

Adswood & Bridgehall Activity guide for older people

Name of Group	Nature of group	Venue	Date & time of group	Contact (if available)
1. Adswood Art Group	Opportunity for people to enjoy and take part in painting, drawing and sketching, from novice to advanced abilities. Small fee each week to cover materials. The group organise an exhibition of their work each year for the wider community to enjoy.	Adswood Community Centre	Tuesdays 1-3pm	Diane Johnson
2. Credit Union	Stockport Credit Union collection point staffed by volunteers. Service available to all residents of Stockport. Local collection point set up to offer local Adswood residents access to affordable finance and savings.	Bridge hall Community Centre Abacus (Adswood)	Wednesday 11am-12 Thursdays 9am-10am	Email Helen Willits on: mail@stockportcu.com

If you would like to attend one of the groups listed and would like someone to accompany you for the first time – please call Team AB on 0161 476 1262

3. Evergreens	Over 60's group – offering weekly sessions including information and talks of interest. Very popular and active group for residents of Adswood, Bridgehall and surrounding areas.	St Gabriel's church hall, Clover Avenue	Thursdays 2pm-4pm	Email Sandra Coburn coburn607@btinternet.com
4. Friday night bingo	Voluntary prize bingo group for residents run by residents.	Bridgehall Community Ctr	Fridays 7.30pm-9.30pm	Doreen Cartwright Tel: 971 0980
5. Golden Circle	Over 60's group offering activities to older residents in Bridgehall. Weekly activities include prize bingo and trips out.	Bridgehall Community Ctr	Fridays 2pm-4pm	Betty Marr 477 6585
6. Line Dancing (ladies)	Originally set up as a healthier lifestyle group, the group has mainly female members and concentrates on dancing as a form of physical activity. Run by residents for residents in Bridgehall.	Bridgehall Community Ctr	Wednesdays 10.30-11.30	Doreen Cartwright Tel: 971 0980
7. Meet 'n' Veg Luncheon Club	Any resident over 50 is welcome to come and have lunch at Adswood Community Centre. 3 courses & a raffle for just £3!! Lunch served from 12:30 to 1.30	Adswood Community Ctr	1st & 3rd Mondays of the month (except bank holidays)	Team AB 0161 476 1262 helen.johnson@stokeport.gov.uk
8. Twinkle Toes - Tea Dance	Set up by Frances Farrar, the group meet in a local venue twice a month to enjoy music and dancing. Don't worry if you have 2 left feet, feel free to come along	Adswood Community Centre	1st and 3rd Mondays From 2 to 4pm	Contact Frances Farrar via Team AB 0161 476 1262 helen.johnson@stokeport.gov.uk

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