



# Active 8 Stockport - Free Wellbeing Services and Local Community Groups >

Public group · 1.1K members

Join Group

## About

This group has been set up for Stockport residents, to enable information sharing about free health services that are available, volunteering opportunities and also local groups that may benefit individuals for social, mental, physical or general health and support.

There is strictly no advertising of any paid classes, services or otherwise, this is an inclusive initiative to help prevent social isolation and improve aspects of our own health by using local provision.

Public



News Feed



Watch



Marketplace



Groups



Notifications



Menu