

What's On?

Dementia-Friendly Groups and Activities in Chester

Sunday

- Society of St Vincent de Paul Sunday Lunch. 1st Sunday, 12.30, lunch at a pub, location varies.

Call Catherine Byrne to book (01244 678825 or catherine117hg@hotmail.co.uk)

- Concerts at Hamilton Street Methodist Church 3rd Sunday at 15.00, a 45-min concert (popular music, organ & singers) followed by tea & cake. Free, donations accepted. Contact John Evans on 07939-645688 or just turn up.

Monday

- Chester Zoo memory café. 2nd & 4th Monday, 10.30-12.00. In the Bembe café, let turnstile staff know you are going to the cafe and they will let you through.

For people with dementia and their carers. Just turn up. Does not run on school or bank holidays; 2026 dates start Monday 12th January.

- Bouncing Back. Support group for those living with dementia and their carers. 10.00-13.00. Held at St Theresa's Social Club, Blacon Avenue, Blacon. Call Jim on 01244-749536

- Meet & Make sessions. Alternate Mondays, 14.00-16.00. Grosvenor Museum. To book, contact Amelia Bain-McCullough, Amelia.Bain-McCullough@cheshirewestandchester.gov.uk

Tuesday

- Wellbeing Walk. Every Tuesday at 10.00, departs Blacon Library. Just turn up.

- Welcome Café. Holy Trinity Church Hall, Norris Rd., Blacon. 10.00 – 12.00. Completely free, but donations welcome.

- Free Dementia Cafe at Deewater Grange Care Home, Huntington, CH3 6BS. Fourth Tuesday from 13.30 to 15.30. All welcome; call 01244-456790 to book.

Wednesday

- Welcome Café. Holy Trinity Church Hall, Norris Rd., Blacon. 10.00 – 12.00. Completely free, but donations welcome.

- Wellbeing Walk. Short walk followed by refreshments. Every Wednesday at 10.00, departs Lache Community Centre. Just turn up.

- Bouncing Back. Support group for those living with dementia and their carers. 11.30-13.30 First floor (lift available), Enterprise Centre, The Parade, Saughall Road, Blacon. Call Jim on 01244-749536.

- B's memory cafe, in Belong Chester (City Road). 14.00-16.00, 4th Wednesday starting 28th January. Free, call 01244-445500 to book.

Thursday

- Bouncing Back. Support group for those living with dementia and their carers. 10.00-12.00 Holy Trinity Church, Norris Rd, Blacon. Call Jim on 01244-749536. Includes the Community Café - selection of breakfast foods for a small fee.

Friday

- Lache Gardening group Meet at the Lache community centre, 12.00-14.00. Free, just turn up.

More walks

There are other guided Wellbeing Walks around Chester, starting from Caldley Valley, Grosvenor Park, Newton and Countess of Chester Country Park. Contact Suzannah on HealthRanger@cheshirewestandchester.gov.uk for more info.

Also look out for:

Deewater Grange coffee shop - open Mon-Fri 09.30-16.00, open to non-residents for free coffee, pastries and cake. No need to book, just turn up.