This guide will provide people living with dementia and their carers a detailed summary of the services and activities available to them, that are taking place across Cannock Chase District.
Age UK South Staffordshire

Age UK South Staffordshire is the largest voluntary sector provider of social care in South Staffordshire. It provides specialist day care for people with varying levels of dementia and other complex needs including care and help at home, information and advice, trading services, befriending, and a variety of volunteer opportunities.

Care and Help at Home

The Care and Help at Home team provide support services for older people living at home, including home help, personal care, night sitting and respite support. Services provided enable older people to remain independent in their own home but also give vital support for those that undertake a caring role. Services are available on an hourly basis.

Contact: The Care Line on 01785 788477

Day Opportunities for people with dementia and complex needs

We provide day care with trained staff in stimulating environments at our centres in Penkridge (Roller Mill), Cannock (Sir Julian House), Tamworth (Victoria House), and Wombourne (Orton Meadows). All of the centres provide therapeutic activities with meals and snacks and door to door transport. This service also provides vital support for relatives undertaking the caring role.

Contact: The Day Opportunities Service on 01785 788481 or 01785 788471

Community Services, Positive Steps - Falls Management and Exercise

All our community services are volunteer led which are designed to impact on the personal development, social inclusion and quality of life of every volunteer. The service provides a range of activities for older people to promote wellbeing, assist people recovering from ill health and injury, help people make new friends and enjoy being part of a group. Activities include falls prevention information sessions, seated exercise, extend exercise classes, and guided group walks with trained walk leaders.

Contact: 01785 788472

Care Navigation and Befriending

The aim of our Care Navigation Service is to provide ‘supported signposting’ to older patients identified as being vulnerable, lonely or socially isolated through volunteer led support currently operating in key areas of South Staffordshire.

Contact: The Care Navigation Lead on 01785 788498
Children Matter - Learning Together

The Children Matter project embraces the skills and experiences of older volunteers by passing down their wealth of knowledge to younger children. Volunteers provide support in schools particularly helping with reading, craft, IT, trips and outdoor activity. The project provides inclusive volunteer opportunities for older people and a chance to use existing skills, whilst adding real value to busy classrooms by supporting the teachers and classroom assistants.
Contact: 01785 788484

Information and Advice Service

We provide free information on: welfare benefits, community care housing and transport issues. The services provided help support older people remain as independent as possible, and enables carers to access vital information. The support provided can often result in clients achieving sizeable financial benefits to enable them to improve their quality of life through access to benefit reviews or contact with the appropriate agencies.
Contact: The Helpline on 01785 788499

Alzheimer’s Society

Housing & Care 21 - Cannock

This service is provided by the Alzheimer’s Society Housing & Care 21. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.
Location: Pendragon House, Hawks Green, Cannock WS11 7FH
Tel: 030 3123 1214
Web: www.housing21.co.uk

Always Home Care

This service provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.
Location: Office 3, Phoenix House, Hyssop Close, Cannock WS11 7GA
Contact: Mrs. Gillian Ann Thompson
Tel: 08454 592273
Living Independently Staffordshire - Cannock

This service is provided by the Alzheimer’s Society Staffordshire & Stoke-on-Trent Partnership NHS Trust. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, dementia and physical disabilities.

Location: Civic Centre Offices, Cannock Chase District Council, Beecroft Road, Cannock WS11 1BG
Tel: 07815 827046

Rapid Response Medical Ltd HQ

This service is provided by the Alzheimer’s Society Rapid Response Medical Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.

Location: Unit 3, Hollies Court, Hollies Business Park, Hollies Park Road, Cannock WS11 1DB
Tel: 01543 220868

Cognitive Stimulation Staffordshire

This service is provided by the Alzheimer’s Society Staffordshire Local Service Office. It runs activity groups which give people living with dementia the opportunity to take part in structured activities. Run by a facilitator, who encourages and supports people to take part, the groups are also a chance to relax and socialise.

Location: Unit 4, Hollies Court Hollies Business Park Hollies Park Road, Cannock WS11 1DB
Tel: 01543 573936

Dementia Adviser Service South Staffordshire

This service is provided by the Alzheimer’s Society Staffordshire Local Service Office. The Dementia Adviser service offers information about all aspects of living with dementia and supports people to access services. People with dementia and their carers can contact a Dementia Adviser whenever they need further information or support to find other services.

Location: Unit 4, Hollies Court Hollies Business Park Hollies Park Road, Cannock WS11 1DB
Tel: 01543 573936
**Advance Healthcare (UK) Ltd**
This service is provided by the Alzheimer’s Society Advance Health Care UK Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, dementia and physical disabilities.

Location: **Chase Chambers, 25-27 Wolverhampton Road, Cannock WS11 1AP**
Tel: **01543 469002**

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**Allied Healthcare Cannock**
This service is provided by the Alzheimer’s Society Nestor Primecare Services Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in mental health conditions, physical disabilities and dementia.

Location: **6 Station Court, Girton Road, Cannock WS11 0EJ**
Tel: **01543 465620**

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**Hayward Care Ltd**
This service is provided by the Alzheimer’s Society Hayward Care Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.

