailto:freckletonmc@gmail.com)

**When:** Wednesdays, 12.30pm-2pm

# Freckleton Library

## Memory Lane Café

A monthly dementia-friendly community group.

**Address:** Freckleton Library, Preston Old Road, Freckleton PR4 1PB

**Email:** Judy at judydorothybattersby@gmail.com or  
freckleton.library@lancashire.gov.uk

**When:** Every second Monday, 10.30am-12pm

## Memory Café

### The Memory Café (Kirkham)

A free and supportive safe space to come along with your Carer. Enjoy a piece of cake, drink and socialise.



**Address:** The Willows Church Sherburne Room, Ribby Road, Kirkham PR4 2BE

**Telephone:** 07871 786726

**Email:** thememorycafekirkham@hotmail.com

**When:** Every other Wednesday, 11am-1pm

# Dementia Carers Count



## Free Counselling for Dementia Carers

Dementia Carers Count' can offer carers up to six free remote counselling sessions. Initial appointment usually arranged within a couple of weeks. Counselling sessions are organised around what works best for the carer and follow up support is available if needed.

If you or someone you know could benefit from counselling, call Dementia Carers Count, Carer Support Line for free on 0800 652 1102.

**Cost:** Free

**When:** Monday to Friday, 9am-5pm

# Lytham St Annes Social Prescribers

## Stronger Together

Are you struggling with the loss of a loved one? Perhaps you want to meet other people who feel the same way as you? Come and join our friendly drop-in bereavement support group! This is an informal friendship group; no counselling or therapy can be given.



**Address:** St John's Court, Warton Street, Lytham FY8 5JB

**Cost:** Free

**Telephone:** 01253 954106

**Email:** [iscicb-fw.lsasocialprescribers@nhs.net](mailto:iscicb-fw.lsasocialprescribers@nhs.net)

**When:** Every Friday, 1pm-2.30pm

## Men's Group

Looking for a way to connect, unwind, and support your wellbeing? Come along to our Men's Group – a friendly space to chat, enjoy a brew, and on first Thursday in each month, take part in our monthly pie and quiz!

Whether you're new to the area or just fancy meeting new mates, you're very welcome.

**Address:** Liggard Court, Mythop Road, Lytham FY8 4SG

**Cost:** Free

**Telephone:** 01253 954106

**Email:** [iscicb-fw.lsasocialprescribers@nhs.net](mailto:iscicb-fw.lsasocialprescribers@nhs.net)

**When:** Every Thursday, 2pm-4pm

# Jules Brooks – Exercise Classes

## Dementia Dance

Music and movement sessions suitable for anyone with a diagnosis of dementia and their carers.

**Address:** Fleetwood Youth Hub, North Albert Street,  
Fleetwood FY7 6AR

**Cost:** Free

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Mondays, 10am-10.45am

## Balanced Out!

For fall prevention, better balance and improving mobility

**Address:** Cleveleys Park Church, West Drive, Cleveleys FY5 2BL

**Cost:** £3

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Tuesdays, 11.45am

## Low Impact Exercise Class

Low impact exercise, perfect for beginners or seniors

**Address:** Cleveleys Park Church, West Drive, Cleveleys FY5 2BL

**Cost:** £3

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Wednesdays, 12.45pm

## Walk and Talk

Walking group

**Address:** Meet at Broadway Medical Centre, West View Health Village, Broadway, Fleetwood FY7 8GU

**Cost:** Free

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Sundays, 9.30am

## Exercise Class

Exercise for any debilitating conditions. Low impact and low intensity, perfect for beginners and seniors alike.

**Address:** Fleetwood Methodist Church, Fleetwood Road FY7 8HN

**Cost:** Free

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Mondays, 2pm

## Seated Yoga

Gentle stretch and release with some mindful breathing. Ideal for anyone who needs low intensity or low impact movement, due to medical conditions or age-related conditions. Helps anxiety and may help relaxation and aid sleep.

**Address:** Fleetwood Methodist Church, Fleetwood Road FY7 8HN

**Cost:** £4

**Telephone:** 07484 821156

**Email:** julesbrooks54@gmail.com

**When:** Thursdays, 1pm

# Men's Shed



## Fylde Coast Men's Shed

Fylde Coast Men's Shed is a friendly, community-led space where men can come together to socialise, share skills, and take part in practical, hands-on projects such as woodworking and repairs. It aims to reduce isolation, improve wellbeing, and provide a welcoming environment for conversation, friendship, and purpose.

**Address:** Cleveleys Men's Shed, North Drive Park,  
Cleveleys FY5 2QD

**Telephone:** 07825 549493

**When:** Monday to Friday, 10am-2pm

## Fleetwood Men's Shed

We offer a wide range of welfare and wellbeing support, with access to a broad network of services that we can signpost to as needed. We also run a variety of weekly activities and in-house learning opportunities, including computer training, CV writing, and various Mind Matters courses.



Alongside this, we provide practical and social sessions such as cooking on a budget, games days and evenings, and coffee mornings. We also have a fully equipped wood workshop currently being installed, which will be open to people of all skill levels and abilities to use and enjoy.

**Address:** Building 85, Manor Road, Fleetwood, Lancashire FY7 7HY

**Telephone:** 07555 364273

**When:** Monday to Friday, 10am-2pm

# Community Workshop Lytham



## The Men's Shed

A Community Workshop at the heart of The Fylde, creating an environment where people of all ages and genders can come together creative in a warm and welcoming environment. The Institute Men's Shed Lytham gives the opportunity to make stuff, mend stuff, recycle stuff, chat and have a brew. They provide a community workspace for all ages and genders – promoting friendship, wellbeing, self-worth, creativity, fun and doing good for the community.

