

IMPACT Meet Ups and Activities

Inner Areas

The Heatons—The Salvation Army, Short Street, Heaton Norris **Friday 17th July** 10am-12noon. **Activity**— None strenuous Self Defence for all ages

Brinnington—Brinnington Community Centre, Hereford Road **Tuesday 21st July** 10am-12noon. **Activity**—GM Fire & Rescue offering activities and information.

Reddish—Reddish Life Centre, Sykes Street **Thursday 23rd July 2-4pm**
Activity— GM Fire & Rescue offering activities and information.

Davenport, Heavily, Shaw Heath and Cale Green—Kimberley Street Day Centre, Shaw Heath 2-4pm. **Activity**— None strenuous Self Defence for all ages

GOSH—Woodbank Community Centre, Turncroft Lane, Offerton 10am-12noon
Activity—Furniture Station coming along to talk about the charity & what it does.

Edgeley & Cheadle Heath—York St Residents association building, Edgeley 10am-12noon, **Mon 3rd August**. **Activity**— Meditation for Relaxation.

Adswood and Bridgehall — **Tue 4th Aug, 2-4pm**, Beechwood Cancer Care Centre, Chelford Grove SK3 8LS. **Activity**—to be confirmed

Outer Areas

Everyone is welcome to the Ups and Activities regardless of the area of Stockport you live in. Children are welcome as long as they are with an adult. **All FREE!**

Bramhall & Woodford: Monday 27th July, 10am, Bramley Centre, Bamley Close, Bramhall, SK7 2DT. **Activity: Meditation for Relaxation.**

Cheadle & Gatley: Tuesday 4th August, 12pm, Cheadle Library, Ashfield Rd.
Activity—After the meet up come for a Health walk with SMBC around the local area. A great way to get fit and meet people.

Werneth: Tuesday 11th August, 12pm, Woodley Civic Hall, Hyde Rd, Woodley.
Activity: After the meet up come for a Health walk with SMBC around the local area. A great way to get fit and meet people.

Heald Green & Cheadle Hulme: Tuesday 18th August, 10am. Cafe Unity, 228 Finney Lane, Heald Green, SK8 3QA.
Activity: To be confirmed; A Herb Walk, finding out what plants are edible and medicinal. Everyone welcome.

Marple: Tuesday 25th August, 10am. Marple Senior Citizens Hall, Memorial Park.
Activity: To be confirmed; A Herb Walk, finding out what plants are edible and medicinal. Everyone welcome.