

**We follow the NHS five steps**  
**to wellbeing:**

**Connect with others ✓**

**Be active ✓**

**Learn new skills ✓**

**Give to others ✓**

**Live in the moment ✓**

Denise: "Dad loves his days. Coat and Shoes are on by 7.30 waiting for the bus. Everyone is so caring and helpful...Love you all for caring about my Dad. So thank you"

Claire: "A wonderful place, both my Mum & elderly Aunt attend the walking groups and love it the staff are so friendly we are lucky to have a service like this locally"

Jill and Diane: "Since our brother started attending Care Group he has flourished, he is happy again & has friends this is to the absolute credit of your service."

Your care & patience has been a life changing for him and ourselves also, to see him smiling and counting the days to his next visit is absolutely brilliant"



We are a registered not for profit charity established in 1996. Our aim is to provide the highest standards of care for all our service users

## Contact us



Chesterfield Care Group  
Broomfield Avenue  
Chesterfield  
S41 0LY



Tel: (01246) 274812



[enquiries@chesterfieldcaregroup.org.uk](mailto:enquiries@chesterfieldcaregroup.org.uk)



[chesterfieldcaregroup.org.uk](http://chesterfieldcaregroup.org.uk)



## FIND US ON SOCIAL MEDIA!



TikTok



[chesterfieldcaregroup](http://chesterfieldcaregroup)

Registered Charity Number: 1055028  
Company Number: 3137489

**CHESTERFIELD**  
**CARE GROUP**  
Company, Activities, Respite, & Enjoyment.



Award winning  
**Social Groups**

**FREE**  
Taster Sessions

Providing award winning social groups for socially isolated adults and specialised groups for people with a diagnosis of dementia for over four decades

## Social Groups For Adults

We have various adult social groups running from Monday to Friday operating in and around the **Chesterfield, Brimington** and **Dronfield** areas. We also provide a walking and activity group.

We understand caring can be challenging - our groups also provide reassurance, support and valuable respite for families and carers.



## How do you access the service, is there a charge and is transport provided?

As a charity, we are a non-profit organisation and try to keep costs to a minimum. You can self refer and fund your day care place by contacting us directly on (01246) 274812 or email [enquiries@chesterfieldcaregroup.org.uk](mailto:enquiries@chesterfieldcaregroup.org.uk)

If you meet the criteria for funding you could use this to purchase day care via a personal budget or direct payments from Derbyshire County Council. Transport is available and will be discussed when you contact Chesterfield Care Group or an adult care worker from Derbyshire County Council.

## Walking Group

This group is tailored for individuals who have a dementia diagnosis and enjoy outdoor activities. Participants engage in visits to places of interest.



## Here to help

**Adult Day Care Groups for the socially isolated and specialist groups for those with dementia and other health conditions in Chesterfield & surrounding areas.**

Our adult day care groups provide a positive, uplifting environment where our members can enjoy a variety of age-appropriate activities, including:

- Gentle exercises for fun and well-being.
- Art & crafts, reminiscence therapy, baking, singing, and outdoor activities.
- Person-centred activities tailored to individual needs and abilities.

Our **qualified staff** offer full support with **social and personal care** needs. A **two-course hot meal** is provided, with refreshments throughout the day.

We also offer **respite and support for carers and families** and encourage **service user and carer involvement** through meetings, newsletters, and regular discussions.

**Drop-in service available.** Call us today on 01246 274812

We support older adults to live well by participating in activities which promote health and well-being