Location: **Unit 7/8, The Lightworks, 71-75 Market Street, Hednesford, Cannock WS12 1AD**
Tel: **03335 777810**
Web: **www.haywardcare.org.uk**

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**Bluebird Care (Mid Staffs)**
This service is provided by the Alzheimer’s Society Lifestyle Support Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, dementia and physical disabilities.

Location: **Suite 6-7, Bermar House, Rumer Hill Business Estate, Rumer Hill Road, Cannock WS11 0ET**
Tel: **01543 505262**
Web: **www.bluebirdcare.co.uk**

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**Home Instead Senior Care**
This service is provided by the Alzheimer’s Society Care and Companionship Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.
Local Network Information

**Heath Hayes Network**
Location: Heath Hayes Library, Hednesford Road, Heath Hayes WS12 3EA
Contact: Diane Todd if you wish to be invited to this network.
Email: dianetodd35@msn.com

**Norton Canes Network**
Location: Norton Canes Library, Burntwood Road, Norton Canes WS11 9RF
Contact: Jan Matthews if you wish to be invited to this network.
Email: Jan.matthews@supportstaffordshire.org.uk

**Rugeley Network**
Location: Rugeley Community Church, Frank Rogers Walk, Rugeley WS15 2YP
Contact: Dave Dunham if you wish to be invited to this network.
Email: davebmww1200@yahoo.co.uk or call 07977 338601.

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**Nurture House**
This service is provided by the Alzheimer's Society Nurture Care and Respite Services Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.

Location: 7 Heather Valley, Hednesford, Cannock WS12 1TA
Tel: 01543 422000
Web: www.nurturecaregroup.com

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**Tailored Care Ltd**
This service is provided by the Alzheimer's Society Tailored Care Ltd. It provides care in the home and supported living - caring for adults over and under the age of 65. The service specialises in sensory impairments, mental health conditions, physical disabilities and dementia.

Location: Norton House, Norton Canes Business Park, Norton Green Lane, Cannock WS11 9SS
Tel: 01543 224000
Inspiring Healthy Lifestyles

‘Start Thinking’
From October onwards ‘Start Thinking’ a new walking initiative will be starting. ‘Start Thinking’ is for people with early onset dementia. It involves a walk followed by cognitive stimulation therapy.

Email: George Gaye - G.gaye@wlct.org

Hednesford Park Dementia Walk
All walks are dementia friendly; it does depend on the physical ability of the person. The walks are a fantastic release for people who are caring for people living with dementia.

Location: Hednesford Park
Date: Every Wednesday
Time: 11am
Contact: Lynn Evans - scattyapple@aol.com

Healthy Lifestyles Swimming
Location: Rugeley Leisure Centre
Date: Every Saturday
Time: 3pm - 4pm
Contact: Rugeley Leisure Centre on 01889 586260

‘Inclusive Cycling’
Location: Hednesford Park
Date: Every month starting from September 2016
Cost: Free
Contact: Clive Gibson
Email: c.gibson@wlct.org

Chase Leisure Centre’s Sensory Room
This is a state of the art sensory room suitable for all. An induction is needed first and then the room can be booked out, subject to availability.

Location: Chase Leisure Centre
Cost: £3 per session
Contact: Chase Leisure Centre on 01543 504065

Norton Canes Community Centre - Daily Activities

Mondays
Ruby Doo 12.30pm - 2.30pm
Watercolours 10am - 1pm
Tel: 01543 275013

Sewing Group 2pm - 4pm
Norton Canes Judo Club 6pm - 8pm

Tuesdays
Rainbows 4pm - 5pm
Mob: 07958127489

Brownies 5pm - 6.30pm
Mob: 07958127489

Poundshedders 7pm - 8pm
Tel: 01543 278534

Indoor Bowls 7.30pm- 9.30pm
Tel: 01543 279185
Norton Canes Community Centre -
Daily Activities
(continued)

Wednesdays
**Ruby Doo** 9.30am - 11.30am
**Phyllis Cards** 11am - 1pm
**RVS** 1.30pm - 3.30pm
Tel: **01543 276959**

**Karate** 5pm - 6pm
**Zumba** 7pm - 8pm
Mob: **07894947334**

**Line Dance** 8pm - 11pm
Mob: **07894947334**

Parish meeting every **third Wednesday of the month**

Thursdays
**Jean's Sewing Group** 10am - 4pm
**Chris's Cards** 10am - 12pm
Mob: **07964578545**

**Norton Canes Judo Club** 6pm - 7pm
**Sugar Craft** 7pm - 9pm

Fridays
**Tea Dance** 1.30pm - 3.30pm
**Karate** 5pm - 6.30pm
**Jenny's Social** 7.30pm - 10.30pm
Tel: **01922 415232**

Saturdays
**L' Rhythmix** 10.45am- 12.45pm
Mob: **07821774456**
Email: **ncca@hotmail.co.uk**

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**Norton Canes Flower Club**

Club members meet on the **third Wednesday of the month at** Trinity Methodist Chapel, Poplar Street, Norton Canes at 7.30pm.

