







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 – 23 June 2023 v.3




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	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 Rooms café 11 Wilmslow Rd 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 Rd, 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 St SK1 1SA	Every Monday 2pm-3pm	Gill Oakes 01625 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 Tuesday 11.30am – 2.30pm	Emma Driver 07584 281586	

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<p>Wednesday £4.00 per person, this includes lunch</p>	<p>RE: DISH Dementia Friendly Café A friendly get together for people with dementia, their family, carers and friends. Price includes lunch</p>	<p>The Tapestry at St Agnes Church, Off Gorton Rd, North Reddish. SK5 6RA</p>	<p>12pm – 2pm</p>	<p>Alison on 07540 792409</p>	
<p>Wednesday</p>	<p>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.</p>	<p>The Serenity Lounge, Stepping Hill Hospital Poplar Grove, Hazel Grove, Stockport SK2 7JE</p>	<p>9am-12midday</p>	<p>Alzheimer's society 0161 477 6999</p>	
<p>Wednesday Group currently full. Please see Singing for Memory Group below</p>	<p>Alzheimer's Society Singing for the Brain A friendly get together for people with dementia, carers, friends; sing along to your favourite songs.</p>	<p>Ada Kay Resource Centre, 2a Annable Road, Bredbury, SK6 2DD</p>	<p>Second and fourth Wednesday 2pm-3.30pm</p>	<p>Alzheimer's Society 0161 477 6999</p>	
<p>Wednesday £2.50 per session</p>	<p>Singing for Memory A new group to meet and sing with people in a fun and social environment for anyone living with memory loss</p>	<p>Offerton Community Centre, Mallowdale Road, Offerton, SK2 5NX</p>	<p>Every Fortnight on Weds starting 14/6/2023 11.00am-12:30pm</p>	<p>Stockport Homes Louise Evans 07875 990222 Louise.evans@stockporthomes.org</p>	
<p>Wednesday Free to attend, tea and coffee available</p>	<p>SK Memories Group This will be a mix of memory activities, chair-based activities with ABL Health, and hopefully arts and crafts.</p>	<p>Ladybridge Connect Off Meadway Rd, Cheadle Hulme SK8 5NZ</p>	<p>Every Weds 10am - 12 noon</p>	<p>Email: Jamie.mccord@scfcfoundation.com Tel 07747064924 07760454583</p>	

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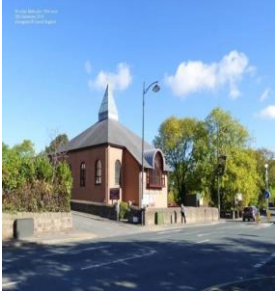





Thursday Free to attend Lunch is optional	Platform 5 Group Arts crafts, dominoes. Singing dancing	Platform 5 47 Station Road Cheadle Hulme SK8 7GH	Every Thursday 12 noon – 2:30pmi	Emma Driver 07584 281586	
Thursday Free to attend Drinks can be bought from the café	ROMILEY Drop in Café Nibble & Natter 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@marple-dementiadropin.org 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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<p>Friday</p>	<p>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 each other's company – not to mention the cuppa and biscuits! Open to those "with or without Dementia"</p>	<p>Woodley Methodist Church Chapel St, Woodley, Stockport, SK6 1NF</p>	<p>Last Friday of the month 2:00pm – 4:00pm</p>	<p>Phil Taylor on 0161 430 8518 philip.taylor13@yahoo.com</p>	
<p>Saturday Open to all and family and friends Free hotpot, tea, coffee, and squash</p>	<p>Dementia Disco  Music to inspire Memory, conversation and friendship. Lovely warm and welcoming atmosphere</p> 	<p>Ladybridge Residents Club, Edenbridge Road, Cheadle Hulme SK8 5PX</p>	<p>5-7pm 2nd Saturday of every month</p>	<p>dementiadi@sco@gmail.com</p>	
<p>Saturday Open to all and family and friends Free hotpot, tea, coffee, and squash</p>	<p>Dementia Disco  Music to inspire Memory, conversation, and friendship. Lovely warm and welcoming atmosphere</p> 	<p>Heaton Mersey Conservative Club 444. Didsbury Rd Stockport SK43BS</p>	<p>5-7pm 4th Saturday of every month</p>	<p>dementiadi@sco@gmail.com</p>	