











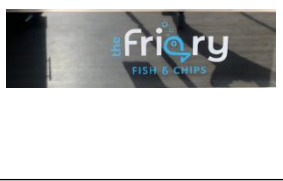
## Stockport Groups for people living with dementia, their families, carers and friends.


\*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 – October 2022

Day	Activity	Venue	Time	Contact	
<b>Monday</b>	<b>Deckchair Care welcome café</b> 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	
<b>Monday</b> <b>Free to attend</b>	<b>Memories Lane Café</b> 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 Living 0161 204 7968	
<b>Monday</b> <b>Free to attend</b>	<b>Upper Room drop-in café</b> Drop-in session to support each other, offer guidance and meet new people. Drinks can be bought from the cafe	Upper Rooms café 11 Wilmslow Rd Cheadle SK8 1DW	Every Monday 11am-1pm	Community Hub team on 0161 804 4416	
<b>Monday</b>	<b>Drop In Café</b> <b>Friendly group for people living with dementia and carers</b>	Berretto Lounge Unit 3 Redrock, Bridgefield St SK1 1SA	Every Monday 2pm-3pm	Call Gill Oakes 01625 871 837	
<b>Tuesday</b>	<b>The Ladybrook Group</b> 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 Tuesday 11.30am – 2.30pm	Call Emma Driver 07584 281586	
<b>Wednesday</b> <b>£5 per couple</b>	<b>Poynton Golden Memories Group</b> 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 Hatton-01625 879376 /07768 160095 Pauline Winfield – 01625 879273 / 07800	
<b>Wednesday</b> <b>£4.00 per person, this includes lunch</b>	<b>RE: DISH Dementia Friendly Café</b> A friendly get together for people with dementia, their family, carers and friends. Price includes lunch	The Tapestry@St Agnes Church, Off Gorton Rd, <b>North Reddish.</b> SK5 6RA	12pm – 2pm	Alison on 07540 792409	

<b>Wednesday</b> Group currently full. Please see Singing for Memory Group below	<b>Alzheimer's Society Singing for the Brain</b> 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 Society 0161 477 6999	
<b>Wednesday</b> £2.50 per session	<b>Singing for Memory</b> 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 12/1/2022 11.30am-1pm	Stockport Homes Louise Evans 07875 990222	
<b>Wednesday</b>	<b>SK Memories Group</b> This will be a mix of memory activities, chair-based activities with ABL Health, and hopefully arts and crafts.	Ladybridge Connect Off Meadway Rd, Cheadle Hulme SK8 5NZ	Every Weds 10am until 12 noon	Email: <a href="mailto:Jamie.mccord@scfcfoundation.com">Jamie.mccord@scfcfoundation.com</a> Tel 07747064924 07760454583	
<b>Thursday</b> Free to attend Hot and cold drinks can be bought from the bar	<b>Thursday Drop in CHEADLE HULME</b> A friendly get together for people with dementia, their family, carers and friends.	Kenilworth pub Cheadle Rd, Cheadle Hulme, SK8 5DX	1st and 3rd Thursday of the month 11.15 – 12.45pm	Suzanne 0161 449 9795 Sue Bates 0161 485 2435	
<b>Thursday</b> Free to attend, buy own meal	<b>Chip n Chat</b>	The Friary, Castle Street Edgeley (Small plates available)	Every Thursday 12-1.30pm	Home Instead 0161 480 0646	
<b>Thursday</b> Free to attend Drinks can be bought from the café	<b>ROMILEY Drop in Café Nibble &amp; Natter</b> For people living with dementia, their family, carers & friends.	Romiley Life Centre, 3 Stockport Rd, Romiley. SK6 4BN	3pm – 4pm	Margaret 0161 406 6729	
<b>Friday</b> Free to attend Hot & cold drinks at the bar	<b>The MARPLE Drop In.</b> A friendly group organised by Dementia Friendly Marple and EDUCATE	Marple Cricket Club, Bowden Lane, Marple. SK6 6LJ	11:30am – 1:30pm	<a href="mailto:info@marpledementiadropin.org">info@marpledementiadropin.org</a>  0161 414 0160	

<b>Friday</b> <b>THIS GROUP</b> <b>IS FULL.</b>	<b>Friday's in HEATON MOOR</b> 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	<a href="mailto:dementiafriendlyheatons@gmail.com">dementiafriendlyheatons@gmail.com</a> Contact: JoAnne on 07340 269354	
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