

Cheshire East

For further information please contact us on 0161 871 7381 or email us at cheshireeast@rightathomeuk.com. You can also visit our website: www.rightathomeuk.co.uk/cheshireeast



See what local support groups and activities you can get involved with.

We love to inspire our Clients to live life to the fullest, with an active and healthy lifestyle. So we created this guide to share the very best of what activities our local area has to offer!

There are many benefits to enjoying life beyond your home: Socially connecting with others helps us stay young at heart. Physically connecting with our community keeps us healthy and engaged. Emotionally connecting with people keeps our hearts and minds strong.

ABOUT THIS GUIDE

DO YOU CARE ABOUT THE PEOPLE IN YOUR LOCAL COMMUNITY?

At the very heart of our existence, we are caring people. If you want to offer exceptional care and compassion to people in our local community, why not start a rewarding career in care?

Contact us for details on joining our team of CareGivers!

Your local guide to local activities

Restoring a sense of wellbeing for a Happier life



INTRODUCING RIGHT AT HOME

Right at Home offers outstanding quality care designed around you and your needs. We offer a different kind of homecare service, which ensures Clients continue to enjoy the lifestyle to which they have become accustomed. We also help Clients find new friendships, new hobbies, and new experiences for maximising life's enjoyment, every day.

CareGivers are consistent, allowing our Clients to build a mutual relationship and enjoy company as they go shopping, enjoy an afternoon coffee and cake, a spot of lunch, or even take a trip to the hairdressers for a bit of pampering.

Whatever your care needs are, Right at Home is right beside you. Our services include:

- ✓ Live-in Care
- ✓ Companionship and Support
- ✓ Hospital to Home Assistance
- ✓ Specialist Care
- ✓ Personal Care
- ✓ Senior Care
- ✓ Alzheimer's and Dementia Care
- ✓ Stroke Rehabilitation



We love to



help our Clients



live life



to the full!

