

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.

Day	Activity	Venue	Time	Contact	
Monday	SMILE session drop in A friendly drop in that also offers a gentle exercise class	Life Leisure Avondale, Heathbank Rd, Cheadle Heath. SK3 0UP	Starting Weekly in October 2017 11:00am	Ross McGuigan 0161 482 0900 07780 472 648	
Monday	Monday Drop In Group DEBENHAMS STOCKPORT A friendly group that meets in the cafe	Debenhams Merseyway Shopping Centre, Princess Street, Stockport. SK1 1TS	2:00pm – 3:00pm	Gill Oakes 01625 871 837	
Monday	Dementia Friendly Tea Dance - Borough Care Open to all. A friendly tea dance. Booking essential	Offerton Community Centre, Mallowdale Rd, Offerton. SK2 5NX	2nd Monday of the Month 2pm till 4pm	Sam Yates 07508 814 559	
Tuesday	Activity Memory Group BRAMHALL A friendly activity group with a light lunch and entertainment managed by the Rotary Club	Bramhall United Reformed Church, Robbins Lane, Bramhall. SK7 2PE	12:30pm – 2:30pm	Marian 07860 112 212 Danny 07919 813 453	
Tuesday	Living In The Present A friendly group. Music from the past, games, darts dominos, cards within a pub. Come along with your carer	The Greyhound Pub, Bents Lane, Bredbury. SK6 2NL	1pm to 3pm	0161 430 2481 or 07791 476 423	
Tuesday	Woodbank Dementia Friendly Walking Group A friendly group who have a light walk around the park followed by a brew in Vernon café.	Vernon Park Café, Turncroft Ln, Offerton. SK1 4AR	1:30pm	Sam Yates 07508 814 559	
Wednesday	Wednesday Drop In CHEADLE HULME A friendly get together for people with dementia, their family, carers and friends. Managed by the Rotary Club	The Governors House Pub, 43 Ravenoak Rd Cheadle Hulme. SK8 7EQ	Alternate Wednesdays 10:30am – 12:30pm	Marian 07860 112 212 Danny 07919 813 453	

Wednesday	OFFERTON Dementia Drop In A friendly get together for people living with dementia, their family, carers and friends.	Offerton Community Centre, Mallowdale Rd, Offerton. SK2 5NX	Monthly 10:30am – 12:30pm	Louise Evans 07875 990 222	
Wednesday	REDDISH Dementia Friendly Café A friendly get together for people with dementia, their family, carers and friends.	The Tapestry@St Agnes Church, Off Gorton Rd, North Reddish. SK5 6RA	12:00pm – 2:30pm	Gemma Magee 07498 996 634	
Thursday	Singing for the Brain HAZEL GROVE A friendly get together for those living with dementia, carers and friends; sing along to your favourite songs. No singing ability required	Short Street United Reform Church, Short Street, Hazel Grove. SK7 4AD.	Alternate Thursday 11:00am – 12:30pm	Alzheimer's Society 0161 477 6999	
Thursday	Memory Café CHEADLE A friendly get together for people with dementia, their family, carers and friends. Managed by the Rotary Club	Trinity Church, Massie Street, Cheadle. SK8 1DU	Alternate Thursdays 11:00am – 1:00pm	Marian 07860 112 212 Danny 07919 813 453	
Thursday	Best foot forward dementia walking group - Cheadle 30 min walk around Abney Park. Free friendly walks.	Abney Court Care Home, Abney Hall Park, Manchester Rd, Cheadle. SK8 2PD	Alternate Thursdays 11:30am	Booking is essential Pam Wilson 0161 495 3780	
Thursday	ROMILEY Drop in Café Nibble & Natter For people living with dementia, their family, carers & friends.	Romiley Life Centre, 3 Stockport Rd, Romiley. SK6 4BN	3:00pm – 4:00pm	Margaret 0161 406 6729 or Ann 0161 317 1006	
Friday	The MARPLE Drop In. A friendly group Organised by Dementia Friendly Marple	Marple Cricket Club, Bowden Lane, Marple. SK6 6LJ	11:30am – 1:30pm	c/o Alzheimer's Society 0161 477 6999	
Friday	Friday Drop In HEATON MOOR A friendly get together for people with dementia, their family, carers and friends Operated by Dementia Friendly Heaton	Heaton Moor United Church, Stanley Road, Heaton Moor. SK4 4HL	1:30pm – 3:30pm	Beryl 0161 975 5074	