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

The Dementia Reablement Team will support you following your initial diagnosis of early-stage Dementia from the Memory Clinic. We provide information and practical advice to enable you to continue to enjoy a good quality of life and to remain independent and stay safe within your own home. The service is available during weekdays and is flexible so support can also be provided during the early evening. The office is open Mon - Thurs 9am - 5pm, and Fri 9am - 4.30pm. Contact Emma Holland on dementiareablementnorth@cheshireeast.gov.uk or 01625 378287.
## Weekly activities

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<th>Monday</th>
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| **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 | **10.15am - 11.30am**  
**Be steady, be safe. Falls Prevention Class**  
See details under Monday | **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 | **10.00am - 12.00noon**  
**Macclesfield Alzheimer’s Café**  
4th Thursday in month, The Springwood Pub, Springwood Park, Tytherington Business Park, Macclesfield, SL10 2XA. Drop-in. | **2.00pm - 4.00pm**  
**In Together**  
Wilmslow Methodist Church, Kings Close, Water Lane, Wilmslow, SK9 5AR. Drop-in. Phone Rev. Katy Thomas 01625 539584 |
| **2.00pm - 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 Helen Bradley 07745 322215 | **2.00pm - 4.00pm**  
**P & J Social**  
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 | **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 - 11.30am**  
**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 |
| **2.30pm - 4.00pm**  
**Singing for the Brain**  
Alternate Tuesdays, 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**  
**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. | **10.00am - 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 | **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 | **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 |

### 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.