

| Site                                         | Address                                                               | Date/Times                                                                                         | Contact Numbers         | Email Address                                                                                  |
|----------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------|
| <b>Blackpool</b>                             |                                                                       |                                                                                                    |                         |                                                                                                |
| Dementia Lounge                              | Trinity Hospice                                                       | Every 2nd Tuesday<br>10.30am-12.30pm                                                               | 01253 358881            | <a href="mailto:trinity.practice.development@nhs.net">trinity.practice.development@nhs.net</a> |
| Forget Me Not Dementia café                  | Marton United Reform Church<br>Blackpool                              | Wednesdays<br>11am-1pm                                                                             | 07523 637452            | <a href="mailto:hjmfitz@hotmail.com">hjmfitz@hotmail.com</a>                                   |
| Singing for the Brain                        | Marton United Reform Church<br>Blackpool                              | Mondays (Not Bank Holidays)<br>11am-1pm                                                            | 07523 637452            | <a href="mailto:hjmfitz@hotmail.com">hjmfitz@hotmail.com</a>                                   |
| Sporting Memories                            | The Grange                                                            | Thursdays<br>10.30am-12pm                                                                          | 01253 348691            | <a href="mailto:info@bfcct.co.uk">info@bfcct.co.uk</a>                                         |
| Sporting Memories                            | Blackpool Football Club<br>Bloomfield Road                            | Fridays<br>1pm-2.30pm                                                                              | 01253 348691            | <a href="mailto:info@bfcct.co.uk">info@bfcct.co.uk</a>                                         |
| Sporting Memories                            | North Stand Community Hub                                             | Fridays<br>3.30pm-4.30pm                                                                           | 01253 348691            | <a href="mailto:info@bfcct.co.uk">info@bfcct.co.uk</a>                                         |
| Singing by Heart                             | The Salvation Army<br>Raikes Parade, Blackpool                        | Every 1st Wednesday<br>10am-11.30am                                                                | 01253 626114            | <a href="mailto:blackpool@salvationarmy.org.uk">blackpool@salvationarmy.org.uk</a>             |
| Keats Day Centre                             | Highfield Road<br>Blackpool                                           | For Blackpool residents with<br>moderate to severe dementia,<br>commissioned by Social<br>Services | 01253 953955            |                                                                                                |
| Dementia Café at Care Home                   | Glenroyd Care Home<br>Whitegate Drive, Blackpool                      | Evey first Wednesday<br>10am-12noon                                                                | 01253 798008            |                                                                                                |
| <b>Wyre</b>                                  |                                                                       |                                                                                                    |                         |                                                                                                |
| Lyrics & Lunch                               | Christ Church Community<br>Centre<br>Meadows Ave, Thornton<br>FY5 2TW | Mondays<br>12pm-2pm                                                                                | 01253 272372            | <a href="mailto:judithkirkham@hotmail.com">judithkirkham@hotmail.com</a>                       |
| Lyrics & Lunch                               | St. Oswalds Church<br>Preesall                                        | Every 2nd & 4th Fridays<br>11am-1pm                                                                |                         |                                                                                                |
| Singing for the Brain<br>Alzheimer's Society | Poulton Methodist Church<br>(this is not a drop-in group)             | Tuesdays & Thursdays<br>10.30am-12pm                                                               | 01253 696854<br>Deborah | <a href="mailto:northlancashire@alzheimers.org.uk">northlancashire@alzheimers.org.uk</a>       |
| Drop in Memory Centre                        | Emmanuel at the Mount                                                 | Every 3rd Thursday                                                                                 | 07708 568123            |                                                                                                |