**Address:** The Old Library Room, Lytham Institute, Clifton Street, Lytham FY8 5JY

**Email:** [ian.cwlytham@outlook.com](mailto:ian.cwlytham@outlook.com)

**When:** Tuesdays, 10am-12pm

## Café Club

For individuals who are blind or have visual impairment, their family and friends. Informal coffee and chat.

**Address:** Holiday Inn Hotel,  
85 Talbot Road, Blackpool  
FY1 1LL

**Cost:** Free

**Telephone:** 01253 362696

**When:** First Tuesday of the  
month, 11am-12pm

**Address:** Glendower Hotel,  
North Promenade, Lytham St  
Annes FY8 2NQ

**Cost:** Free

**Telephone:** 01253 362696

**When:** Fourth Tuesday of the  
month, 11am

**Address:** Booths Café,  
Blackpool Old Road, Poulton-  
le-Fylde FY6 7DF

**Cost:** Free

**Telephone:** 01253 362696

**When:** Fourth Tuesday of the  
month, 11am

**Address:** North Euston Hotel,  
The Esplanade, Fleetwood  
FY7 6BN

**Cost:** Free

**Telephone:** 01253 362696

**When:** Third Tuesday of the  
month, 11am

**Address:** The Tramway, 167-  
169 Victoria Road West,  
Cleveleys FY5 3LB

**Cost:** Free

**Telephone:** 01253 362696

**When:** Second Tuesday of  
the month, 11am

**Address:** Booths Café,  
Garstang, Cherestanc  
Square, Park Hill Road,  
Garstang PR3 1EF

**Cost:** Free

**Telephone:** 01253 362696

**When:** Fourth Tuesday of the  
month, 2pm

## Card Making and Chat

Have a go at making some beautiful cards, led by an experienced and supportive arts volunteer. Make new friends and enjoy a hot drink. You can take home all the cards you make at the end of the session.

**Who is it for:** This group is for adults aged 18+. All of our creative activities are dementia friendly.

### Three locations:

**Address:** Poulton Library, Blackpool Old Road, Poulton-le-Fylde, Lancashire FY6 7DH

**Cost:** Free, no need to book, all materials provided

**When:** Every Wednesday, 11am-1pm

**Address:** Cleveleys Library, Rossall Road, Thornton-Cleveleys, Lancashire FY5 1EE

**Cost:** Free, no need to book, all materials provided

**When:** Second and last Thursday of the month, 2pm

**Address:** Fleetwood Library, North Albert Street, Fleetwood, Lancashire FY7 6AJ

**Cost:** Free, no need to book, all materials provided

**When:** Every Monday, 10am

## Reminiscence Sessions

Come along to our free, monthly drop-in sessions and see our interesting display of old artefacts, objects, and scrapbooks from different decades. You can also play our new interactive Finding Fleetwood game where you will learn fascinating things about the town's history.

**Address:** Cleveleys Library, Rossall Road, Thornton-Cleveleys, Lancashire FY5 1EE

**Cost:** Free

**When:** Second Tuesday of every other month, 10am-12pm

## Just Reminiscing

Come along to our free, monthly drop-in sessions and see our interesting display of old artefacts, objects, and scrapbooks from different decades. You can also play our new interactive Finding Fleetwood game where you will learn fascinating things about the town's history.

**Address:** Fleetwood Market, 26 Adelaide Street, Fleetwood, Lancashire FY7 6AD

**Cost:** Free

**When:** First Friday of the month, 10.30am

## Fleetwood One Fylde Café

Call in to chat with the lovely volunteers from The Walnut Tree and share lived experience of dementia and Alzheimer's. You'll find information on what support is available locally, useful reading/book reviews, details of social groups and more. Everyone welcome - tea, coffee and cake is available at these friendly and supportive events. No booking required.

**Address:** The Hub Fleetwood, Bold Street, Fleetwood, Lancashire FY7 6HL

**Cost:** Free

**Email:** wyrewalnuttree@outlook.com

**When:** Last Friday of every month, 10am-12pm

## Fun Arts

These sessions are free to attend and are a fantastic way to meet new people and make new friends. Above all, they're fun! Please bring something to protect your clothing from any paint splashes, such as an old shirt. Anyone can come along and have a go. There is no need to book - just turn up. Sessions are led by an experienced instructor and are also suitable for those living with dementia and their carers.

**Address:** Knott End Library, Lancaster Road, Knott End-on-Sea, Poulton-le-Fylde FY6 0AU

**Cost:** Free, no need to book, all materials provided

**When:** Every Monday, 1pm-3pm

## Art, Take Part

Enjoy being led by an experienced volunteer artist who will help you learn new skills. Many types of painting and creative techniques are available to try your hand at, with a focus on watercolour painting.

Why not come along and make new friends in this relaxed environment and take home whatever you make.

These sessions are suitable for everybody, including those living with dementia.

**Address:** Garstang Library, 45 Windsor Road, Garstang PR3 1EX

**Cost:** Free, no need to book, all materials provided

**When:** Every Wednesday, 10am-12pm

## Short guided walks

The short, guided walks are open for anyone to come along, including those with dementia and their family/carers. Just come along for a relaxed stroll with our friendly walk leaders. Each walk is around two miles and is a nice steady pace suitable for all.

