IS YOUR LIFE AFFECTED BY DEMENTIA?

WOULD YOU LIKE TO:

Have some fun?
Talk to others?
Share or learn a skill?
Enjoy more social activities?
Get information and advice?
Improve your physical health and mental well being?
Attend events?
Share your expertise and shape dementia services?

Our groups offer support, friendship and activities to people who are living with dementia and to their carers.

OUR WEEKLY GROUPS*

- **Friendship & Activity Group**
  Mondays 2-4pm, Amani Centre, Moss Side

- **Evening Carers’ Drop-In Group**
  Tuesday evenings, 7-9pm, Chorlton Central Church, Barlow Moor Road

- **Walk & Talk Group**
  Wednesdays, 11-12.30pm, the Pavilion Cafe, Alexandra Park

- **Didsbury Friendship & Activity Group**
  Thursdays 10.30-12.30pm, Didsbury Park

OUR MONTHLY GROUPS*

- **Together In Song Gospel Choir**
  Saturdays 3 - 4.40pm, Hibiscus Court, Sedgeborough Road, Moss Side

- **Fabulous Forgetful Friends**
  Tuesdays, at various locations

*Full group details on reverse

For more information please contact:
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INFORMATION ON OUR GROUPS

WEEKLY GROUPS

Friendship & Activity Group, Moss Side MONDAYS 2-4PM
We meet each week to enjoy each other’s company and have a go at a range of activities – from baking to gardening, snooker to dominoes, and each month we have a singing session and exercise to music. We also have trips out. There’s lots of laughter and fun and everyone is helped to join in. Your relative might like to visit with you but, after that, he/she can enjoy a short break while you are attending.

Friendship & Activity Group, Didsbury THURSDAYS 10.30-12.30PM
This small group is run in partnership with Didsbury Good Neighbours at their lovely café in Didsbury Park. We enjoy a range of activities, including games, art & craft, reminiscence, poetry reading. In the Summer we do gardening and walks in the park. Relatives/carers can relax in the café whilst you enjoy the group.

Walk & Talk Group WEDNESDAYS 11-12.30PM
This group meets in Alexandra Park, now beautifully restored. The group have a leisurely stroll around the lake, feeding the ducks, and observing the wildlife and changing seasons. Anyone who wants to walk for longer can do so with our volunteers. Then we enjoy refreshments at the Pavilion Café whilst we chat, play cards or dominoes. It’s great for improving physical and mental health. Both people living with dementia and relatives are welcome to join us. We’re there, whatever the weather!

Carers’ Drop-In, Chorlton TUESDAY EVENINGS 7-9PM
Set up to support family carers, this group offers a mix of informative sessions and social / relaxing sessions. You will learn from speakers and other carers how best to support your relative - and how to look after yourself! We have time to listen to your stories - and we can even laugh about some of them! We have an informal session at Christie Fields pub once a month and twice each month we offer massage appointments so that you can take care of yourself.

MONTHLY GROUPS

Together In Song, Moss Side (MONTHLY) SATURDAYS 3-4.30PM
This group offers wonderfully uplifting singing sessions to people from the African Caribbean community. With a talented, professional choir leader and volunteers who love to sing and dance, we have a great time together. We’ve even sung at the Town Hall and University. Even if you can no longer sing well, you’ll enjoy the music, the rhythms, the memories and the company.

Fabulous Forgetful Friends (MONTHLY) TUESDAYS 12.30-2PM
This innovative group has been set up to offer opportunities for people living with dementia to talk about the challenges and their achievements in living well. It also aims to be an influencing group, telling professionals, service providers and the public what we can do and what our particular support needs are. We want to make Manchester even more dementia friendly!

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