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|                                                  |                                                        | 10am-12pm                                        | Maurice                        |                                                                                                                                                          |
| Garstang memory café                             | Free Methodist Church<br>Windsor Rd                    | Every 1st Monday<br>2pm-4pm                      | 07768 062349<br>Sandra Perkins | <a href="mailto:sandradperkins@sky.com">sandradperkins@sky.com</a>                                                                                       |
| Garstang memory café                             | Free Methodist Church<br>Windsor Rd                    | Every 3rd Wednesday<br>10am-12pm                 |                                |                                                                                                                                                          |
| Young Onset, Young Outlook                       | Fleetwood Wellbeing Centre                             | Every 2nd Wednesday<br>2.30pm-4pm                | 01253 957036                   | <a href="mailto:jackie.leadbetter@lscft.nhs.uk">jackie.leadbetter@lscft.nhs.uk</a>                                                                       |
| Warren Manor Day Centre                          | Warren Drive<br>Cleveleys                              | Monday to Friday<br>including bank holidays      | 01253 868276                   |                                                                                                                                                          |
| Peter Lyttle Foundation<br>Young Onset Support   | Information available on request                       |                                                  | 07856 933003                   | -                                                                                                                                                        |
| Just Reminiscing                                 | Fleetwood Market                                       | Every 1st Friday<br>11am-1pm                     |                                | <a href="mailto:artsandevents@wyre.gov.uk">artsandevents@wyre.gov.uk</a>                                                                                 |
| Victoria Day Centre                              | Victoria Road East<br>Thornton                         | Monday - Friday                                  | 07739 736290                   | <a href="mailto:peter@cpmcare.co.uk">peter@cpmcare.co.uk</a>                                                                                             |
| Dementia Singing Group                           | Fleetwood Library<br>North Albert Street               | Every other Tuesday &<br>Wednesday<br>2.30pm-4pm | 0300 123 6703                  | <a href="mailto:fleetwood.library@lancashire.gov.uk">fleetwood.library@lancashire.gov.uk</a>                                                             |
| Drop in Dementia Café<br>Alzheimer's Society     | The Park Suite, West Street<br>Cleveleys, FY5 2BL      | Every 3rd Wednesday<br>10.30am-12pm              | 01253 696854                   | <a href="mailto:northlancashire@alzheimers.org.uk">northlancashire@alzheimers.org.uk</a>                                                                 |
| Step Back in Time<br>Freeform dance and movement | The Hub<br>North Albert Street, Fleetwood              | Mondays<br>10am-10.45am                          | 07484 821156                   | <a href="mailto:julesbrooks54@gmail.com">julesbrooks54@gmail.com</a>                                                                                     |
| <b>Fylde</b>                                     |                                                        |                                                  |                                |                                                                                                                                                          |
| Homecomforts                                     | Homecomforts Care Company<br>Jubilee House, East Beach | Care companions                                  | 07985 372987<br>Ann and Nigel  | <a href="mailto:info@homecomfortservice.co.uk">info@homecomfortservice.co.uk</a>                                                                         |
| Freckleton Library                               | Freckleton Library                                     | Every 2nd Monday<br>10.30am-12pm                 | 0300 123 6703                  | <a href="mailto:freckleton.library@lancashire.gov.uk">freckleton.library@lancashire.gov.uk</a>                                                           |
| Glendower Hotel<br>Alzheimer's Society           | Alzheimer's Society                                    | Every 2nd Wednesday<br>10am-12pm                 | 01253 696854                   | <a href="mailto:northlancashire@alzheimers.org.uk">northlancashire@alzheimers.org.uk</a>                                                                 |
| Just Good Friends (For All)                      | Lytham/St Annes                                        |                                                  | -                              | <a href="mailto:bev.sykes@hotmail.co.uk">bev.sykes@hotmail.co.uk</a>                                                                                     |
| Lytham Dementia<br>Sing-along Group              | Hope Church<br>10 Preston Road, Lytham                 | Mondays<br>1.15pm-3.15pm                         | 07565 027726                   | <a href="http://www.dementiasingalong.com">www.dementiasingalong.com</a><br><a href="mailto:hello@dementiasingalong.com">hello@dementiasingalong.com</a> |

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| Senior Moments Day Centre & Domiciliary Services | 23 Wood Street<br>St Annes                | Closed Saturdays                  | 01253 724191 |                                                                                          |
| The Memory Café                                  | The Willows Church<br>Ribby Road, Kirkham | Every other Wednesday<br>11am-1pm | 07871 786726 | <a href="mailto:thememorycafe@kirkham@hotmail.com">thememorycafe@kirkham@hotmail.com</a> |

**Trinity Hospice does not accept any liability or responsibility for:**

The accuracy of the information received from providers and services

The suitability of services for a particular purpose

The quality of the services included

**Please note:**

We do not promote or endorse any of the services listed in any way.

We recognize that we are unable to provide a complete list of services and that others may be available.

Anyone seeking to use or access these services does so at their own risk and should make all appropriate enquiries about fitness for purpose and suitability to meet their needs.