Groups and activities for people living with dementia, and their carers.

The Clickety Click Club
The Clickety Click Club are a group of knitters, who knit for many good causes in the community and are keen to support Poynton becoming Dementia Friendly. Members have made beautiful ‘Twiddle muffs’ and ‘Twiddle blankets’ for people who are living with dementia. Please contact Jean Doyle on 01625 403 509 for more information or to purchase.

Admiral Nurse Dementia Helpline
0800 888 6678

Updated Jan 2020
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **9.45am - 10.45am**  
**11am - 11.30am**  
Be steady, be safe. Falls Prevention Class  
Mon & Tues sessions available. Poynton Civic Hall, off Park Lane, Poynton, SK12 1RB. Booking essential. Call Everybody Sport & Recreation. This activity may be suitable for someone living with dementia. Please discuss on 01625 383943 | **10.00am - 12.00noon**  
Golden Memories Group  
Alternate Tuesdays, Family Worship Church, Sandwich Drive, off Dorchester Way, Tytherington, SK10 2UZ. Drop-in. Phone Pam Jagger 01625 828425 or Pat Newns 01625 611178 | **11.00am - 3.00pm**  
Poynton Golden Memories Group  
Alternate Wednesdays, Poynton Community Centre, Park Lane, Poynton, SK12 1RB. Drop-in £5.00 per couple, refreshments & lunch included. Phone Judy Hatton 01625 879376, judy.p.hatton@gmail.com, Gerald Scriven 01625 875261 or Edith Clark 01625 875372 | **10.00am - 12.00noon**  
Macclesfield Alzheimer’s Café  
| **2.00pm - 4.00pm**  
In Together  
Wilmslow Methodist Church, Kings Close, Water Lane, Wilmslow, SK9 5AR. Drop-in. Phone Rev. Katy Thomas 01625 539584 | **2.15pm - 4.15pm**  
Living Well  
Alternate Tuesdays. St. George's Church Hall, Poynton, SK12 1NH. Drop-in. Phone 01625 879277  
office@poyntonparishchurch.org | **2.00pm - 4.00pm**  
P & J Social  
Alternate Wednesdays, St. Peter’s Church Rooms, Prestbury village, SK10 4DG. Limited numbers. Phone Anne 07999 862035.  
wallworkpam@gmail.com |  |
| **2.30pm - 4.00pm**  
Singing for the Brain  
Alternate Tuesdays, Methodist Church, Westminster Rd, Macc, SK10 1BX. Phone Macc Alzheimer’s Society 01625 503302 to register. Donations of £2.50 per person welcome. |  | **2.00pm - 4.00pm**  
In Together  
St Mary’s Methodist Church Hall, Wilmslow Rd, Handforth SK9 3LF. Drop-in. Phone Rev. Katy Thomas 01625 539584 |  |
| **10.00am - 11.30am**  
Open The Door  
Alternate Tuesdays, Tytherington Family Worship Community Hall, SK10 2UD. £2.50 per person, includes refreshments. Open to all people. Call 07553 566070 |  | **11.00am - 12.30pm**  
Singing for the Brain  
Short Street United Reformed Church, Hazel Grove, SK7 4AD alternate Thursdays. Open to Cheshire residents. For more details and to book phone Alzheimer’s Society on 0161 477 6999 |  |
| **10.00am - 11.00am**  
Macclesfield Alzheimer’s Café  
4th Thursday in month, The Springwood Pub, Springwood Park, Tytherington Business Park, Macclesfield, SL10 2XA. Drop-in. |  | **10.00am - 3.00pm**  
Always Active  
Every Thursday. The Club, 142 Park Lane, Poynton, SK12 1RG. Free taster days. Contact 07972 572054  
enquiries@alwaysactive.org.uk |  |

**More information:**

The **Golden Memory Groups**, In Together, Living Well & Open The Door are interactive groups with singing, games, light exercise & crafts with time for carers to have a chat.

Alzheimer’s Cafés are discussion/support groups and sometimes have quiet table-top games.

P & J Social includes people with Parkinson’s. A welcoming group where carers have some “Me Time” whilst loved ones socialise in a separate lounge with dedicated pals. Refreshments provided with voluntary contributions.