Visitors and new members are most welcome.

**On 19 October** it is the annual meeting when they elect officers for next year.

**On 26 October** they will have an auction when the Area Trading Officer will also be at the club.

**On 16 November** they will have a practical evening on the theme of a Christmas Workshop.

**Monday 21 November** will be their Open Evening at the Prince of Wales Centre in Cannock. Nick Grounds will be presenting ‘Bah Humbug’. Everyone is welcome to come along and enjoy the Christmas demonstration. **Tickets are £8** available from **01543 279133** or the theatre box office.

For more information ring **01543 278379**
Norton Canes Historical Society & Family History Group

Members meet at Norton Canes Library on the second Tuesday of the month, 7pm - 9pm and the third Thursday of the month at 10am for informal coffee meetings.

On 11 October there will be a talk by Bob Yate entitled 'Local Railways and Trains'.

On 8 November Alan and Joy Lewis present 'What's in a word?'

The final evening of 2016 will be the Christmas Social Evening on 13 December.

Thursday coffee mornings will be held on 20 October and 17 November.

Norton Canes - Make Some Chess Mates

Members meet at the Lido Club, Norton Canes every Tuesday at 7.30pm. No experience is needed.

Contact Mike Hoare
Email hoaremichael7@talktalk.net or ring him on 01543 279989.

Norton Canes RVS (Darby and Joan) Club Report

This fun club meets at Norton Canes Community Centre every Wednesday from 1.30pm - 3.30pm.

They have room for new male or female members (there is no upper or lower age limit).

Members enjoy lots of trips throughout the year. A free trip to Llandudno is planned for October.

If you would like more details ring Zaphne or Mike on 01543 276959
Crafty Sew ‘n’ Sews - Norton Canes
A group of local craft creators came up with the unique name The Crafty Sew ‘n’ Sews to sum up what they do. Members enjoy machine embroidery, patchwork and sewing.

Tea and coffee is provided. Members usually make their own and take a packed lunch.

Date: Every Thursday
Time: **10am - 4pm**
Contact: For more information ring Jean on 07412 191 439 or Irene 07958 484 271 - or call into the centre on a Thursday to see for yourself.

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Fish and Chip Supper and Quiz Night
Date: **Saturday 22 October**
Time: **6.30pm**
Cost: **Tickets £6** from the Committee or email ncca@hotmail.co.uk

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Halloween Disco - prizes for best costume and lots of games.
Date: **Sunday 30 October**
Time: **4pm - 6pm**
Cost: **£2 admission for children**

Jam and Spam (A Wartime Memory)
Dancing to Jenny’s wartime music. Food included.
Date: **Sunday 6 November**
Time: **Starts at 2pm**
Cost: **Tickets £6** from the Committee.

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Christmas Party Singalong and Afternoon Tea with Val and John
Date: **Saturday 26 November**
Time: **Starts at 2pm**
Cost: **Tickets £6** from the Committee.

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Disney Character Christmas Party
Lunch and disco with our characters. Come dressed as a Disney character.
Date: **Sunday 27 November**
Time: **12noon - 3pm**
Cost: **£5 per child over 12 months** - includes present from Santa. Booking is essential.
Email ncca@hotmail.co.uk

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Christmas Fair and Lantern Parade
Lots of stalls and visit Santa in his grotto.
Date: **Sunday 4 December**
Time: **3pm – 6pm.** Parade leaves at **5pm.**

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Community Carol Service
Free tea/ coffee and mince pies.
Date: **Sunday 11 December**
Time: **6pm**

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Dick Whittington Pantomime
Date: **Saturday 17 & Sunday 18 December**
Time: **2pm and 7pm both days**
Cost: **All tickets are £6**
To book email ncca@hotmail.co.uk or ring 07845 678 003.

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Date: **Saturday 17 & Sunday 18 December**
Time: **2pm and 7pm both days**
Cost: **All tickets are £6**
To book email ncca@hotmail.co.uk or ring 07845 678 003.
Creative Writing
Date: Second Tuesday of the month
Time: 1.30pm – 3pm

Reading Group
Date: Second Wednesday of the month
Time: 10.30am – 12noon

Friendship Group
Date: Second Thursday of the month
Time: 11am – 12noon

Craft Club
Date: Every Friday
Time: 1pm - 3pm
Cost: 50p a session. Free taster session available

Reading Café
Date: Last Friday of the month
Time: 10.30am - 12noon

Location: Burntwood Library

Knit & Natter
Date: Every Wednesday
Time: 10am -1pm
Cost: £1 per session

Location: Cannock Library

Knit & Natter
Date: Every Thursday
Time: 2pm - 4pm
Support Staffordshire - Community Wellbeing Service

The Community Wellbeing Service is a project funded by Staffordshire County Council's Social Care and Health to set up wellbeing groups to provide the residents of Cannock Chase with an opportunity to “get together” and socialise, therefore preventing isolation and promoting independence for vulnerable adults. The eventual aim for the groups is to become self-sufficient and run independently with help and support provided by a team of volunteers.

