

# Local groups for people living with dementia

**Monday** 1

**SMILE session drop-in**

A friendly drop-in that also offers a gentle exercise class.

Life Leisure, Avondale, Heathbank Road, Cheadle Heath SK3 0UP

Starting Weekly in October 2017 11.00am

Ross McGuigan  
0161 482 0924  
/ 0778 047 2648

**Friday** 2

**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

Alzheimer's Society 0161 477 6999 Phone before attending for first time

**Monday** 3

**Drop-in, Stockport**

A friendly group that meets in the cafe.

Debenhams, Merseyway, Shopping Centre, Princess Street SK1 1TS

2.00pm - 3.00pm

Gill Oakes  
0162 587 1837

**Wednesday** 4

**Dementia Friendly Café**

A friendly get together for people with dementia, their family, carers and friends.

The Tapestry, St Agnes Church, Off Gorton Road, North Reddish SK5 6RA

12.00pm - 2.30pm

Gemma Magee 0749 899 6634 Phone before attending for first time

**Tuesday** 5

**Woodbank Dementia Friendly Walking Group**

A friendly group who have a light walk around the park followed by a brew in Vernon café. In partnership with Borough Care.

Vernon Park Café, Turncroft Lane, Offerton SK1 4AR

1.30pm

Edward Coverley  
0751 441 2977

**Tuesday** 6

**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

1.00pm - 3.00pm

0161 430 2481 / 0779 147 6423

**Thursday** 7

**Best Foot Forward - Dementia Walking Group**

30 min walk around Abney Park. Free friendly walks.

Abney Court Care Home, Abney Hall Park, Manchester Road, Cheadle SK8 2PD

Alternate Thursdays 11.30am

Booking is essential.  
Pam Wilson 0161 495 3780

**Thursday** 9

**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 0786 011 2212

**Wednesday** 11

**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 Road SK8 7EQ

Alternate Wednesdays 10.30am - 12.30pm

Marian 0786 011 2212

**Tuesday** 12

**Activity Memory Group**

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  
0786 011 2212  
Phone before attending for first time

**Thursday** 13

**Singing for the brain**

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 Reformed Church, Hazel Grove SK7 4AD

Alternate Thursdays 11.00am - 12.30pm

Alzheimer's Society 0161 477 6999

**Monday** 14

**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 2.00pm - 4.00pm

Sophie Rawlinson  
0779 481 0032

**Wednesday** 15

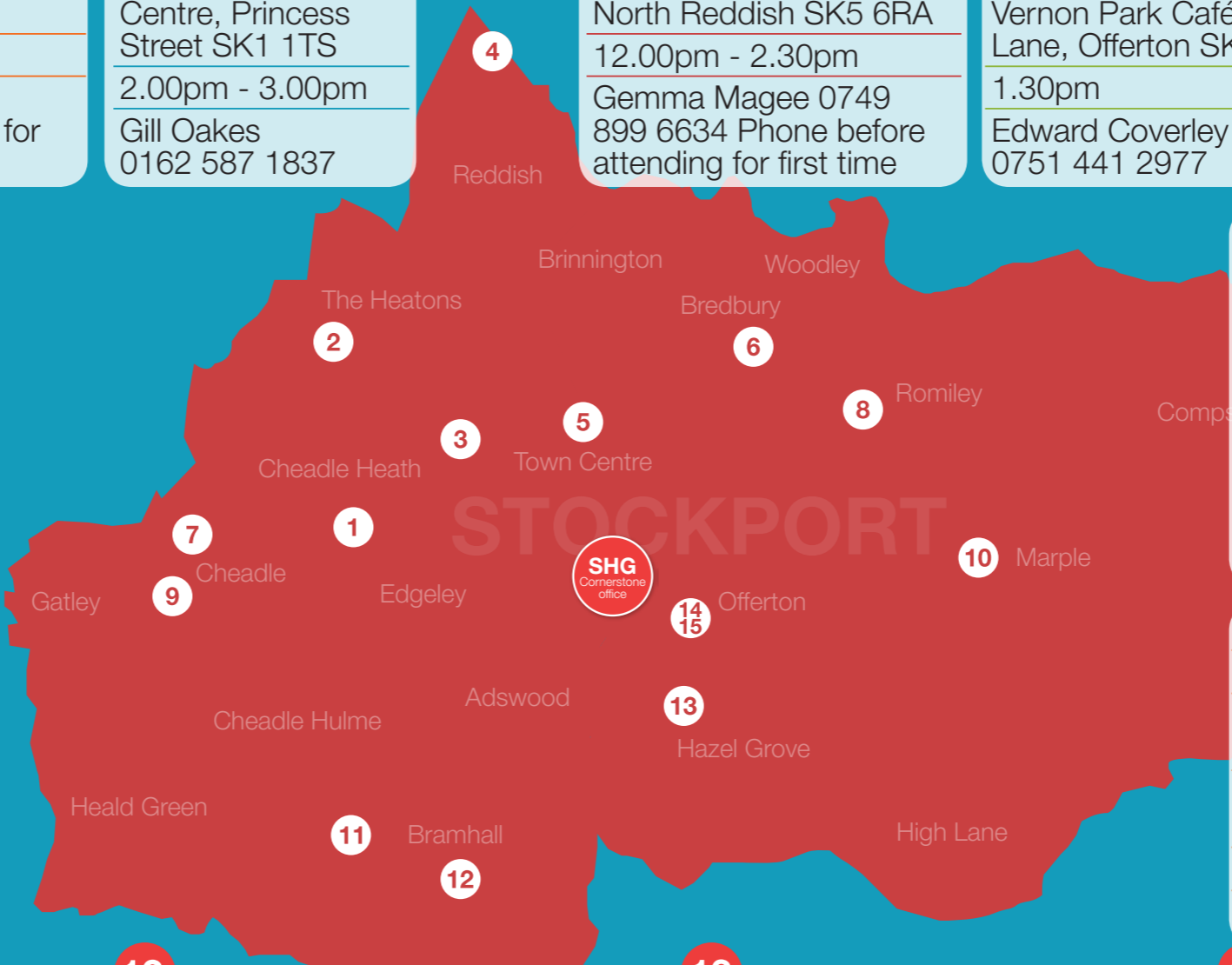
**Offerton Drop-in**

A friendly get together for people living with dementia, their family, carers and friends.

Offerton, Community Centre, Mallowdale Road, Offerton SK2 5NX

3rd Wednesday of the month 11.30am - 1.30pm

Louise Evans 0787 599 0222



**Thursday** 8

**Drop-in Café Nibble and Natter**

For people living with dementia, their family, carers and friends.

Romiley Life Centre, 3 Stockport Road, Romiley SK6 4BN

3.00pm - 4.00pm

Margaret 0161 406 6729 / Ann 0161 317 1006

**Friday** 10

**The Marple Drop-in**

A friendly group organised by Dementia Friendly Marple.

Marple Cricket Club, Bowden Lane, Marple SK6 6LJ

11.30am - 1.30pm

Alzheimer's Society 0161 477 6999