Stockport Leisure
Activities List

(For Adults with a Disability)

2016 Edition

Updated by Stockport Advocacy – February 2016
(Details correct at the time of going to print).
Foundation & learner Inclusion: Independent Living Skills

Part time evening Course for adults- Wednesday evenings 7-9pm at Stockport College town centre campus.

This course is designed for adults who are looking to develop their level of independence, personal and social skills. Groups are small with classroom support.

The course is usually 1 year, although learners may enrol for a further year. Courses begin in September however it is possible to begin at other times during the academic year.

The course aims to offer learners a range of options to choose from each term including; Creative Activities, Community Activities, Personal Presentation and Drama & Communication.

In the majority of cases all adult basic education courses are free.

For further information and applications please contact the Enquiry team on:

0161 958 3448

Application forms can be obtained from course enquiries on: 0161 958 3448 or picked up from student services at the college.

Website: www.stockport.ac.uk search for the Foundation & Learner Inclusion
Group Activities
DanceSyndrome is an inclusive dance charity led by adults with learning disabilities. DanceSyndrome workshops, training courses and performances are innovative and inspiring. We offer weekly workshops in community venues across Lancashire and Greater Manchester, led by Dance Leaders with learning disabilities, who are powerful role models for peers.

DanceSyndrome's own training course, "Dance By Example", offers dance leadership training for people with learning disabilities. Our performance team of dancers with and without learning disabilities offers professional dance performances delivered across the UK. To get involved and find out more about what we do, please visit our website www.dancesyndrome.co.uk or email info@dancesyndrome.co.uk
**Connect**

Connect enables disabled people to enjoy leisure activities in the local community and further afield. Volunteers provide support on activities organised by understanding staff. Activities take place during the evenings and at weekends.

Primarily for people with a physical or sensory impairment but will also support people with a secondary Learning Disability, who live within the Stockport borough.

**Evenings**, 2 group activities take place on a week day evening with between 5 and 15 members attending. These activities take place in accessible venues around the local community. Alternatively members may wish to request a volunteer to support them on a specific event or activity outside of a group, for example going to a theatre show.

**Weekends**, usually 3 group activities are arranged per month. 1 is a full day trip taking place at various places of interest throughout the northwest area. The 2nd is a shorter local event or activity usually lasting a couple of hours. The 3rd is a Sunday Pub Lunch at an accessible local Pub within Stockport.

**Venue, Dates and Times**: Vary for each group/session

**Cost**: is dependent on activity

**Contact**: Disability Stockport, 23 High Street, Stockport, SK1 1EG

**Email**: connect@disabilitystockport.org.uk

**Telephone**: 0161 474 8283

**Website**: [www.disabilitystockport.org.uk](http://www.disabilitystockport.org.uk)
ABC+

ABC+ is a youth group specifically for special needs teenagers from aged 11 upwards. A fun teenage atmosphere is created by providing games consoles (PS/3, Wii), football table, snooker and group activities run by experienced parents and volunteers.

If you have been struggling to find a youth group in Stockport that fails to fit your particular special needs, then feel free to meet like-minded friends where you are guaranteed to find friends and have lots of FUN!

Parents/Carers will need to accompany their teenagers but there will be a separate room for parents and carers to relax.

We meet between 7pm and 8:45pm every second Tuesday. Dates are on the website
Cost is a £2 donation per session to cover snacks

Location
Prospect House
70 Derby Road
Heaton Chapel
Stockport
Sk4 4NF

Contact
Email: info@abcfamilygroup.com
Phone: Tracy - 0161 431 9867
Green Fingers & Hammer and Nails

Horticulture and Woodwork

Green fingers is a fully organic, community allotment located within Debdale Park in Gorton. The allotment is managed by a member of staff who helps members to participate in horticultural activities. The allotment has a cultivated area on which is grown a wide variety of fruit and vegetables, as well as some fruit. There is an area of raised cultivated beds allowing for wheelchair access.

Hammer and Nails is a workshop project which runs in conjunction with the allotment. There is a trained member of staff on duty, who helps members to make use of and develop woodworking skills. The workshop allows members the opportunity to create items such as bird boxes and tables, wooden planters and flower boxes.

A kitchen and dining room area is also available on site where tea and coffee are available along with a small selection of snacks (and sometimes homemade cakes!)