The Get Together Groups
The Get Together Groups run weekly at various locations in the Cannock Chase area. All groups consist of organised activities and some of the groups have a hot lunch provided.

Bridgtown Get Together
Location: Vine Court, Earlswood Way, Bridgtown, Cannock, WS11 0GQ
Date: Every Tuesday
Time: 10am – 12pm
Cost: £3
Contact: Donna or Zareena on 01543 500404

The Wednesday Club
Location: St Barbara’s House, John Till Close, Rugeley, WS15 2AG
Date: Every Wednesday
Time: 10am - 12pm
Cost: £2.50
Contact: Donna or Zareena on 01543 500404

Norton Get Together
Location: Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF
Date: Every Friday
Time: 10.30am – 12.30pm
Cost: £2.50 - £3
Contact: Donna or Zareena on 01543 500404

Thursday Get Together
Location: Longford Court, Bideford Way, Cannock, WS11 1QB
Date: Every Thursday
Time: 10am - 2pm
Cost: £6.50
Contact: Donna or Zareena on 01543 500404

Thursday Get Together
Location: Longford Centre, Longford Road, WS11 1QN
Date: Every Thursday (fortnightly)
Time: 10am - 12pm
Cost: £3
Contact: Donna or Zareena on 01543 500404
Highfields Friends
Location: Highfield Community Centre,
Smalley Place, Hightown, WS11 5TY
Date: Every Tuesday
Time: 10am - 2pm
Cost: £6
Contact: Sandra on 07974824213

Wednesday Get Together
Location: Mansfield House, 40, Market Street, Rugeley, WS15 2JL
Date: Every Wednesday
Time: 10am - 2pm
Cost: £7.50
Contact: Janet on 07722606323

Rugeley District Stroke Club
Location: Lea Hall Social Club, Sandy Lane, Rugeley, WS15 2LB
Date: Every Tuesday
Time: 10am - 2.30pm
Contact: Judy on 01889 583517

St. James The Great Parish Church
Harvest thanksgiving is Sunday 2 October, 10.30am

Services:
Sunday: Mass 8am
Family Sung Mass 10.30am
(Sunday School is held during the service).
Weekday Mass is held on Wednesdays 11am and Thursdays 7pm.

Contact: Rector: Fr. Neil Hibbins
Tel: 01543 278969
Email: neil_hibbins@lycos.co.uk

Church Clerk: Mary Carpenter
Tel: 01543 275296
Email: mary.carpenter@tiscali.co.uk

Church Wardens: Ann Eden
Tel: 01543 278737 and Kim Lloyd
Tel: 01922 413718
The Carers Association
Southern Staffordshire (CASS)

Living Well with Dementia Service
The session is friendly and welcoming and provides an opportunity for carers and those living with dementia to get together and share experiences. It provides talks or activities that promote health and wellbeing, and fun such as singing, dancing, quizzes etc.

A light buffet lunch is provided but donations are most welcome

Location: St. Luke’s Church, Church Street, Cannock WS11 1DE
Date: First Thursday of the month
Time: Between 11am and 1pm
Cost: Free

Contact:
Tel: 01785 222365
Email: enquiries@carersinformation.org.uk
Website: www.carersinformation.org.uk

The Healthy Staffordshire Hub

The Hub provides free self help information, advice and guidance to support you to make positive lifestyle changes including; stopping smoking, healthy eating, achieving and maintaining a healthy weight, getting active and drinking less alcohol.

Some sessions may be free of charge and others may be charged for.

The Hub is open to anyone in Staffordshire who is in need of information, advice and guidance to support them in managing their lifestyle behaviours.

You can self refer into The Hub by contacting them anytime between 8am and 8pm, Monday to Friday or 9am to 5pm on Saturday.

Contact:
Tel: 0300 111 8006 or visit www.staffordshirecares.info/healthy
The Longford Centre

Crafty Things (adult craft group)
Date: Every Monday
Time: 1pm - 3pm
Cost: £2 includes resources and a hot drink

Age UK (chair based exercise)
Date: Every Wednesday
Time: 11am - 12.30pm
Cost: £2 including refreshments

Pound for Fitness (Inspiring Healthy Lifestyles)
Date: Every Friday
Time: 10am - 11am
Cost: £1 per session

Stepping Stones Café is situated at the centre and is open for reasonably priced breakfast and lunches
Time: 8am - 2pm.

The MASE Groups (Monthly Alzheimer’s Support Events)

Cannock
Drop-in for refreshments and a light bite and some musical entertainment but more importantly a friendly chat with other carers/cared for who are in a similar situation.
Location: St Luke’s Church Hall, Cannock
WS11 1DE
Date: First Monday of each month
Time: 1pm - 3pm

Hednesford
This is an evening group which has a lovely party atmosphere. Families face difficult times when dementia becomes a concern. The MASE brings people together to learn from each other and to build networks of support.
Location: The Aquarius Ballroom, Pisces Suite WS12 1BT
Date: Last Thursday of each month
Time: 7pm - 9pm

Rugeley
This is an evening group which has a lovely party atmosphere. Families face difficult times when dementia becomes a concern. The MASE brings people together to learn from each other and to build networks of support.
Location: St Joseph’s Church Hall
WS15 2EH
Date: Third Wednesday of each month
Time: 7pm - 9pm
Contact: Daphne 01785 211140 or Elaine 01785 823110
Trinity Methodist Church

The following events will be taking place at the Poplar Street Church - and all are invited.

