

Monthly Groups

Together in Song, Moss Side
**MONTHLY- Saturdays,
3-4.30pm**

This group offers wonderfully uplifting singing sessions to people from African Caribbean community. With a talented, professional choir leader and volunteers who love to sing and dance. We have a fantastic time together! Our group has even sung at the Town Hall and the 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,
11.30-1.30pm**

This innovative group offers opportunities for people living with dementia to talk about the challenges they face 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!

For more information, please contact:

Sally Ferris, Co-ordinator

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Email: sally@togetherdementiasupport.org

Web: www.togetherdementiasupport.org

 2getherDementia

 Together Dementia Support



Enabling people to live positively
with dementia

IS YOUR LIFE AFFECTED BY DEMENTIA?



Would you like to:

- Improve your physical health & mental wellbeing?
- Talk to others?
- Have some fun?
- Get information and advice?
- Share your expertise and shape dementia services?
- Share or learn a new skill?
- Attend events?

Why Not Join Us?

Our groups offer support, friendship and activities to people who are living with dementia & to their carers. If you are interested in attending one of our groups, please contact Sally Ferris, Coordinator.

Tel: 07854335890

Email: sally@togetherdementiasupport.org

Our Weekly Groups

Friendship & Activity Group

Mondays 2pm-4pm

Amani Centre, Moss Side

Evening Carers' Drop-In Group

Tuesday Evenings, 7-9pm

Chorlton Central Church, Barlow Moor Rd

Creativity Group

Tuesday, 1.45-3.45pm

Amani Centre, Moss Lane East, M16 7DG

Walk & Talk Group

Wednesdays 11-12.30pm

The Pavilion Cafe, Alexandra Park

Feel Good Stay Well Club

Wednesdays 1.30-3.30pm,

East & North Manchester

Sonas Group

Wednesdays, 2.30-3.30pm

Laurel Court Care Home, Candleford Rd

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

Influencing Group

Tuesdays, 11.30-1.30pm at various locations

Information on our weekly groups

Friendship & Activity Group, Moss Side

MONDAYS 2-4PM

We meet each week to enjoy each other's company & have a go at a range of activities- from baking to gardening, snooker and dominoes. Each month we have a singing session and exercise to music. There's lots of laughter and fun, everyone is helped to join in. Your relative might like to visit with you but, after that, they can enjoy a short break whilst you attend the group session.

Carer's Drop-In, Chorlton

TUESDAY EVENINGS, 7-9pm

Set up to support family carers, this group offers a mix of informative sessions & 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.

Creativity Group, Amani Centre, Moss Lane East, M16 7DG.

TUESDAYS 1.45-3.45PM.

Our creativity group offers a therapeutic environment for those living with dementia and their carers to use their creative flair. We enjoy exploring a range of activities such as pottery, painting, drawing and needle craft.

Feel Good, Stay Well Club, East & North Manchester

WEDNESDAYS 1.30-3.30PM

This project is run in partnership with Guinness Housing to offer their tenants and people in the local community a friendship & activity group with an emphasis on keeping physically active.

At the Feel Good Stay Well Club, people living with dementia and their carers will be able to meet with other residents for a range of fun activities.

Walk & Talk Group, Alexandra Park

WEDNESDAYS 11-12.30PM

Meeting in the beautifully restored park, the group have a leisurely stroll around the lake, feeding the ducks & observing wildlife. Anyone who wants to walk for longer can do so with our volunteers. Afterwards, we enjoy refreshments in the park cafe. It's great for improving physical and mental health! Both people with dementia and their relatives are very welcome to join us.

We'll be there, whatever the weather!

Sonas Group, Laurel Court Care Home, Candleford Road, M20 3JH

WEDNESDAYS 2.30-3.30PM

Our new weekly Sonas group meetings are a great chance to enjoy fun activities aimed at maintaining communication & social skills. Get involved in singing, seated exercise, percussion instruments, shoulder massages and lots of smiling!

Friendship & Activity Group, Didsbury

THURSDAYS 10.30-12.30PM

This small group is run in partnership with Didsbury Good Neighbours at their lovely cafe in Didsbury Park. We enjoy a range of activities including gardening, walks in the park, games, arts and crafts, reminiscence and poetry.