### Four locations:

**Address:** Cleveleys Community Centre, St George's Avenue, Thornton-Cleveleys FY5 3NH

**Cost:** The walks are free and there's no need to book.

**When:** Contact for more details.

**Address:** Marine Hall, The Esplanade, Fleetwood FY7 6HF

**Cost:** The walks are free and there's no need to book.

**When:** Contact for more details.

**Address:** Memorial Park, Warrenhurst Road, Fleetwood FY7 7AQ

**Cost:** The walks are free and there's no need to book.

**When:** Contact for more details.

**Address:** Cherestanc Square, Garstang, Preston PR3 1EF

**Cost:** The walks are free and there's no need to book.

**When:** Contact for more details.

## Contact Information for Wyre Council Activities

**Telephone:** 01253 887209

**Email:** [artsandevents@wyre.gov.uk](mailto:artsandevents@wyre.gov.uk)

# Just Good Friends

Just Good Friends Northwest is a charity based on the Fylde Coast in Lancashire. Our core mission focus is combating loneliness and isolation within our community.



We achieve this by bringing people together at regular events to help them nurture and create lasting friendships and providing a meaningful support network to our members.

## Drama for a Cause

Great drama class at the Links Pub. If you are interested in joining the Drama group, please contact Bev (contact information below).

**Address:** The Links Pub, Heeley Road, St Annes FY8 2HS

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Mondays, 1pm-3.30pm

## Play and Connect

Quiz, Bingo, Darts, Pool etc.

**Address:** Cribbage at The Links Pub, Heeley Road, St Annes FY8 2HS

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Mondays, 1pm-4pm

## Party with Purpose

Entertainment, dancing, food, fun and laughter.

**Address:** The Victoria Pub, Church Road, St Annes FY8 3NE

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Tuesdays, 1pm-4pm

## Wednesday Warmth

Sing-along/reminiscence group. Music-based social sessions and singalongs for people living with dementia.

**Address:** St Annes Palace, Garden Street, St Annes FY8 2AA

**Cost:** Free

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Wednesdays, 10am-12pm

## Tea Time Food

A friendly early evening get-together at various locations.

**Address:** Contact Bev for the location

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Thursdays, 6.30pm

## Your Pace or Mine

Fitness walks around Fairhaven Lake then meet up for coffee in the café.

**Address:** Contact Bev for the meeting point

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Fridays, 10am

## Cue Connections

Snooker club

**Address:** The Victoria Pub, Church Road, St Annes FY8 3NE

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Fridays, 1pm

## Fun in the Sun

Enjoy chatting and laughing with friends. Call Bev on the number below to check if this is running (especially in winter months).

**Address:** Contact Bev for the location

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Fridays, 1pm

## Fun and Fellowship

Tea and chat with speakers and activities. Quiz, bingo, music etc.

**Address:** Well Community Hub, St Albans Road, St Annes FY8 1UZ

**Telephone:** 07557 734233

**Email:** bev.sykes@hotmail.co.uk

**When:** Saturdays, 2pm-4pm

## Gather and Dine

Sunday dinner at various venues.

**Address:** Clifton Park Hotel, 299-301 Clifton Drive South, Saint Annes FY8 1HN

**Telephone:** Call Sheila to book 01253 374009 or 07846 466855

**Email:** bev.sykes@hotmail.co.uk

**When:** Sundays, 12.30pm

**Address:** The Water's Edge, 56 Heyhouses Lane, Lytham St Annes FY8 3RG

**Telephone:** Beryl to book on 07530 588037

**Email:** bev.sykes@hotmail.co.uk

**When:** Sundays, 1.30pm

# Senior Moments

We provide domiciliary care, daycare, and holiday support, offering customized care plans to fit each individual's needs.



Senior Moments Care LLP

## Moments Hub (Daycare)

Daytime social support for adults with dementia — activities, company and tailored support. Working closely with Nordoff and Robins music therapy and many other external bodies to provide unique emotion led stimulating day for your significant person.

**Address:** Moments Hub, 25 Wood Street, Lytham St Annes FY8 1QR

**Cost:** Free taster days or £60 per day (This includes transport within the local area and a home cooked lunch)

**Telephone:** 01253 724191

**Email:** [enquiries@seniormomentscare.co.uk](mailto:enquiries@seniormomentscare.co.uk)

**When:** Open every day, sessions run from 10.30am-4pm.

## Singing Connections

Dementia inclusive singing group.

**Address:** Moments Hub, 25 Wood Street, Lytham St Annes FY8 1QR

**Cost:** £10 per session or £50 for six sessions.

**Telephone:** 01253 724191

**Email:** [enquiries@seniormomentscare.co.uk](mailto:enquiries@seniormomentscare.co.uk)

**When:** Wednesday and Thursday mornings (contact for specific time)

# Cleveleys and Fleetwood Tea Dances

## Afternoon Tea Dances

Sequence and ballroom dancing to live music for fun and friendship.

**Some dates may be excluded for private functions.**

**Address:** Cleveleys Park Methodist Church, West Drive, Cleveleys, Thornton-Cleveleys FY5 2BL

**Cost:** £6 per person, includes complimentary tea/coffee in the interval.

**Telephone:** Ian on 07941 289240

**When:** Mondays, 2pm-4pm

**Address:** North Euston Hotel Fleetwood, The Esplanade, Fleetwood FY7 6BN

**Cost:** £6 per person, includes complimentary tea/coffee in the interval.

**Telephone:** Ian on 07941 289240

**When:** Thursdays, 2pm-4pm

## Fleetwood Phoenix Ladies Club



This is a social group for ladies over 60 meeting guest speakers, demonstrations and fun. There's also a coffee morning and lunch, plus excursions and parties.