**Harvest Service**
Date: **Sunday 2 October**
Time: **11am followed by lunch about 1pm**
Cost: **£6 per person**

**Quiz Evening**
Date: **Friday 14 October**
Time: **7.30pm**

**Christmas Tree Festival**
Trinity Methodist Church will be hosting a Christmas Tree Festival again this year. The Poplar Street church will be open on **Friday 25 November from 12noon** for people to bring and decorate a tree.

Everyone is welcome: businesses, shops, groups, schools, or individuals

The festival will take place on **Saturday 26 November** when the trees can be viewed from **10am - 4pm**.

You are invited to also enjoy a cup of tea or coffee, mince pie and a chat.

Cost: **Admission is free.**

**Contact:** For more information ring **Jenny** on **01543 277459** or **027754 706 441**. Or ring **Sue** on **01543 276432**

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**The Carol Service**
Date: **Sunday 18 December**
Time: **6pm**

**Coffee Mornings**
Coffee mornings are held on **Saturday mornings from 10am**

**Sunday Services**
**Sunday Services** take place at **11am**
**What’s On - Cannock, Rugeley & Norton Canes**

**Monday - Cannock**

**Raja Yoga**  
Location: Avon Business & Leisure Centre  
Time: 7.30pm - 9.30pm  
Tel: 01543 503163

**Card Craft**  
Location: Avon Business & Leisure Centre  
Time: 9.45am - 12.15pm  
Tel: 01543 503163

**Fitsize Karate**  
Location: Avon Business & Leisure Centre  
Time: 5pm - 6.30pm  
Tel: 01543 503163

**The Monday Club**  
Location: BroomHill Albion Club  
Time: 1.30pm - 3.30pm  
Tel: 01543 466961

**Peer Support group**  
Location: Cannock Fire Station  
Time: 5.30pm - 8.30pm  
Tel: 01543 469876

**NASS**  
Location: Cannock Hospital  
Time: 6.30pm  
Tel: 01543 459576

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**Easy Sequence Dancing**  
Location: Pye Green Community Centre  
Time: 1.30pm - 3.30pm  
Tel: 01543 578968

**Hayward Care**  
Location: St Aidans Church  
Time: 10am - 2pm  
Tel: 0333 5777810

**MASE**  
Location: St Luke’s Church  
Time: First Monday - 1.30 - 3pm  
Tel: 01785 211140

**Flower Club**  
Location: St Peter’s Church  
Date/Time: Fourth Monday - 2pm - 4pm  
Tel: 01543 422241

**Elderly Day Centre Activities**  
Location: St Stephen’s Church  
Time: 10am - 3pm  
Tel: 01543 575881
**Tuesday - Cannock**

**Evergreen**  
Location: Avon Business & Leisure Centre  
Time: **11am - 1pm**  
Tel: **01543 503163**

**The Stroke Association**  
Location: Bevan Lee Community Centre  
Date: **Fortnightly**  
Time: **1.15pm - 3.15pm**  
Tel: **01543 684002**

**Dual Sensory - Care & Share**  
Location: Cannock Community Fire Station  
Date: **Fortnightly**  
Time: **1pm - 3pm**  
Tel: **07590 327646**

**Action on Hearing Loss**  
Location: Cannock Library  
Date: **Every fourth Tuesday**  
Time: **10am - 11.30am**  
Tel: **07767 117141**

**Badminton Club**  
Location: Chase Leisure centre  
Time: **2pm - 4pm**  
Tel: **01543 469876**

**Light Lunch Club**  
Location: Hednesford Pentecostal Church  
Time: **12noon - 2pm**  
Tel: **07973 269924**

**Get Together**  
Location: Highfields Community Centre  
Time: **10am - 2pm**  
Tel: **01543 500404**

**Get Together** (continued)

**Get Together**  
Location: Vine Court  
Time: **10am - 12pm**  
Tel: **01543 500404**

**Social Dance**  
Location: Pye Green Community Centre  
Time: **1pm - 3.30pm**  
Tel: **01543 578657**

**Connections**  
Location: Salvation Army, Hednesford  
Date: **Second / Fourth Tuesday**  
Time: **10am - 12pm**  
Tel: **01543 426128**
Tuesday - Cannock (continued)