DAY	TIME	ACTIVITY NAME	LOCATION	AREA	PHONE
Coffee Mornings, Lunch Clubs and Afternoon Teas					
Last Friday	10.30 AM	Coffee Morning	Stockport Library	Stockport	01612176009
Every morning (except Wednesdays)	10.00 AM	Coffee Morning	Poynton Methodist Church	Poynton	01625871592
Tuesdays, Thursdays & Saturdays	10.00 AM	Coffee Morning	Poynton Methodist Church	Poynton	01625859036
Every 3 rd Thursday	12.00 PM	Lunch Club	Poynton Baptist Church	Poynton	01625859036
Thursdays	09.30 AM	Coffee Morning	Hazel Grove Baptist Church	Hazel Grove	01614873708
Every 3 rd Thursday	12.00 PM	Lunch Club	St Martins Church	Higher Poynton	01625879277
Mondays, Tuesdays, Wednesdays, Saturdays	10.15 AM	Coffee Morning	Centrepont Coffee Shop Next To Methodist Church	Bramhall	01614408007
Thursdays, Fridays	10.15 AM - 2.00 PM	Coffee Morning And Lunch	Centrepont Coffee Shop Next To Methodist Church	Bramhall	01614408007
Mondays	2.00 PM	Coffee Dementia	Café Wilmslow Methodist Church	Wilmslow	01625528892
Fridays	12.00 PM	Lunch	Wilmslow Methodist Church	Wilmslow	01625528892
Sundays after Worship	10.30 AM	Coffee	Bramhall Baptist Church	Bramhall	01613172702
Sundays once a month	3.00 PM	Afternoon Tea	Bramhall Baptist Church	Bramhall	01613172702
Thursdays	12.00 PM	Luncheon Club	St Thomas's Church	High Lane	01663764519
Every other Wednesday	2.00 PM	Teabreak For Seniors	Bramhall Baptist Church	Bramhall	01613172702
Exercise and Wellbeing					
Saturdays	4.00 PM	Dolphins Adult Disability Swim	Life Leisure Avondale	Cheadle Heath	01614774242
Thursdays	6.30 PM	Better Naked Weekly Weight Management	Scout Hut Oak Avenue	Cheadle	07931771783
Alternative Thursdays	11.30 AM	Best Foot Forward Dementia Walking Group	Abney Court	Cheadle	01614953780
Mondays	1.30 PM	Time To Dance	United Reform Church	Hazel Grove	01663732582
Every 2 nd & 4 th Tuesday	10.45 AM	Short Walk	Middlewood Way	Poynton	01625522168
Every 3 rd Thursday	10.30 AM	3 - 5 Mile Walk	The East Cheshire Wanderers	Poynton	01625522168
Wednesdays	12.30 PM	Smile Session	St James Church	Gatley	01614820900
Wednesdays	7.30 PM	Zumba, Mindfulness & Meditation Classes	Stockport Dance Centre	Stockport	N/A
Thursdays	9.45 AM	Smile Session	St Peters Catholic Church	Hazel Grove	01614820900
Support Groups					
Tuesdays	10.30 AM	Stay Steady Falls Prevention	Oaktree Court	Cheadle	01614820900 Opt 7
Thursdays	11.00 AM	Stay Steady Falls Prevention	Life Leisure Avondale	Cheadle Heath	01614820900 Opt 7
Fridays	11.00 AM	Stay Steady Falls Prevention	Life Leisure Hazel Grove	Hazel Grove	01614820900 Opt 7
Mondays & Tuesdays	9.45 - 10.45 AM 11.00 - 11.30 AM	Fall Prevention Class (booking essential)	Poynton Civic Centre	Poynton	01625383943
Alternate Thursdays	1.30 - 3.30 PM	Right At Home Friendship Group	Poynton Civic Centre	Poynton Right At Home	07826902227 & 07973949187
Alternate Thursdays	10.00 AM - 12.00 PM	Right At Home Friendship Group	Oakmere Court	Handforth Right At Home	07826902227 & 07973949187
Mondays 2 nd & 4 th in Month	10.30 AM - 1.30 PM	Kaleidoscope Memory	Cafe Macclesfield and Bollington United Reform Church	Macclesfield	01625616138
Monday	2.00 - 4.00 PM	In Together (by Rev Katy Thomas)	Methodist Church	Wilmslow	01625539584
Alternate Tuesdays	10.00 AM - 12.00 PM	Golden Memories Group	Family Worship Church	Tytherington	01625828425
Alternate Tuesdays	2.15 - 4.15 PM	Living Well	St Georges Church Hall	Poynton	07745322215
Alternate Tuesdays	2.30 - 4.00 PM	Singing For The Brain	Methodist Church	Macclesfield	01625503302
Alternate Tuesdays	10.00 - 11.30 AM	Open The Door Family Worship	Community Hall	Tytherington	07553566070
Alternate Wednesdays	11.00 AM - 3.00 PM	Golden Memories Group	Poynton Community Centre	Poynton	01625879376
Alternate Wednesdays	2.00 - 4.00 PM	P&J Social	St Peters Church Rooms	Prestbury Village	07999862035
Wednesday	10.30 - 11.30 AM	Aqua Relax	Leisure Centre	Poynton	075063170554
4 th Thursday in Month	10.00 - 12.00 PM	Maccsfield Alzheimer's Café	The Springwood Pub	Tytherington Business Park	Drop In
Alternate Thursdays	11.00 AM - 12.30 PM	Singing ForThe Brain	Civic Hall	Hazel Grove	01614776999
Thursdays	10.00 AM - 3.00 PM	Always Active	Oaklands Court	Poynton	07972572054
Thursdays	2.00 - 4.00 PM	In Together	St Marys Methodist Church	Handforth	01625539584
Various dates (Contact local area co-ordinators)	Various	Time to Talk Drop in Dementia Services	Poynton Civic Centre	Poynton	07826 902227 / 07973949187