St. Denys

1st & 3rd **Tuesday** each month, 2-4pm
St. Denys Church Centre, Dundee Road, St. Denys, SO17 2ND
Parking is in the Church car park or on Dundee Road
Contact: Katherine Barbour, caraway@caraway.uk.com | 07535 164014

Thornhill

1st **Tuesday** each month, 2-4pm
Medwall Court Community Centre, Tatwin Close, Thornhill, SO19 6JS
Contact: Admiral Nurse, 0300 123 4026

Woolston Memory Café

3rd **Wednesday** of the month, 1-3pm
St. Patrick's Parish Hall, 45 Portsmouth Road, Woolston, SO19 9BD
Contact: hiowicb-hsi.wcp-welfareteam@nhs.net | 07462 381649

If you or a family member have received a recent diagnosis then why not join a Carer's Course? For more information and to sign up, contact Caraway, details on front page.

Caraway Chaplains are there to listen and help you work your way through some of the changes, challenges and transitions we all face in our later years. Our Chaplains for Dementia are specifically trained to help those living with this illness. They work to support the individual as well as those living with and caring for them. If you would like to chat contact Caraway.

We send a weekly email sharing what's happening locally for Southampton's Dementia Community. If you would like to join this mailing list email us caraway@caraway.uk.com or sign up via our website, caraway.uk.com or scan the QR code on the right

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Cafés supported by Caraway - December 2026



Memory Cafés in Southampton

For all living with dementia and those concerned about their memory

Come and join us!

For more details contact Caraway
07535 164014
caraway@caraway.uk.com

Caraway
Spiritually Resourcing the Older Person

Dementia UK
AdmiralNurses
Helping families face dementia

Our cafés provide a safe, friendly space where you will:
have fun | make new friends | play games | get active | listen to music
dance and sing | enjoy tea, coffee and cake.
All cafés are free. No booking needed, just come.



Chai & Chat

Last **Wednesday** of each month, 11.30am - 1pm
The Wickets care home, Banister Road, (opposite Lidl) SO15 2EN
Contact: Nikki Toomer nikki.toomer@careUK.com | 023 8255 9260

Living Well with Dementia

1st and 3rd **Wednesday** each month, 10.30am-12.00 noon
Highfield Church Centre, Highfield Lane, SO17 1RL
Enquiries to: caraway@caraway.uk.com | 07535 164014

Lordshill

2nd and 4th **Thursday** each month, 1.15-2.45pm
Lord's Hill Church, Lordshill District Centre, Lordshill, SO16 8HY
Contact: caraway@caraway.uk.com | 07535 164014

Maybush

3rd **Tuesday** each month, 2-4pm
Potters Court, 538 Wimpson Lane, Maybush, SO16 4JA
Contact: Maggie Anstis maggieanstis@gmail.com | 07724 886703





Men's Meet

For all men, caring for someone living with dementia,
meets monthly, 1-3pm, usually at the Cowherds on the Common for a
short stroll, then back there for some lunch and chat. For more information
contact Dave Hendra - revdave.hendra@caraway.uk.com | 07466 914671.

Shirley

3rd **Monday** each month, 2-4pm
Make & Brew Café, St. James Road Methodist Church,
St. James Road, Shirley, SO15 5HE
Contact: Liz Woodman elizabethdwoodman@uwclub.net | 07789 501249

Singing by Heart

Monday during term time, 11.00am-12.45pm with light refreshments after.
1st Monday of the month at Snowdrop Place, Pavilion Rd, Hedge End, SO30 2ZS
2nd & 4th Mondays at Hedge End Salvation Army, White's Way, SO30 2GL
3rd Monday at Moorhill Care Home, Moorhill Road, West End, SO30 3AZ
Contact: Lynne Sillence lynne.sillence@gmail.com | 07974 372207

Sholing

4th **Monday** each month, 1-3pm
Salvation Army Church, 93 North East Road, Sholing, SO19 8AF
Contacts: Rev Dave Hendra, revdave.hendra@caraway.uk.com | 07466 914671
and Sarah Cole, Social Prescriber, sarah.cole32@nhs.net