**Address:** Fleetwood Cricket Club, Broadwater, Fleetwood FY7 8AS

**Cost:** An annual membership fee is payable.

**Telephone:** Diana 07714 265316

**When:** Second Tuesday of the month, 2pm to 4pm.

## Magic Mikes

A men-only group meeting for conversation in the Community Room at Fleetwood Fire Station on Monday evenings from 7pm to 9pm. It's a safe, non-judgmental space and the group has been running for some time led by a local resident and fire officer.

The group is in partnership with Fleetwood Men's Shed, who also host peer-support sessions at their base on Manor Road.

**Address:** Fleetwood Fire Station, Radcliffe Road, Fleetwood FY7 6UJ

**Telephone:** 07864 065764

**When:** Mondays, 7pm-9pm

# Lyrics and Lunch



## Lyrics and Lunch

Lyrics and Lunch is an opportunity for people affected by dementia and their carers to enjoy lunch together at noon, followed by singing and entertainment to feed the brain. Lunch is made up of soup, sandwiches and followed by ice cream.

### Various locations:

**Address:** Christ Church Thornton, Meadows Avenue,  
Thornton-Cleveleys FY5 2TW

**Cost:** There is a suggested donation of £3 per person to cover the cost of lunch, but this needn't be the barrier to someone attending.

**Telephone:** 01253 272372

**Email:** [damian@christchurchthornton.uk](mailto:damian@christchurchthornton.uk) or  
[bob@christchurchthornton.uk](mailto:bob@christchurchthornton.uk)

**When:** Mondays, 12pm

**Address:** St Oswald's Church Hall, Lancaster Road,  
Knott End FY6 ODU

**Cost:** There is a suggested donation of £3 per person to cover the cost of lunch, but this needn't be the barrier to someone attending.

**Telephone:** 07913 876327

**Email:** [judithkirkham@hotmail.com](mailto:judithkirkham@hotmail.com)

**When:** Second and fourth Friday of each month, 11am to 1pm.

# Garstang Memory Café



## Garstang Memory Café

A memory café is an informal meeting place, where people whose lives have been affected by dementia can come along to find out more about its emotional and psychological impact in a supportive and friendly atmosphere, as well as receiving the benefits of social interaction. The Café combines several elements, bringing about an atmosphere of openness, where people directly and indirectly affected by dementia can discuss issues surrounding the disease, where family, friends, carers, support workers and those with the disease can all enjoy a social and informative event.

People with dementia, any type of dementia; for as long as a person is comfortable in the Café environment and with the talks and discussions. Family carers, friends, neighbours, social network. Anyone interested in dementia, professionally or personally.

**Address:** Garstang Free Methodist Church Hall, Windsor Road, Garstang, Preston PR3 1ED

**Cost:** Free

**Telephone:** 07768 062349

**Email:** sandradperkins@sky.com

**When:** Every first Monday of the month, 2pm to 4pm or every third Wednesday, 10am to 12pm.

# @thegrange Community Centre

## Weekly Activities Schedule

### Monday

- Support Clinic with Ellen (10am – 1pm)
- Meditation with Ana (10:25am-10:50am)
- Chair-based exercise (11am – 12pm)
- Open Circuit Class (1pm – 2pm)
- Mindfulness Drop in (2:15pm-3:15pm)
- ANDYSMANCLUB (7pm – 9pm)

### Tuesday

- Grow Blackpool Sessions (10am – 12pm & 1-3pm)
- Green Doctor Drop-In (10am – 2pm)
- Bereavement Support group (2pm- 3pm)

### Wednesday

- Myerscough College
- (9:30am – 12pm) (Practical Horticulture Programme - Level 1 qualification)
- Support Clinic with Ellen (10am – 1pm)
- Blackpool & Fylde College Info
- (9:30am – 3:30pm, fortnightly)
- Board Games Club (2pm – 3:30pm)
- Women's wellbeing group (1:15pm - 3:00pm)
- Army Cadets (6pm)
- Bounce and Rhyme (2pm-2:30pm)

## Weekly Activities Schedule

### Thursday

- 
- Grow Blackpool Sessions (10am – 12pm & 1-3pm)
- Sporting Memories (10:30am – 12pm)
- Scouts (From 5pm)
- Mindfulness Session (3pm-4pm)

### Friday

- Craft & Chat Group (10am – 12pm)
- Northern Lights Morris Dancing (5:15pm-8:15pm)



## Bereavement Group

A supportive and welcoming space to share, listen and connect with others who understand. Open to everyone bereaved at any stage. You are not alone. All are welcome. No referral needed – just come along.

**Address:** 2a Bathurst Ave, Dinmore Ave, Blackpool FY3 7RW

**Cost:** Free

**Telephone:** 01253 478301

**When:** Every Tuesday, 2pm-3pm

## Women's Wellbeing Group

An open space to talk, share and thrive. A supportive and friendly group for women to connect, share and support each other. You are not alone. All are welcome. Open to all women. Take time for you, you deserve it.