**Ladies Fellowship**
Location: Salvation Army, Hednesford  
Date: First Tuesday  
Time: 7.30pm  
Tel: 01543 426128

**Chase Emotional Wellbeing**  
Location: St Chad's Church, Chadsmoor  
Time: 10am - 12pm  
Tel: 01543 500969

**Tai Chi**  
Location: St Chad's Church, Chadsmoor  
Time: 7pm - 8pm  
Tel: 01543 879814

**One Recovery**  
Location: St Luke's Church  
Time: 10am - 2pm  
Tel: 01785 270080

**Folk Dance Club**  
Location: St Stephen's Church, Bideford Way  
Time: 8pm  
Tel: 01543 574602

**Royal Engineers Association**  
Location: Drill Hall, Walsall Rd, Bridgtown  
Date: First Tuesday  
Time: 8pm  
Tel: 01543 423319
**Wednesday - Cannock**

*Aidan's Cafe (Pop In)*
Location: *St Aidan's Hall*
Time: **10am - 3pm**
Tel: **01543 500015**

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*Disability plus one*
Location: *Avon Business & Leisure centre*
Time: **12noon - 3pm**
Tel: **01543 503163**

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*Tea Dance*
Location: *Avon Business & Leisure Centre*
Time: **2.30pm - 4.30pm**
Tel: **01922 413473**

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*Chase Friends (Waiting List)*
Location: *Business & Leisure Centre*
Time: **1.30pm - 3.30pm**
Tel: **01543 506379**

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*Time Together - Age UK*
Location: *Cannock Chase Children's Centre*
Time: **9.30am - 11.30am**
Tel: **01785 788484**

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*Walking Group*
Location: *Cannock Chase Leisure Centre*
Time: **2.15pm**
Tel: **07722 851296**

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*Braille Group*
Location: *Cannock Library*
Time: **10am - 1pm**
Tel: **01543 510365**

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**Wednesday - Cannock (continued)**

*Work Club*
Location: *Cannock Library*
Time: **10am - 1pm**
Tel: **01543 496876**

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*Friendship Group*
Location: *Chase Baptist Church*
Time: **1pm - 3pm**
Tel: **07724 862605**

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*Ladies Social Club*
Location: *Pye Green Community Centre*
Time: **1.45pm - 3.45pm**
Tel: **01543 876181**

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*Action on Hearing Loss*
Location: *School Court, Station Rd*
Date: *Every second Wednesday*
Time: **10am - 11am**
Tel: **07767 117141**

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*Flower Club*
Location: *St Chad's Church, Hednesford*
Date: *Fortnightly*
Time: **7pm - 9pm**
Tel: **01543 879814**

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*Women's Union*
Location: *St Luke's Church*
Date: *First Wednesday*
Time: **2.30pm**
Tel: **01543 506614**
**Wednesday - Cannock (continued)**

**Breathe Easy**  
Location: *St Luke's Church*  
Date: **Second Wednesday**  
Time: **6.30pm - 8.30pm**  
Tel: **01889 585056**

**Men's Fellowship Meeting**  
Location: *St Stephen's Church*  
Time: **7.30pm**  
Tel: **01543 462283**

**Cafe Church Lunch**  
Location: *Trinity Church, Hednesford*  
Date: **Second Wednesday**  
Time: **12noon - 2pm**  
Tel: **01543 871221**

**Young at Heart Lunch Club**  
Location: *Avon Business & Leisure Centre*  
Time: **12noon - 3pm**  
Tel: **01543 503163**

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**Thursday - Cannock**

**Action on Hearing Loss**  
Location: *Vine Court, Bridgtown*  
Date: **Every Second Thursday**  
Time: **10am - 11am**  
Tel: **07767 117141**

**Peer Support Group**  
Location: *Cannock Fire Station*  
Time: **5.30pm - 8.30pm**  
Tel: **01543 469876**

**Chase Crafters Learning Circle**  
Location: *Chadsmoor Progressive WMC*  
Time: **1pm - 3pm**  
Tel: **07967 505126**

**Bereavement Group**  
Location: *Hednesford Pentecostal Church*  
Time: **Monthly 10am**  
Tel: **07973 269924**

**The Wheelies (Referral Only)**  
Location: *Highfields Centre, Smally Place*  
Time: **10am - 1pm**  
Tel: **01543 577562**

**Get Together**  
Location: *Longford Court, Bideford Way*  
Time: **10am - 2pm**  
Tel: **01543 500404**
Mini Get Together  
Location: **Longford Centre, Longford Road**  
Time: 10am - 12pm  
Tel: 01543 500404

Extend Exercise Class  
Location: **Mill Street Church Hall**  
Time: 11am - 12pm  
Tel: 01543 276797

Over 60’s Salvation Army  
Location: **Wallhouse Street**  
Time: 2pm - 4pm  
Tel: 01543 504359

Zumba GOLD  
Location: **St Chad’s Church**  
Time: 10.30am - 11.30am  
Tel: 07806 280713

Widows Club  
Location: **St Chad’s Church**  
Time: 1pm - 3pm  
Tel: 01543 425175

Carers Association Locality Link  
Location: **St Luke’s Church**  
Date: Last Thursday  
Time: 10am - 1pm  
Tel: 01758 222365

Alzheimer's Cafe  
Location: **St Luke’s Church**  
Date: First Thursday  
Time: 12noon - 2pm  
Tel: 01785 222365

