



Groups

Dance4Carers with Stockport Mind and Boost

Specifically for Carers, an inclusive street style dance group catering for all abilities.

Every Tuesdays (from 14th June for 8 weeks) from 11:30am-12:30pm at [EP Dance Studio](#), 3 Toll Bar Street, Stockport, SK1 3EW

Accessibility - Held upstairs (with a banister) in a building with no lift.

Please call 0161 475 6229 or email carerssupport@stockportmind.org.uk to sign up to the group.

Carers Drop In

Do you care for a partner, relative, or friend who is experiencing emotional distress or has a mental health condition?

Come and join us for a chat, giving you an opportunity to meet other mental health carers.

The group is held twice a month – once online and once in person (Hot drinks and biscuits provided as well).

1st Wednesday of every month, 10am – 12pm via Zoom (link sent out via email)

3rd Wednesday of every month, 10am – 12pm at the Quaker Meeting House, 2 Cooper Street, Stockport, SK1 3DW

Accessibility– Ground Floor, No stairs

Please call 0161 475 6229 or email carerssupport@stockportmind.org.uk to sign up to the group.

Thursday at One

Arts and Crafts group ran by volunteers of Stockport Mind.

Every Thursday from 1- 3pm at Stockport Baptist Church, 60 Thomson Street, Stockport, SK3 9DR

Hot drinks and biscuits provided as well.

Accessibility– Ground Floor, No stairs

Please call 0161 475 6229 or email carerssupport@stockportmind.org.uk to sign up to the group.

Stockport Mind Choir

Choirs provide much-needed peer support, confidence, fun and access to information and services for anyone living in the Stockport area.

Every Friday 2pm – 3.30pm at St Peter’s Parish Church, St Petersgate, Stockport, SK1 1NZ

Hot drinks and biscuits provided as well.

Accessibility– Ground Floor, No stairs

Choir is free of charge, but we suggest a small donation to help cover costs.

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