

## Male community support groups in Stockport

Updated November 2023

Group/activity name	Details	More information
Banter and brews for men	Offers members a safe and relaxing space to sit, chat and enjoy activities, while having a brew and a biscuit whether you're bored, lonely or anxious	<p>Monday day- 12-2pm: All Saints Church. Heaton Norris: <a href="https://stockporthomes.communitybookings.co.uk/whats-on/new-banter-brews">https://stockporthomes.communitybookings.co.uk/whats-on/new-banter-brews</a></p> <p>Monday evening- 7-9pm: Life Leisure. Brinnington: <a href="https://www.facebook.com/groups/538207028371525/">https://www.facebook.com/groups/538207028371525/</a></p> <p>Tuesday- 12-2pm: Above Re:dish Charity Shop. Reddish: <a href="https://www.redish.org.uk/banterandbrews#:~:text=Wellbeing%20%2D%20Banter%20%26%20Brews&amp;text=Our%20male%20support%20group%2C%20Banter,will%20be%20a%20warm%20welcome">https://www.redish.org.uk/banterandbrews#:~:text=Wellbeing%20%2D%20Banter%20%26%20Brews&amp;text=Our%20male%20support%20group%2C%20Banter,will%20be%20a%20warm%20welcome</a></p> <p>Thursday- 12-2pm: Big Local Brinnington Hub. Brinnington: <a href="https://www.facebook.com/groups/538207028371525/">https://www.facebook.com/groups/538207028371525/</a></p>
Mentell	Provides safe and confidential spaces for men to talk, free from advice and judgement. The charity runs weekly peer to peer support groups that are open to any men (18+) who want to talk, listen and connect with other like-minded men	Sign up to find local support circles at <a href="https://www.mentell.org.uk/">https://www.mentell.org.uk/</a>
Marple men's group	To support men who want to talk, who are finding things tough and to reduce isolation	<p>Meet on Wednesday nights at 8pm, the Shine Centre building, 119 Stockport Road, Marple, SK6 6AF.</p> <p>Contact 07951973792 if you want further details or visit <a href="https://www.facebook.com/groups/837215930343621/">https://www.facebook.com/groups/837215930343621/</a></p>

For men to talk	For men suffering with anxiety/depression and grief to talk to fellow sufferers	Visit the website for upcoming meetings in Stockport <a href="https://formentotalk.co.uk/physicalmeetingst/">https://formentotalk.co.uk/physicalmeetingst/</a>
Men in sheds	Aims to tackle social isolation in older members of the community. It provides a setting where people can socialise, work together, learn new skills and share their own skills	<p>Heatons: Mondays 1-5pm at St Paul Church Hall, St. Paul's Road, Heaton Moor, SK4 4RY. Wednesday at 6pm, in the Shed (in the workshop beneath the church) <a href="https://www.heatons-mis.co.uk/">https://www.heatons-mis.co.uk/</a></p> <p>Marple: Wednesday's 12-4pm. Goyt Mill Upper Hibbert lane, Marple, United Kingdom, SK67HX <a href="https://www.facebook.com/marplemeninsheds/">https://www.facebook.com/marplemeninsheds/</a></p> <p>Reddish: Monday, Wednesday and Friday, 12-4pm. Near Houldsworth Mill, please contact for more information <a href="https://www.reddishmeninsheds.com/">https://www.reddishmeninsheds.com/</a> Or email <a href="mailto:reddishmeninsheds@gmail.com">reddishmeninsheds@gmail.com</a></p>
ARC-Men's music for wellbeing	Learn the basics of song writing and production, covering everything from guitars to drum machines, singing to synths. At the end of the project you'll have written your very own songs or dance tracks. Take some time out of your week to learn new skills, gain confidence and meet new people	Contact <a href="mailto:referrals@arc-centre.org">referrals@arc-centre.org</a> or call 0161 474 1462 to talk about you or someone you work with joining the programme <a href="https://arc-centre.org/adult-wellbeing-programmes/mens-music-for-wellbeing/">https://arc-centre.org/adult-wellbeing-programmes/mens-music-for-wellbeing/</a>
Just 4 Dads	<p>Stay &amp; play group for dads, grandads or male carers who are looking after pre-school aged children (0-4 year olds).</p> <p>5 aside football night</p>	<p>Wednesdays 12.45-2.15pm. Saturdays 10.30-12pm every week during term time. St Chads, the Guywood Centre, Romiley SK6 4AN</p> <p>Wednesdays 8pm at Woodley sports centre ,18 Green Ln, Woodley, SK6 1QX</p>

		<a href="https://www.stchadsromiley.co.uk/connect/just-for-dads/">https://www.stchadsromiley.co.uk/connect/just-for-dads/</a>
Who let the dads out group	Dad, babies and toddlers group	Every 3 <sup>rd</sup> Saturday of the month, 9.30-11.30am. Cale Green Life Centre, 71 Adswood Rd, Stockport, SK3 8HR <a href="https://www.360life.church/?id=who-let-the-dads-out">https://www.360life.church/?id=who-let-the-dads-out</a>
Men's talk club football	A Talk & Exercise group is a peer to peer talking group that includes some form of physical activity.	Thursday 8-9pm Burnage Rugby Club, Battersea Road, Stockport SK4 3EA - £3.50  Email: <a href="mailto:joe.mathias@manchesterfa.com">joe.mathias@manchesterfa.com</a> or visit <a href="https://talkclub.org/clubs/manchester/">https://talkclub.org/clubs/manchester/</a> for more information
Directions for men	Provides groups for men to come and talk about whatever it is that is affecting their mental health  Currently no group in Stockport but they are in the process of setting this up. In the meantime, men can attend other groups in Greater Manchester	Closest groups:  Didsbury Talk Group 6 Barlow Moor Road, Didsbury, Manchester, M20 6TR Fridays 1:00pm  Wythenshawe Talk Group Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, Manchester, M22 1QW. Thursdays 6:00pm <a href="https://www.directionformen.org.uk/">https://www.directionformen.org.uk/</a>
Sands United Stockport	A support network for dads who have suffered the loss of a child through either stillbirth, neonatal death or miscarriage	Contact for more details: 07368 540522 Email- <a href="mailto:sandsunitedstockport@hotmail.com">sandsunitedstockport@hotmail.com</a>  <a href="https://www.facebook.com/SandsUnitedStockport/">https://www.facebook.com/SandsUnitedStockport/</a>
Stockport County's social wellbeing programme	Aims to support people in the community living with long-term health and mental health conditions, experiencing loneliness, and living in social	Weekly drop-in on Wednesday morning (10am-12.) at the Stockport County ground at Edgeley Park.

	<p>isolation, living with physical and learning disabilities, complex needs, and dementia. Activities include gentle yoga, relaxation &amp; body movement and art therapy, socialise over refreshments, play bingo, and take part in a quiz, a ground tour and gentle exercise walking around the pitch</p>	<p><a href="https://www.stockportcounty.com/community/programmes/countys-social-well-being-programme/">https://www.stockportcounty.com/community/programmes/countys-social-well-being-programme/</a></p>
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