



**PURE  
INNOVATIONS**  
The key to a fulfilled life

# Community Hub Groups

## Rosie's Friendship Group

**Every Monday  
10am – 12pm**

A welcoming,  
weekly friendship  
group for people  
aged 50+

Birch Court  
Marple  
SK6 6DB

## Dementia Drop in

**Every Monday  
11am – 1pm**

For people living  
with dementia or  
loss of cognitive  
function & their carers.

Upper Room Cafe  
11 Wilmslow Rd,  
Cheadle SK8 1DW

## Start the week

**Every Monday  
12:30pm - 3:30pm**

A weekly lunch  
group for people  
with severe, enduring  
mental health issues.

St Matthews Church House  
99 Chatham St, SK3 9EG

**REFERRAL REQUIRED**

## The Stockport Social

**Every Tuesday  
11am – 1pm**

Board Games, Video  
Games, Card Games, Films,  
Pizza and Drinks

**FREE | 18+ | All welcome**  
Stockport Baptist Church,  
Thomson St. SK3 9DR

**NO REFERRAL NEEDED**

## Mooch & Mingle Walking Group

**Every Thursday  
12:30pm – 2pm**

For people with limited mobility.  
Meet by the picnic benches next  
to the car park. In winter months  
meet in the pavilion.

Alexandra Park Edgeley SK3 9RH  
Babscunliffe@sky.com  
or call 07841747352

## Youth Club

**Every Thursday  
6pm – 8pm**

A friendly, inclusive  
youth group for people  
aged 16-25 with  
additional needs.

Adswold Young Peoples  
Centre, Neston Grove, SK3 8PH

**REFERRAL ONLY**

## Menopause in Mind

**Every Friday  
10am – 12pm**

A safe space for women  
to chat and gather  
information to help find  
the right choice for them.

Vernon Café,  
Vernon Park, Stockport,  
SK1 4AR



For more information email  
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