### Local groups for people living with dementia

#### Monday
- **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

#### 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
  - 1.00pm - 3.00pm
  - 0161 430 2481 / 0779 147 6423

#### Wednesday
- **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

#### Thursday
- **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
  - 11.00am - 12.30pm
  - Marian 0786 011 2212 Phone before attending for first time
  - Alzheimer’s Society 0161 477 6999

#### 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
  - Alzheimer’s Society 0161 477 6999

### Friday
- **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

### Saturday
- **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

### Saturday
- **Memorial 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

### Saturday
- **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

### Saturday
- **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

### Saturday
- **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

### Saturday
- **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