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| **Day** | **Activity** | **Venue**  | **Time** | **Contact** |  |
| **Monday** | **Deckchair Care welcome café**Come and join us for some fun, rest and relaxation | Elm Road Church Halls Elm RoadGatley SK8 4LY | 1pm-3pm | Deckchair Care 0161 327 2894 |  |
| **Monday****Free to attend** | **Memories Lane Café**Come along and enjoy complimentary coffee and cake.  Chat with friends old and new and join in with fun activities | Bramhall Methodist church | Every Monday 2-4pm | Able Care Living0161 204 7968 |  |
| **Monday****Free to attend** | **Upper Room drop-in café**Drop-in session to support each other, offer guidance and meet new people. Drinks can be bought from the cafe | Upper Rooms café11 Wilmslow Rd Cheadle SK8 1DW | Every Monday11am-1pm | Wellbeing Network team on 0161 804 4416 |  |
| **Monday** | **Morrisons Café meet**Come along for a chat and a cuppa | Morrisons’ Café,Edgeley Rd, Cheadle Heath, Stockport SK3 0TQ | Every Monday1.45pm-3.15pm | Home Instead0161 480 0646 | Photo |
| **Monday** | **Drop In Café** Friendly group for people living with dementia and carers | Berretto Lounge Unit 3 Redrock, Bridgefield St SK1 1SA | Every Monday 2pm-3pm | Gill Oakes01625 871 837 |  |
| **Tuesday** | **The Ladybrook Group**Carers and cared for support group. A friendly get together, talking, singing and dancing. Drinks and lunch can be purchased   | The Ladybrook Fir Rd, Bramhall, Stockport SK7 2NP | Every Tuesday11.30am – 2.30pm  | Emma Driver 07584 281586  | A building with tables and chairs outside  Description automatically generated with medium confidence |
| **Wednesday****£5 per couple** | **Poynton Golden Memories Group**Group run by carers of loved ones living with dementia. Peer support, laughter, enjoyment, lunch, refreshments, activities, singing, crafts | The Main Hall, Poynton Civic Centre,Off Park Lane, Poynton, Cheshire SK12 1RB. | 11am-3pm | Judy Hatton01625 879376 07768 160095OrPauline Winfield 01625 879273 07809 371667 |  |
| **Wednesday****£4.00 per person, this includes lunch**  | **RE: DISH Dementia Friendly Café** A friendly get together for people with dementia, their family, carers and friends. Price includes lunch | The Tapestry at St Agnes Church,Off Gorton Rd,**North Reddish.** SK5 6RA | 12pm – 2pm | Alison on 07540 792409 |  |
| **Wednesday** | **Stepping Hill Dementia Drop In**Jacky Smith, volunteer from the Alzheimer’s Society will be available in the lounge for a chat, advice, support and signposting.  | The Serenity Lounge, Stepping Hill HospitalPoplar Grove, Hazel Grove, Stockport SK2 7JE | 9am- 12midday | Alzheimer’s society 0161 477 6999 | Image |
| **Wednesday****Group currently full. Please see Singing for Memory Group below** |  **Alzheimer’s Society Singing for the Brain**A friendly get together for people with dementia, carers, friends; sing along to your favourite songs.  | Ada Kay Resource Centre, 2a Annable Road, Bredbury, SK6 2DD | Second and fourth Wednesday 2pm-3.30pm | Alzheimer’s Society0161 477 6999 | A picture containing building, outdoor, house, roof  Description automatically generated |
| **Wednesday****£2.50 per session** | **Singing for Memory**A new group to meet and sing with people in a fun and social environment for anyone living with memory loss | Offerton Community Centre, Mallowdale Road, Offerton, SK2 5NX | Every Fortnight on Weds starting 12/1/202211.30am-1pm | Stockport HomesLouise Evans07875 990222 |  |
| **Wednesday** | **SK Memories Group**This will be a mix of memory activities, chair-based activities with ABL Health, and hopefully arts and crafts. | Ladybridge ConnectOff Meadway Rd, Cheadle Hulme SK8 5NZ | Every Weds10am until 12 noon | Email:Jamie.mccord@scfcfoundation.comTel 0774706492407760454583 |  |
| **Thursday****Free to attend****Drinks can be bought from the café** | **ROMILEY Drop in Café Nibble & Natter** For people living with dementia, their family, carers & friends. | Romiley Life Centre,3 Stockport Rd,Romiley.SK6 4BN   | 3pm – 4pm  | Margaret 0161 406 6729 |  |
| **Friday****Free to attend****Hot & cold drinks at the bar** | **The MARPLE Drop In.** A friendly group organised by Dementia Friendly Marple and EDUCATE | Marple Cricket Club,Bowden Lane, Marple.SK6 6LJ | 11:30am – 1:30pm  | info@marpledementiadropin.org0161 414 0160 |  |
| **Friday** | **Stepping Hill Dementia Drop In**Jacky Smith, volunteer from the Alzheimer’s Society will be available in the lounge for a chat, advice, support and signposting.  | The Serenity Lounge, Stepping Hill HospitalPoplar Grove, Hazel Grove, Stockport SK2 7JE | 9am-3.30pm | Alzheimer’s Society0161 477 6999 | Image |
| **Friday****THIS GROUP IS FULL.**  | **Fridays in HEATON MOOR** A friendly get together for people with dementia accompanied by their carer, a family member or friend. This group is operated by Dementia Friendly Heaton’s  | Heaton Moor United Church,Stanley Road,Heaton Moor. SK4 4HL  | 1:30pm – 3:30pm | dementiafriendlyheatons@gmail.comContact: JoAnne on 07340 269354 |  |