**Address:** 2a Bathurst Ave, Dinmore Ave, Blackpool FY3 7RW

**Cost:** Free

**Telephone:** 01253 478301

**When:** Every Wednesday, 1.30pm-2.30pm

## Fleetwood Rotary Club

### Thursday Morning Club (formally Drop-In Memory Centre)



The Drop-In Memory Centre has been hosted for many years by volunteers from Fleetwood Rotary Club, a welcoming space for anyone with dementia and for their family and carers. Times change, the organisers have identified the group needs a refresh and it will now be known as The Thursday Club.

Fleetwood Rotary say, "We are now also inviting all those who have also lost someone and wish to share fellowship with those who have gone through the same experience or just want some company. Those living with dementia are still, of course, welcome with their carers so that we can all encourage and help each other through any difficult times we may be going through."

**Address:** Emmanuel Mount Church, Mount Road, Fleetwood FY7 6RE

**Telephone:** Maurice Dowsing 07708 568123

**When:** Every third Thursday of each month, 10am-12pm

# Laugh, Live, Love



## Fylde Luncheon Club

- 11am – Seated Exercise Class (£3)
- 12pm – Hot Meal Deliveries (£10)
- 12.15pm – Two course sit down meal (£10)
- 1.15pm – Coffee and Chat

Numbers are limited, so booking is essential. To book and pay, or to arrange transport, use the contact information below.

**Address:** St Paul's Church Hall, Lake Road North, Fairhaven FY8 1AG

**Telephone:** Julie Webb 07517 086530 or Bev Wells 07742 709994

**Email:** [bev.wells@laughlivelove.org.uk](mailto:bev.wells@laughlivelove.org.uk)

**When:** Mondays (term time only) – see times above.

## POPPIES Drop-in Session

(POPPIES: Promoting Older People's Pastimes Interests Exercise and Social)

11.15am – Seated Exercise Class (£4 or £2 with lunch)

12pm – Soup, sandwich and dessert (£6)

1pm – Activity or chill and chat (Board games, crochet and chat, knit and natter, card making, bingo, beetle drive etc.)

**Address:** Communal Lounge of St John's Court, Warton Street, Lytham, FY8 5JB

**Telephone:** Julie Webb 07517 086530 or Bev Wells 07742 709994

**Email:** [bev.wells@laughlivelove.org.uk](mailto:bev.wells@laughlivelove.org.uk)

**When:** Every Thursday, 11am–2pm

## POPPIES Afternoon Tea, Chat and Activities

Booking is essential. If you need transport to access the group, contact Julie using the contact information below.

**Address:** St Paul's Church Hall, Lake Road North, Fairhaven FY8 1AG

**Telephone:** Julie Webb 07517 086530 or Bev Wells 07742 709994

**Cost:** £6

**Email:** bev.wells@laughlivelove.org.uk

**When:** Fridays (term time only), 1.30pm–3.30pm

## Hot Meal Delivery

Need a boost to your weekly meal intake? Maybe you've been in hospital and need someone to cook you a few meals to get you back on your feet again? Perhaps you just want to treat yourself? Freshly cooked, good wholesome food for just £10 (Soup, main and dessert). To book and pay, contact Julie 07517 086530.

**When:** Mondays and/or Fridays

## Gentle Chair-based Exercise

As we get older, we need to look after our physical health. Join us for some gentle chair-based exercise sessions.

**Address:** St John's Court, Progress Housing Independent Living Complex, Warton Street, Lytham FY8 5JB

**Telephone:** Julie Webb 07517 086530 or Bev Wells 07742 709994

**Cost:** £4 (only £2 if staying for lunch)

**Email:** bev.wells@laughlivelove.org.uk or  
bev.wells@laughlivelove.org.uk

**When:** Fridays (term time only), 1.30pm–3.30pm

## Freckleton

Fancy an evening out in Freckleton in a relaxed atmosphere where you can chill, chat, have a cup of tea or coffee and enjoy a couple of hours with others who want the same thing. Make new friends, catch up with old friends. Learn new skills, share your experiences and stories.

**Address:** Communal Lounge at Croft Court Independent Living Scheme, Naze Lane, Freckleton PR4 1SR

**Telephone:** Julie Webb 07517 086530 or Bev Wells 07742 709994

**Cost:** £1 donation each week

**Email:** bev.wells@laughlivelove.org.uk or  
bev.wells@laughlivelove.org.uk

**When:** Wednesday evenings, 6pm-8pm

## Community Wheels

If you struggle with public transport or worried about getting a taxi to bring you to our activities, let us help. We can try and arrange transport for you in one of the following ways:

- Have one of our volunteers collect you and take you home in our accessible multi-purpose vehicle.
- We can book you a seat on the LCC Dial-a-ride bus or; Organise a lift with Community Transport Preston who has a driver in the local area.  
There is a small cost.

Freshly cooked, good wholesome food for just £10 (Soup, main and dessert).

For more information, call Bev on 07742 709994.

## Chatterbox

Receive a regular phone call from, or meet up with, one of our volunteers, make new friends, share stories, laugh, cry, just talk. It's good for your mental health!

For more information, contact Julie 07517 086530.

## Healthier Fleetwood



## Friendlier Fleetwood

Our group is all about good times in good company! Meet for a cuppa, chat, board games and banter. We also meet for Sunday Lunches, Days Out, Holidays and Christmas parties.

**Address:** Fleetwood Library, North Albert Street, Fleetwood, Lancashire FY7 6AJ

**Telephone:** Fran 07762 181536

**Email:** [listening@healthierfleetwood.co.uk](mailto:listening@healthierfleetwood.co.uk)

**When:** Monday, Tuesday, Thursday, Friday and Saturday, 1pm-3pm.

## Young @ Heart

A social group for ages 65 and over. The group is led by and for residents - games and activities, cuppas and conversation, days trips and more. No need to book - just call in say hello and start making friends.