**Dates and Times:** Open every Wednesday & Thursday between 9.00am – 2.00pm

**Cost:** £3.00 per person per day

**Contact:** Phil Parkin – 07949 652441

**Directions:** Debdale Park, Hyde Road, Gorton, M18

Motability vehicles may use the main entrance on Hyde road and follow the main thoroughfare in the park. The allotment and workshop are behind the Victorian House.
The ARC is a specialist Centre that is built especially for anybody who has a disability or is socially disadvantaged for any reason. We offer you the opportunity to have a full hands on experience with our farm animals and horticultural land in a safe environment. We offer a unique service in this area, one that has valuable benefits to you. Whether you want to experience the fun of working with animals, or would like to study for an accreditation or job, then we can help you.

We are not open to the general public and have limited places to twenty per session to ensure you receive the best quality service. You will work to your own Individual Plan with personalized objectives and outcomes to ensure you receive a progressive experience every time.

- We accept referrals from all agencies for adults with disabilities, mental health issues, long term illness, recovery, rehabilitation or other disadvantage.
- We accept direct payment
- Payment can be on an invoice basis.
- There is no charge for your support worker
- All money raised goes to the Agricultural and Rural Centre cic

Why not book now and come for a free taster session

Usual price is £12.50 per session and group bookings welcome at £5 per person

The ARC is open to adults and children with disabilities and their carer's. The centre is open Monday to Friday 10.30am until 3.30pm. There are two sessions a day (10.00 - 12.30pm and 1.00pm - 3.30pm) Carers/support workers are free of charge. Our Prices normally include any workshop training, accreditation or any visiting classes.

5 Quarry Road, Romiley, Stockport SK6 4BA
Email: enquiries@arc-cic.co.uk
Telephone: Paula Forth on 07468 495271
Stockport CP

Leisure Groups

The Leisure Group offers services during the Day, Evenings and Weekends throughout the year (except Bank Holidays) for Adults with disabilities.

The project incorporates eleven groups for those 18 years of age and over and Sessions include:

- Walking Groups - 3 groups offering regular sessions for all abilities and of varying length and duration during the week and over the weekend
- Skiing/Outdoor Pursuits Group – Saturday (day time)
- Adult Outdoor Pursuits Group – Wednesday (evening)
- Leisure Pursuits Group – Monday – Friday (daytime)
- Social Group – Monday – Friday (daytime)

As a result, the Leisure Groups Project is able provide the following benefits:

- New Experiences and Opportunities
- Activities chosen by Users
- Create new Friendships
- Experienced Staff and Volunteer Support Teams
- Accredited Instructors (where necessary)
- Improved Health and Well-being
- Increased Confidence and Self-Esteem
- Respite for Staff/Carers and Families
- Cost Effective Sessions
- Free Taster Sessions (subject to availability)

As well as the regular Group sessions, the Leisure Project also offers All-Abilities Cycling Sessions at Woodbank Park, Stockport each Thursday, Friday and Saturday throughout the year (except Bank Holidays) – These are open sessions, so no need to book - just turn up.

For full details, referrals and current fees please contact:

Gray Littlewood
Leisure Groups Assistant Co-ordinator
Stockport CP Society
Overdale Centre (Bredbury Green & Goyt Valley Childrens Centre)
Powick Drive, Romiley. Stockport. SK6 3EF
Lambs Disco

Disco with light refreshments for people with a disability aged 16+ on 2nd Wednesday of each month. It operates on a 'drop in' basis with no requirement to register beforehand.

Venue: St Vincent's RC Church, Handley Road, Bramhall SK7 3EX
Date & Times: 2nd Wednesday of the month between 7.00 - 9.00pm
Cost: Free
Contact: The Church directly on 0161 440 8619

ABC Family Group

ABC is a group of parents of children with special needs and their family & friends who get together to play, have fun and make friends.

The ABC Family Group runs on the second Saturday of the month during the afternoon with all family members invited. It is an opportunity to meet other families and share experiences in a supportive and fun environment. We provide a play environment that includes: art activities, computer games, snooker, baby toys, trains, parachute games and many more activities.

The ABC+ is a youth group specifically for special needs teenagers from aged 11 upwards which meets on a Tuesday evening every two weeks. A friendly teenage atmosphere is created by providing games consoles (PS/3, Wii), football table, snooker and group activities run by experienced parents and volunteers.

If you have been struggling to find a youth group in Stockport that fails to fit your particular special needs, then feel free to meet like-minded friends where you are guaranteed to find friends and have lots of FUN!

Parents/Carers will need to accompany their teenagers but there will be a separate room for parents and carers to relax. The for the younger ABC Group parents will stay & play with their children during the session.

Venue: Prospect House, Derby Road, Heaton Chapel
Cost: we ask for a donation of £2 per family to cover drinks & snacks

Details of dates, times & contact details can be found on the website www.abcfamilygroup.com
Friday Club

A social club for people aged 16+ with a disability held weekly offering a number of activities including dancing and snooker. As the club is run by volunteers, any members requiring one-to-one support are requested to bring their own carers.

