



**PURE
INNOVATIONS**
The key to a fulfilled life

Community Hub Groups

Rosie's Friendship Group

**Every Monday
10am – 12pm**

A welcoming,
weekly friendship
group for people
aged 50+

Queen's Court,
Marple,
SK6 6BS

Dementia Drop in

**Every Monday
11am – 1pm**

For people living
with dementia or
loss of cognitive
function & their carers.

Upper Room Cafe
11 Wilmslow Rd,
Cheadle SK8 1DW

Start the week

**Every Monday
12:30pm - 3:30pm**

A weekly lunch
group for people
with severe, enduring
mental health issues.

St Matthews Church House
99 Chatham St
SK3 9EG

Easy Meals on a Budget

**Every Tuesday
11am – 1pm**

Learn how to cook
easy meals with items
typically found in
foodbanks.

Stockport Baptist Church,
Thomson St. SK3 9DR

REFERRAL ONLY

Mooch & Mingle Walking Group

**Every Thursday
12:30pm – 2pm**

For people with limited mobility.
Meet by the picnic benches next
to the car park. In winter months
meet in the pavilion.

Alexandra Park Edgeley SK3 9RH
Babscunliffe@sky.com
or call 07841747352

Youth Club

**Every Thursday
6pm – 8pm**

A friendly, inclusive
youth group for people
aged 16-25 with
additional needs.

Adswold Young Peoples
Centre, Neston Grove, SK3 8PH

REFERRAL ONLY

Menopause in Mind

**Every Friday
10am – 12pm**

A safe space for women
to chat and gather
information to help find
the right choice for them.

Vernon Café,
Vernon Park, Stockport,
SK1 4AR



For more information email
the Community Hub Team on
communityhub@pureinnovations.co.uk