Thursday - Cannock (continued)

Thursday - Cannock (continued)

Ladies Thursday Club  
Location: **St Stephen’s Church**  
Time: 7.30pm  
Tel: 01543 577462

The MASE Group  
Location: **The Aquarius, Hednesford**  
Date: Last Thursday  
Time: 7pm - 9pm  
Tel: 01785 211140

Trinity Church - Pop-In-Lunch  
Location: **Trinity Church, Hednesford**  
Time: 11am - 2pm  
Tel: 01543 871221

Friday - Cannock

Richmond Fellowship  
Location: **Avon Business & Leisure Centre**  
Time: 11am - 2pm  
Tel: 01543 503163

Lunch Club  
Location: **Salvation Army, Hednesford**  
Time: 12.30pm - 1.30pm  
Tel: 01543 426128

Line Dancing  
Location: **St Chad’s Church, Chadsmoor**  
Time: 1.30pm - 3pm  
Tel: 01543 424153

Tai Chi  
Location: **West Chadsmoor Clinic, Clarion Way**  
Time: 10.45am - 11.45am  
Tel: 01889 620145
Saturday - Cannock

Craft Cafe
Location: St Luke's Church
Date: First & third Saturday
Time: 10.30 - 12.30pm
Tel: 01543 503369

Monday - Rugeley

Royal British Legion Ladies
Location: Brereton Social Club, Armitage Lane
Date: Last Monday
Time: 8pm
Tel: 01889 570515

Bingo
Location: Lea Hall Miners Welfare & Social Club
Time: 7.30pm
Tel: 01889 583175

(U3A) - Tai Chi
Location: Slitting Mill Village Hall
Time: 10.30am - 11.30am
Tel: 01889 801926

(U3A) - Craft/Kurling/Canasta
Location: Slitting Mill Village Hall
Date: Last Monday
Time: 2pm - 4pm
Tel: 01889 583233

Over 60's Club
Location: Springhill Club
Time: 1pm - 4pm
Tel: 01889 585052

Monday - Rugeley (continued)

Carers Association Locality Link (CALL)
Location: St Michael's Church Hall
Date: Second Monday
Time: 10am - 1pm
Tel: 01785 222365

Tuesday - Rugeley

Prize Bingo
Location: Church of the Good Shepherd
Time: 7.30pm - 9.30pm
Tel: 01889 586138

Rugeley & District Stroke Club
Location: Lea Hall Club
Time: 9.30am - 2.30pm
Tel: 01889 583517

Line Dancing (Beginners)
Location: Lea Hall Miners Welfare & Social Club
Time: 7.15pm
Tel: 01889 577981

Line Dancing (Advanced)
Location: Lea Hall Miners Welfare & Social Club
Time: 8.30pm
Tel: 01889 577981

Luncheon Club
Location: Rose Theatre & Community Hall
Time: 1pm - 3.30pm
Tel: 01889 584036
Tuesday - Rugeley (continued)

**Keep Fit**
Location: Sheepfair Community Centre
Time: 10am - 11.30am
Tel: 01889 800282

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(U3A) - Monthly Meeting Speaker
Location: Slitting Mill Village Hall
Date: Second Tuesday
Time: 2pm - 4pm
Tel: 01889 570408

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(U3A) Family History/ Kurling
Location: Slitting Mill Village Hall
Date: First Tuesday
Time: 2pm - 4pm
Tel: 01889 582837

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(U3A) Walking Group
Location: Slitting Mill Village Hall
Date: Last Tuesday
Time: 10.30am - 12pm
Tel: 01889 584186

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Live at Home Scheme
Location: St Pauls Church
Date: First Tuesday
Time: 10am
Tel: 01543 415 020

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Exercise Class (Over 60's)
Location: St Paul's Church Hall
Time: 10.30am - 11.30am
Tel: 01889 358984

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Good Companions Lunch Club
(Over 60's)
Location: St Paul's Church
Time: 1pm - 3.30pm
Tel: 01543 415020

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Wednesday - Rugeley

**Senior Citizens Club**
Location: Etching Hill Village Hall
Date: Fortnightly
Time: 2pm - 4pm
Tel: 01889 585840

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Brereton W.I.
Location: Free School. Brereton
Date: First Wednesday
Time: 2pm - 4.30pm
Tel: 01889 801284

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Get Together
Location: Mansfield House
Time: 10am - 1.30pm
Tel: 01543 500404

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Tai Chi - Phoenix Club
Location: Sheepfair Community Centre
Time: 9.30am - 10.30am
Tel: 01889 800282

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Art - Phoenix Club
Location: Sheepfair Community Centre
Time: 10.30am - 12.30pm
Tel: 01889 800282
Wednesday - Rugeley (continued)

Social Afternoon - Phoenix Club
Location: Sheepfair Community Centre
Time: 2pm - 4pm
Tel: 01889 800282

The Wednesday Club
Location: St Barbara's House, John Till Close
Time: 10am - 12pm
Tel: 01543 500404