When? - Every Friday 7.30pm-9.15pm
Where? – Adswood Community Centre
213 Garners Lane, Stockport. SK3 8QJ

Cost? - £1 per session + money for tuck shop if required.

For more details contact 0161 456 5309

Special Needs Activity Group (SNAGS)

Two separate groups (Sports and Social) run monthly, organised under the ‘Churches Together in Bramhall & Woodford’ umbrella.

‘SNAG Sports’ - A range of sports/games for those with special needs.

Venue: The United Reformed Church Hall – Robins Lane, off Bramhall Lane South in Bramhall, Stockport SK7 2PE

Date: Once per month, dates so far: January 21\textsuperscript{st}, February 18\textsuperscript{th}, March 18\textsuperscript{th}, April 22\textsuperscript{nd}, May 20\textsuperscript{rd}, June 17\textsuperscript{th}, Sept 23\textsuperscript{rd}, Oct 21\textsuperscript{st}, Nov 18\textsuperscript{th}.

Time: 7.00pm – 9.00pm
Cost: £1 Drink and Biscuit provided

(Parents and Carers are welcome to stay and have a drink in the lounge)
‘SNAG Nite’ - A disco & supper for those with special needs.

Venue: ‘Centrepoint’, next to Bramhall Methodist Church, 23 Bramhall Lane South, Bramhall, Stockport, Cheshire. SK7 1AL

Date: Once per month, dates so far: March 25th, April 29th, May 27th, June 24th, July 22nd, Sept 30th, Oct 28th, Nov 25th and Dec 16th

Time: 7.00pm – 9.00pm

Cost: £1

(Parents and Carers are welcome to stay and have a drink in the cafe)

Please note that dates vary for each group, further info from:

Contact: Graham or Carole Perkin on 0161 440 9588

Website: http://www.urcbramhall.co.uk/Community.htm

And follow the links through ‘Life Together’ & ‘Churches Together’

Stockport Mencap

GATEWAY CLUB

What is it? Drop-in disco, chance to play pool, catch up with friends and have fun over a drink and biscuit

When does it meet? Every Thursday evening from 7.00 - 9.15pm

Where does it meet? Prospect House
Who is it for? Any adults with learning disabilities. Please note we are unable to provide supervision. If care/support is required, this must be arranged independently and carers are most welcome. Anyone travelling by taxi should arrange for a pick up time of 9.00pm

How much does it cost? 60p per visit

Contact for more information: Chris Mulroy on (0161) 494 1016

Email: christopher.mulroy@ntlworld.com

GATEWAY PLUS CLUB

What is it? Activity-based group taking part in art and craft projects, film watching, 10 pin bowling, etc, and generally having fun with a drink and biscuit

When does it meet? On alternate Wednesday evenings from 7.00 – 9.00pm

Where does it meet? Prospect House

Who is it for? Any adult with learning disabilities. Please note that we are unable to provide supervision. If care/support is required, this must be arranged independently and carers are most welcome

How much does it cost? 60p per visit

Contact for more information: Chris Mulroy on (0161) 494 1016

TRANS16

What is it? A small friendship group that samples a range of activities

When does it meet? The group usually meets on the last Monday of each month (times vary according to activities) Some activities are also available at the weekend.

Where does it meet? Various locations depending on the activity

Who is it for? Young adult members of Stockport Mencap and their parents. Young people must be accompanied by a parent. Parents are involved in organising and supporting the activities
How much does it cost? Meeting costs vary according to the activity

Contact for more information: Please contact Janet el-Mikatti (0161) 485 4068 or Glenys Goodwin (0161) 494 8421 to discuss membership

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**Drama**

**NK THEATRE ARTS**

Romiley Forum, Compstall Road, Romiley, Stockport, SK6 4EA

NK Theatre Arts offers weekly workshops in Music, Dance and Drama for anyone from the age of 5yrs to adults regardless of their ability, disability, status or culture, with all members fully integrated into all our sessions.

Weekly workshops for young adults with a learning disability (Adult Access Class) take place on a Monday evening from 5.30pm – 7pm. Members must enrol and enrolment takes place on the first Monday of each month.

