






Stockport Groups for people affected by dementia

*Please contact the provider for further information. i.e. to check availability/cost





****Please do not just turn up as some groups are full**** Leaflet Date: 8 November 2023

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 Road, Gatley, 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, 23 Bramhall Lane South, Bramhall, Stockport, SK7 1AL	Every Monday 2-4pm	Able Care Living 0161 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 Room Café 11 Wilmslow Road, Cheadle, SK8 1DW	Every Monday 11am-1pm	Wellbeing Network team on 0161 804 4416	
Monday	Morrisons Café meet Come along for a chat and a cuppa	Morrisons' Café, Edgeley Road, Cheadle Heath, Stockport, SK3 0TQ	Every Monday 1.45pm-3.15pm	Home Instead 0161 480 0646	
Monday	Drop In Café Friendly group for people living with dementia and carers	Berretto Lounge, Unit 3 Redrock, Bridgefield Street, SK1 1SA	Every Monday 2pm-3pm	Gill Oakes 01625 871 837	

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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 Road, Bramhall, Stockport SK7 2NP	Every Tuesday 11.30am – 2.30pm	Emma Driver 07584 281586	
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 Road, 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 Hospital Poplar Grove, Hazel Grove, Stockport SK2 7JE	9am- 12pm	Alzheimer's society 0161 477 6999	
Wednesday Session costs £2.50 per person Currently full. See Singing for Memory below	Alzheimer's Society Singing for the Brain A friendly get together for people with dementia, carers, friends; sing along to your favourite songs.	Short Street United Reformed Church, Hazel Grove Stockport SK7 4AD. Parking available.	Second and fourth Wednesday (next one Wednesday 8 November 2023) 2pm-3.30pm	Alzheimer's Society 0161 477 6999	

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Wednesday Virtual attendance free to attend	Alzheimer's Society Greater Manchester Virtual Singing for the Brain Group Our virtual singing group is for people living with dementia and their family, friends, and carers. Hosted by Alzheimer's Society staff and led by a friendly and enthusiastic musician over Zoom	Virtual over Zoom	First and third Wednesday of the month 2pm – 3:30pm	For more information please contact Alzheimer's Society 0161 477 6999 or email stockport@alzheimers.org.uk	
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 Wednesday, speak to Louise Evans (Contact) for date of next session 10:45am-12:15pm	Stockport Homes Louise Evans 07875 990222 Louise.evans@stockporthomes.org	
Wednesday Free to attend, tea and coffee available	SK Memories Group Call in for a friendly brew and a chat.	Ladybridge Connect Off Meadway Road, Cheadle Hulme SK8 5NZ (note the group is held in the Pavilion building which is at the rear of the Brockbank Centre	Every Weds 10am – 12pm	Email: mark@stockportcommunityfoundation.com Mobile: 07940549964 Foundation mobile: 07778171964	
Thursday Free to attend Lunch is optional	Platform 5 Group Arts crafts, dominoes. Singing dancing	Platform 5 47 Station Road Cheadle Hulme SK8 7GH	Every Thursday 12 noon – 2.30pm	Emma Driver 07584 281586	

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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 Road, Romiley, SK6 4BN	3pm – 4pm	Margaret 0161 406 6729	

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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	0161 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 Hospital Poplar Grove, Hazel Grove, Stockport SK2 7JE	9am-3.30pm	Alzheimer's Society 0161 477 6999	
Friday May be spaces available, please contact the organiser	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.com Contact: JoAnne on 07340 269354	

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Day	Activity	Venue	Time	Contact	
Friday	Musical Memories We are a group who have always loved playing music and singing together and started Musical Memories to create social singing sessions to help bring people of all ages together for the simple pleasure of singing, talking, remembering, and enjoying Musical Memories continued..... each other's company – not to mention the cuppa and biscuits! Open to those “with or without Dementia”	Woodley Methodist Church, Chapel Street, Woodley, Stockport, SK6 1NF	Last Friday of the month 2.00pm – 4.00pm	Phil Taylor on 0161 430 8518 philip.taylor13@yahoo.co.uk	
Saturday	Dementia Disco Music to inspire Memory, conversation and friendship. Lovely warm and welcoming atmosphere Open to all and family and friends Free hotpot, tea, coffee, and squash	Ladybridge Residents Club, Edenbridge Road, Cheadle Hulme, SK8 5PX	5pm-7pm Second Saturday of every month	dementiadisco@gmail.com	
Saturday	Dementia Disco Music to inspire Memory, conversation, and friendship. Lovely warm and welcoming atmosphere Open to all and family and friends	Heaton Mersey Conservative Club 444. Didsbury Road Stockport, SK43BS	5pm-7pm Fourth Saturday of every month	dementiadisco@gmail.com	

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