Thursday - Rugeley

The MASE (Alzheimer's Support)
Location: St Joseph's Church Hall
Date: 3rd Wed
Time: 7pm - 9pm
Tel: 01785 823110

Lunch Bunch
Location: St Michael's Church Hall
Date: 3rd Wed
Time: 12noon - 2pm
Tel: 01889 582641

BIRTH Art Group
Location: Breroton & Ravenhill Parish Hall
Date: Fortnightly
Time: 1pm - 3pm
Tel: 07707 392993

Coffee Morning
Location: Brereton Library
Time: 9am - 12pm
Tel: 01889 256605

Thursday - Rugeley (continued)

Coffee Morning - Phoenix Club
Location: Lea Hall Miners Welfare & Social Club
Date: 3rd Thurs
Time: 10am - 12noon
Tel: 01543 506257

Sequence Dancing
Location: Lea Hall Miners Welfare & Social Club
Time: 2pm
Tel: 01543 493686

Get Together
Location: Longford Court
Time: 10am - 2pm
Tel: 01543 500404

Disco Nights (The B- Hive)
Location: Mansfield House
Date: Fortnightly
Time: 8pm - 11pm
Tel: 0333 5777810

Whist Drive
Location: Ravenhill Club, Armitage Road
Time: 7.30pm - 9.30pm
Tel: 01889 586083

Coffee Morning
Location: Rugeley Library
Date: Last Thursday
Time: 10.30am - 12pm
Tel: 01889 256010
Thursday - Rugeley (continued)

Knit & Natter - Phoenix Club
Location: Sheepfair Community Centre
Time: 2pm - 4pm
Tel: 01889 800282

(U3A) Science & Tech/ Kurling
Location: Slitting Mill Village Hall
Date: Second Thursday
Time: 2pm - 4pm
Tel: 01889 278303

(U3A) Lunch Club
Location: Various Venues
Date: Last Thursday
Time: 12.30pm - 2.30pm
Tel: 01889 570408

Chat & This ‘n’ That
Location: St Augustine’s Church Hall
Date: Alternative Thursdays
Time: 10.30am - 12noon
Tel: 01889 802072

Friday - Rugeley

Creativity Group
Location: Brereton & Ravenhill
Community Centre
Time: 3.45pm - 5.45pm
Tel: 01543 469876

Indoor Tennis - Phoenix Club
Location: Rugeley Leisure Centre
Time: 10am - 12pm
Tel: 01889 586260

Friday - Rugeley (continued)

Arts & Craft Group
Location: The Pavillion, Lea Hall Miners Ctr
Time: 12.30pm - 2.30pm
Tel: 01889578817

Bridge - Phoenix Club
Location: Sheepfair Community Centre
Time: 10am - 12pm
Tel: 01889 800282

Floral Art - Phoenix Club
Location: Sheepfair Community Centre
Time: 10am - 12noon
Tel: 01889 800282

Tai Chi - Phoenix Club
Location: Sheepfair Community Centre
Time: 2pm - 3pm
Tel: 01889 800282

Coffee - Break
Location: St Paul’s Church
Time: 10am - 12noon
Tel: 01889 801873

Saturday - Rugeley

Whist Drive Ravenhill Club
Location: Armitage Road
Time: 7.30pm - 9.30pm
Tel: 01889 586083

Big Breakfast
Location: St Michaels Church
Date: Last Saturday of the month
Time: 9.15am
Tel: 07870 147069
Saturday - Rugeley (continued)

Whist Drive
Location: Ravenhill Club, Armitage Road
Time: 7.30pm - 9.30pm
Tel: 01889 586083

Big Breakfast
Location: St Michaels Church
Date: Last Saturday of the month
Time: 9.15am
Tel: 07870 147069

Monday - Norton Canes

Kano Judo Club
Location: Norton Canes Community Centre
Time: 7pm-9pm
Tel: 07999 217364

Community Nitwits'
Location: Trinity Methodist Church
Time: 12noon - 3pm
Tel: 01543 278499

Tuesday - Norton Canes

Knit, Knatter, Fun & Chatter
Location: Norton Canes Library
Time: 1pm - 4pm
Tel: 01543 279592

Wednesday - Norton Canes

Darby & Joan Club
Location: Norton Canes Community Centre
Time: 1.30pm - 3.30pm
Tel: 01543 276959

Norton Canes W.I
Location: Norton Canes Library
Date: First Wednesday
Time: 7.30pm
Tel: 01543 279935

Norton Canes Flower Club
Location: Trinity Methodist Chapel (Poplar St)
Date: Third Wednesday
Time: 7.30pm
Tel: 01543 278370

Thursday - Norton Canes

Knit & Knatter
Location: Heath Hayes Library
Time: 10am - 1pm
Tel: 01543 279675

Friday - Norton Canes

Krafty Creations Norton Canes
Location: Community Centre
Time: 10am - 12noon
Tel: 07572 782765

Get Together
Location: Norton Canes Library
Time: 10.30 - 12.30pm
Tel: 01543 500404