**Address:** Fleetwood Library, North Albert Street, Fleetwood, Lancashire FY7 6AJ

**Telephone:** 07399 093835

**Email:** [listening@healthierfleetwood.co.uk](mailto:listening@healthierfleetwood.co.uk)

**When:** Every Tuesday from 10am-12pm.

## Dementia Singing Group (Healthier Fleetwood)

Group singing sessions for people with dementia (and carers).

**Address:** Fleetwood Library, North Albert Street, Fleetwood, Lancashire FY7 6AJ

**Cost:** Free

**Telephone:** 0300 1236 703

**Email:** [fleetwood.library@lancashire.gov.uk](mailto:fleetwood.library@lancashire.gov.uk)

**When:** Every other Tuesday, 2pm to 4pm

# Singing Groups in Blackpool, Wyre and Fylde

## Singing by Heart

A friendly singing group for people with dementia (and carers).

**Address:** The Salvation Army,  
Raikes Parade FY1 4EL

**Cost:** £2 including a brew and sandwich lunch.

**Telephone:** 01253 626114

**Email:** [blackpool@salvationarmy.org.uk](mailto:blackpool@salvationarmy.org.uk)

**When:** First Wednesday of every month, 12pm-1.30pm



## Sing Out Strong

Improve your wellbeing with singing groups! Singing is a great way to relieve stress, so why not come along, meet some new friends and sing songs you. There's no experience necessary and everyone is welcome!

**Two locations:**

**Address:** Hambleton Village Hall, Church Lane, Hambleton,  
Poulton Le Fylde FY6 9BZ

**Cost:** £2 per session

**Telephone:** Ann Cameron 07966 126999

**Email:** [ann.cameron@mac.com](mailto:ann.cameron@mac.com)

**When:** Tuesdays, 2pm-3.15pm

**Address:** Garstang United Reformed Church, Croston Road,  
Garstang, Lancashire PR3 1FL

**Cost:** £2 per session

**Telephone:** Ann Cameron 07966 126999

**Email:** ann.cameron@mac.com

**When:** Wednesdays, 2pm-3.15pm

## Harmony and Health

This is not a choir it's a 'singing group' that meet for good times and good tunes. A great example of an activity supporting both physical and mental health with an emphasis on having fun!



### Two locations:

**Address:** Waterfront Café, Marine Hall, Fleetwood FY7 6HF

**Cost:** £2 per session

**Telephone:** Shirley on 07940 030925

**When:** Every Tuesday, 1.30pm to 3pm

**Address:** Thornton Little Theatre, Little Theatre, CRE8IV, Fleetwood Rd N, Thornton-Cleveleys FY5 3SZ

**Cost:** £2 per session

**Telephone:** Shirley on 07940 030925

**When:** Every Tuesday, 10.30am to 12pm

## Lytham Dementia Sing-along Group

Our dementia-friendly sing-along group is all about joy, connection, and the power of a good tune. Whether' you're belting out the classics or just humming along, there's always a warm seat and a smiling face waiting for you.



No pressure, no performance — just a bunch of lovely people coming together to enjoy the music we all remember.

**Who is it for:** It's an informal group for people living at home with dementia, and their loved ones.

**Address:** Hope Church, 10 Preston Road, Lytham St Annes FY8 5AA

**Telephone:** 07565 027726

**Email:** [hello@dementiasingalong.com](mailto:hello@dementiasingalong.com)

**When:** Every Monday, 1.15pm–3.15pm

## Just Sing Community Choir

A wide range of singing styles and songs - no auditions required or the need to read music, you just need to love to sing!

**Address:** Fleetwood Methodist Church, 411 Fleetwood Road (by Broadway Medical Centre), Fleetwood FY7 8HN

**Cost:** Your first session is free, then £2 per person, per session which includes refreshments.

**Telephone:** 01253 852284

**When:** Thursdays, 6.30pm

## Connect Community Choir

Connect Community Groups offers a high-quality arts programme, through a number of art forms including music, visual and digital arts, movement and participatory film events bringing people of all ages and abilities together to be part of a creative and caring community where everyone is welcome and everyone's voice is valued.



Singing for Health and Happiness. You don't have to be able to read music or sing in tune. All welcome, not dementia specific!

**Address:** The Well Community Centre, 92 St Albans Road,  
St Annes-on-Sea FY8 1UZ

**Telephone:** Contact Jayne 07927 257464

**When:** Every Tuesday, 10am-11.30am

## Social Singalong (Friends of Fleetwood Library)

Join us for an afternoon of singing, the last Saturday of the month. To take part, just turn up – all welcome.

**Address:** Fleetwood Library, North Albert Street, Fleetwood,  
Lancashire FY7 6AJ

**Cost:** Free

**Telephone:** 0300 1236 703

**Email:** [fleetwood.library@lancashire.gov.uk](mailto:fleetwood.library@lancashire.gov.uk)

**When:** Thursdays, 6.30pm

## Total Recall Choir

Hosted by Diane Nicholsby accompanied by local musicians, the aim of the group is to provide an informal, cheerful and supportive environment where participants, including carers and family members, can connect socially and have fun.

