

Other activities that are dementia friendly include:

THE SHED -MONDAY-FRIDAY 9-3PM & SATURDAY 10AM-1PM

The Shed Tameside, 85 Birch Lane, Dukinfield, SK15 5AU

An activity based "Shed" where men can take part in a range of practical activities, woodworking, gardening, bee keeping, cooking or simply to socialise including those with early or memory loss.

Contact: Mike Barlow 0161 368 4974
07984 403 920
www.theshedtameside.org.uk

BOWLING (seasonal)

Contact: Barry Sutcliffe : 0161 612 5783.

FISHING-Friends of Catch Nature

Contact: Steve Wallwork : 07842 931 736.

ACTIVE TAMESIDE- Sessions include;

Indoor kurling, gentle chair based exercises, relaxed swimming and walking football.

Contact: Active Tameside : 0161 366 4860.

Please contact the groups/activities before attending as times and venues may have changed.



THE MEETING PLACE



Tameside ageUK



tuesday CAFE



DEMENTIA WAERIES



This booklet has been supported by Ambition for Ageing Tameside Working to improve the lives of the over 50's in Tameside.



Activities & Groups in Tameside for people living with dementia and their carers .

Come and Join us

MONDAY 1:45-3:45PM

DEMENTIA WARRIORS

Moravian Church, Yew Tree Lane, Denton SK16 5BJ

A fun filled group that offers a safe space, and a warm welcome. With a wide range of activities and crafts on offer as well as visits from musical groups and entertainers . Refreshments provided
Contact : Dorothy Evans 0161 338 6187

MONDAY 1-3PM

FORGET-ME-NOT BUDDIES

Denton Methodist Church, Hyde Road Denton M34 3AQ

An independent self-funding group run by Carers. Weekly contact, support, and get together with refreshments, entertainment and activities. Buddies also offers subsidised events and outings.

Contact: Roy Bates 07787 907 087

Viv Shilton 07912 176 887

www.forgetmenotbuddies.wordpress.com

ForgetMeNotBuds@aol.com

Come and Join us

MONDAY 2-4PM

MOTTRAM MONDAY MATINEE

Mottram Evangelical Church, Stalybridge Rd, Mottram, SK14 6NF

Retro-themed weekly activity club including; films, chair aerobics, quizzes, visits from schools, singing and cake!

We also have an annual day trip and a Big Night Out!

Contact: Debs Fidler 07446 893 445

MONDAY & WEDNESDAY 1-3PM

VOLUNTEER CIRCLE OF FRIENDS

St Mary's Church Community Hall, Duke St, Denton M34 2AN

Weekly activity club providing a social afternoon in a safe and pleasant environment with activities and entertainment for people with dementia and their carers.

Contact : Linda 07927 941 478

Freda 07769 978 609

Come and Join us

THURSDAY 1:30-3:30PM

AGE UK DEMENTIA DROP-IN

Age UK Tameside, 131 Katherine St, Ashton-under-Lyne
OL6 7AW

For people with dementia or people caring for someone, to get help and support at our drop in sessions.

Contact : Dawn Linnie 0161 308 500

THURSDAY 9-12NOON

THE MEETING PLACE

Mottram Evangelical Church, Stalybridge Rd, Mottram,
SK14 6NF

People of all ages are invited to drop in to have a chat, read a book, drink coffee, form friendships and enjoy the atmosphere.

Contact: Debs 07446 893 445
debs@mottramec.co.uk

Come and Join us

FRIDAY 1:30-3:30PM EACH 2ND & 4TH FRI

FAIRFIELD MEMORY SINGERS

The College, Fairfield Moravian Settlement, Droylsden
M43 6AF

Come and join us for singing, exercising your memory and fellowship. All welcome especially people diagnosed with memory loss and their carers. Free refreshments provided.

Contact: Janet Warr 0161 370 0132

FRIDAY 1-3PM EACH 2ND & 4TH FRI

DEMENTIA CAFÉ & CARERS GROUP

Willow Wood Hospice , Willow Wood Close, Mellor Rd
OL6 6SL

A café that offers support, friendship and fun for those living with dementia and their carers.

Contact: Nic Lavery 0161 330 1100
Sandra Cooper dementia@willowood.info