**Address:** Unit 4 (Crafty Diane's) Bridge House Marina PR3 0JJ

**Cost:** Free. Contact to book a place

**Telephone:** 07974 119059

**Email:** [diane.nicholsby@gmail.com](mailto:diane.nicholsby@gmail.com)

**When:** Mondays, 11am

## Coffee Mornings

There are a number of coffees mornings to enjoy across Fleetwood. All these events are free unless stated although a small donation may be welcomed.

### Mondays

**Info:** Warm Space at Westview. Hot drinks and biscuits drop-in

**Address:** Westview Community Association, Eden Avenue, Fleetwood FY7 8DH

**When:** 11am to 2pm

**Telephone:** 01253 870133

**Info:** Mustard Seed evening hot meal

**Address:** St Peter's Church, Lord Street, Fleetwood FY7 6DX

**When:** 6pm

**Telephone:** 01253 876176

### Tuesdays

**Info:** Coffee morning

**Address:** St Peter's Church, Lord Street, Fleetwood FY7 6DX

**When:** 9.30am-12pm

**Telephone:** 01253 876176

**Info:** Craft and Coffee

**Address:** Trinity Baptist Church, Poulton Road, Fleetwood FY7 7LB

**When:** 10am-12pm

**Telephone:** 01253 878234

**Info:** Coffee morning

**Address:** United Reformed Church, Dronsfield Road,  
Fleetwood FY7 7BL

**When:** 10am-12pm

**Telephone:** 01253 874713

**Info:** Coffee and Chat

**Address:** Larkholme Community Centre, Cartmel Avenue,  
Fleetwood FY7 8NF

**When:** 10.30am-12pm

**Telephone:** 01253 771086

### Wednesdays

**Info:** Armed Forces breakfast

**Address:** St David's Hall, Larkholme Lane Fleetwood

**When:** 10.15am-12pm

**Telephone:** 07864 065764 (Men's Shed Fleetwood)

**Info:** Coffee Morning

**Address:** Emmanuel Mount Church, Mount Road,  
Fleetwood FY7 6RE

**When:** 10.30am-12pm

**Telephone:** 01253 770646

**Info:** Coffee Morning (Alternate Wednesdays)

**Address:** Fleetwood Methodist Church, Fleetwood Road,  
Fleetwood FY7 8HN

**When:** 10.30am-12pm

**Telephone:** 01253 852284

**Info:** Take a Break (refreshments and activities)

**Address:** Fleetwood Methodist Church, Fleetwood Road,  
Fleetwood FY7 8HN

**When:** 7.30pm-9pm

**Telephone:** 01253 852284

### Thursdays

**Info:** Coffee Morning

**Address:** St Nicholas Church, Broadway, Fleetwood FY7 7DJ

**When:** 10am-11.30am

**Telephone:** 01253 874402

**Info:** Coffee and Chat

**Address:** Larkholme Community Centre, Cartmel Avenue,  
Fleetwood FY7 8NF

**When:** 10.30am-12pm

**Telephone:** 01253 771086

**Info:** Warm Space at Westview. Hot drinks and biscuits drop-in

**Address:** Westview Community Association, Eden Avenue,  
Fleetwood FY7 8DH

**When:** 1pm-3pm

**Telephone:** 01253 870133

### Fridays

**Info:** Coffee Morning

**Address:** St Peter's Church, Lord Street, Fleetwood FY7 6DX

**When:** 9.30am-12pm

**Telephone:** 01253 876176

# Day Services

## Embrace Lodge Day Centre

Embrace Lodge Day Centre in Blackpool is a dementia-friendly day service offering a safe, social environment with structured activities that support wellbeing and independence, while also providing respite for carers.

**Address:** Embrace Lodge Day Centre, 303 Whitegate Drive, Blackpool FY3 9JS

**Cost:** Contact for more information on pricing

**Telephone:** 01253 543443

**Email:** [info@embracehomecare.co.uk](mailto:info@embracehomecare.co.uk)

## Keats Day Centre

Keats Day Centre in Blackpool is a dementia-friendly day service offering a safe, supportive environment with activities that promote wellbeing, independence and social interaction, while also providing respite for carers.

**Address:** Keats @ Highfield (Keats Day Centre), Highfield Centre, Highfield Road, Blackpool FY4 3JU

**Cost:** Contact for more information on pricing

**Email:** [keats@blackpool.gov.uk](mailto:keats@blackpool.gov.uk)

**Telephone:** 01253 476460

## Warren Manor Day Centre

Warren Manor Day Centre in Thornton-Cleveleys is a community-based service supporting older adults, including those living with dementia, with structured activities that promote wellbeing, independence and social engagement, while also offering respite for carers.

**Address:** Warren Drive, Thornton-Cleveleys, Blackpool FY5 3TG

**Cost:** Contact for more information on pricing.

**Email:** [scottgibbons@warrenmanor.net](mailto:scottgibbons@warrenmanor.net)

**Telephone:** 01253 868276

## Victoria Day Centre

The Victoria Day Centre is an adult day care facility centrally located in Thornton Cleveleys. We care for up to 20 people per day in a purposeful, calm environment aimed predominantly at those living with dementia. We offer our service to adults who need additional day time care and support in a safe environment. We offer showers, continence care and medication support. All meals, drinks, snacks and ice cream is included in the low daily fee. We have regular entertainment.

Our friendly and well-trained staff team can offer a free of charge trial day, viewings, advice and support.

**Address:** Victoria Day Centre, 76 Victoria Road East,  
Thornton-Cleveleys FY5 5HH

**Cost:** £65 plus VAT per day

**Email:** [admin@cpmdaycare.co.uk](mailto:admin@cpmdaycare.co.uk)

**Telephone:** 01253 828362

## Teal Close Day Centre

Teal Close Day Centre in Blackpool is a community-based service supporting older adults, including those living with dementia, with structured activities that promote wellbeing, independence and social engagement, while also providing respite for carers.

**Address:** Teal Close Day Centre, Teal Close, off Mayfield Ave,  
Thornton Cleveleys FY5 2LS

**Cost:** Contact for more information on pricing.

**Email:** [dso.tealclosedaycentre@lancashire.gov.uk](mailto:dso.tealclosedaycentre@lancashire.gov.uk)

**Telephone:** 01253 863459

## Milbanke Day Centre

Milbanke Day Centre in Kirkham supports older adults, including those living with dementia, through structured activities, companionship and personalised support, while also offering respite for carers.

**Address:** Milbanke Day Centre, Station Road, Kirkham,  
Preston PR4 2HA

**Cost:** Contact for more information on pricing

**Email:** [dso.milbankedaycentre@lancashire.gov.uk](mailto:dso.milbankedaycentre@lancashire.gov.uk)

**Telephone:** 01772 671169

## Nolan Day Centre

The Nolan Day Care Centre provides tasty and nutritional breakfasts, lunch, snacks and drinks. Additionally, a wide variety of optional activities are offered. We aim to provide a sense of community and fun. We change activities from week to week to make sure that every day is engaging and stimulating.

**Address:** Nolan Day Care Centre, Wildings Lane,  
Lytham St Annes, FY8 3RJ

**Cost:** Contact for more information on pricing

**Email:** [daycentremanager@windmilllodge.co.uk](mailto:daycentremanager@windmilllodge.co.uk)

**Telephone:** 01253 800300

**Open:** The Nolan Day Centre is open from 8.30am to 4.30pm on weekdays, excluding bank holidays.

## Kepplegate Day Centre

Kepplegate Day Care in Poulton supports older adults, including those living with dementia, with tailored activities that promote wellbeing, independence and social interaction, while also providing respite for carers.

**Address:** Kepplegate Day Care Centre, Sandy Ln, Preesall,  
Poulton-le-Fylde FY6 0EJ

**Cost:** Contact for more information on pricing

**Email:** [office@kepplegate.co.uk](mailto:office@kepplegate.co.uk)

**Telephone:** 01253 811957





## Key Contacts

A handy list of important phone numbers and contact details, all in one place.

### Alzheimer's Society Dementia Support Line

Support, advice, and information for anyone affected by dementia.

**Telephone:** 0333 150 3456

**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Alzheimer's Society North Lancashire

Support, advice, and information for anyone affected by dementia.

**Telephone:** 01253 696854

**Email:** [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk)

### Age UK Lancashire

Support for people living with dementia and their carers.

**Telephone:** 0300 303 1234

**Email:** [advice@ageuklancs.org.uk](mailto:advice@ageuklancs.org.uk)

### Adult Social Care Blackpool Council

Adults Services supports people in Blackpool with their social care needs.

**Telephone:** 01253 477800

### Adult Social Care Lancashire County Council

Adults Services supports people in Lancashire with their social care needs.

**Telephone:** 0300 123 6720

### NHS Dementia Support

Advice, resources, and guidance for living with dementia.

**Website:** [nhs.uk/conditions/dementia](http://nhs.uk/conditions/dementia)

### **Blackpool Carers Service**

Support for family members and friends caring for someone with dementia in Blackpool. Offers carers assessments and a range of practical and emotional support.

**Telephone:** 01253 393748

**Email:** [info@blackpoolcarers.org](mailto:info@blackpoolcarers.org)

### **Carers UK**

Support for carers, including those caring for someone with dementia.

**Telephone:** 0808 808 7777

**Website:** [www.carersuk.org](http://www.carersuk.org)

### **Dementia UK National Support Line**

Specialist support for families and carers, including Admiral Nurses.

**Telephone:** 0800 888 6678

### **Lancashire Carers**

The Lancashire Carers Service supports carers with a 24/7 advice line, emergency planning, befriending support and online resources.

**Telephone:** 0345 688 7113

**Email:** [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

### **Memory Assessment Service**

The Memory Assessment Service comprehensively assesses anyone of any age who might be worried about their memory.

**Telephone:** 01253 3957036

### **Royal British Legion**

A community dementia nurse service which offers specialist support, information and advice for the carers of people living with dementia.

**Telephone:** 0808 802 8080

**Email:** [ANSupport@britishlegion.org.uk](mailto:ANSupport@britishlegion.org.uk)

## Do you run a dementia friendly activity or support service, or know of any?

If you run a group, activity, or service for people living with dementia or their carers that isn't already included in this booklet, we'd love to hear from you!

Please get in touch so we can add your details for inclusion in this local directory and online Dementia Directory.

You can also contact the Dementia Directory team directly for immediate online inclusion.

### Useful contacts to reach our online Dementia Directory team:

Dementia Directory team

**Telephone:** 0207 423 1043 (general enquiries)

**Email:** [dementia.directory@alzheimers.org.uk](mailto:dementia.directory@alzheimers.org.uk)

### Or you can contact our local team:

**Telephone:** North Lancashire Alzheimer's Society: 01253 696854

**Email:** [northlancashire@alzheimers.org.uk](mailto:northlancashire@alzheimers.org.uk)

We aim to keep this guide up to date so everyone can find local support quickly and easily.