**Dates & Times:**

**Drama:** Every Tuesday 5:30pm – 7pm.

**Musical Theatre:** Monday 5.30pm-8.00pm.

**Dance classes:** Saturday 10am-3pm

**Cost:** £32 per month plus a one off enrolment fee of £10 and an annual fee of £10 is for the use of costumes. Cost covers all 3 activities

**Contact:** 0161 430 6570

**Website:** [www.nktheatrearts.co.uk](http://www.nktheatrearts.co.uk)
SPECIAL VIRTUOSI

Special Virtuosi is a music group which was set up in December 2006 to provide music provision to people with special needs. Although not based in Stockport several Stockport young adults are regular players with the group. They have a team of experienced musicians and teachers, who are all aware of the essential life skills that can be learned by working regularly with music. Music is a language understood by everyone, and can help children and adults develop communication and interpersonal skills, coordination and discipline, as well as being a great source of fun! They believe that it is vital that musical opportunities are available to people of all ages and abilities.

Through their workshops and private tuition, they work step by step to guide students towards the benefits of learning through music. It's a great place to make friends, build confidence and enjoy music. The groups have attracted students of various ages, musical abilities and with various educational needs.

The group is every Thursday, in term time at the Royal Northern college Of Music (RNCM) from 5.15 to 7pm and there is a concert once a term.

Costs are around £10 per session.

email :- specialvirtuosi@gmail.com

www.specialvirtuosi.co.uk
**Boccia**

**STOCKPORT BOCCIA CLUB**

Avondale Recreation Centre, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP

This club provides opportunities to play Boccia, a non-contact, target driven sport, which relies on skill and subtlety, rather than size, strength or speed. It is because of this that it is equally suited to those with or without disability.

The aim of the game is to propel a set of coloured balls and position them closer to a white ‘marker’ ball than those of your opponent. This white ball is called the ‘jack’, hence the game is similar in context to Bowls, Petanque or even French Boules.

The game can be played either individually (one v one using 6 balls each), in pairs (two v two using 3 balls each) or as a team activity (three v three using 2 balls each).

**Date & Times:** Sundays 11am – 1pm

**Cost:** £5 (for 6 months)

**Contact:** Alan Booth - Tel 0161 432 6028

**Email:** bocciaclub@hotmail.com
Climbing

**ROPE RACE CLIMBING CENTRE**

Rope Race, Goyt Mill, Upper Hibbert Lane, Marple Stockport, SK6 7HX

Rope Race opened in June 1993 as a dedicated climbing centre, with 1000 metres of climbing surfaces; three dedicated bouldering walls with a variety of routes suitable for all abilities. The centre has grown to encompass not only a premier indoor rock climbing centre but have expanded into a multi activity centre.

**Times:** Mon-Thurs 10am-10pm, Fri 10am-9am, Sat & Sun 10am-6pm

**Cost:** Prices start from £8.00, plus equipment hire of £5.00. Taster session with equipment & instructor- £20.00 for 1 person and £15 for subsequent people

**Tel:** 0161 426 0226  **Web:** [http://www.roperace.co.uk/](http://www.roperace.co.uk/)

Cycling

**WYTHENSHAWE WHEELERS CYCLING CLUB**

Wythenshawe Athletics Track, Wythenshawe Road, Manchester, M23 0AB

The main focus of the club is to offer cycling to people with a disability. The club has over 70 adapted bikes and is confident that anyone can ride a bike regardless of their ability. The club offers five weekly sessions, please call first to book.

**Dates & Times:** Tuesdays at 9:30am-3.00pm, Wednesday 9.30am – 12.00midday Friday 9:30am-3:00pm & Saturdays 1.00pm – 3.00pm.

**NEW** indoor cycling session available at Stretford Leisure Centre sports hall, Greatstone road, Stretford, M32-0ZS. Bikes provided. 1.00pm-3.00pm

**Cost:** £2.00 per session

**Website:** [http://www.simply-cycling.org/](http://www.simply-cycling.org/)

**Contact:** Sue Blaylok 07753 428937  **Email:** sueblaylock2708@aol.com
Trampolining

Jump Space is a unique recreation centre that provides trampolining, Rebound Therapy and soft/sensory play to disabled children and young people, as well as offering support and respite for their families. It caters for groups and individuals across the whole spectrum of physical and learning disability, from autism to ADHD, from cerebral palsy to cystic fibrosis, from visual to aural impairments, and from Down’s Syndrome to Asperger’s Syndrome. Classes and sessions are run by qualified coaches and take place during the day, in the evenings and at weekends.

Jump Space’s specially-adapted centre comprises four professional trampolines, including one for specialist Rebound Therapy (an intensive 1:1 technique for people with moderate-to-severe disabilities which comprises the therapeutic use of trampolines to encourage movement, exercise and recreation). It also houses a fully-accessible activity area, an adapted swing, a disability-friendly soft slide, a ball pool and a sensory room (as well as ramps, hoists and lifts in order to maximise access). Jump Space’s HQ provides a safe, fun, understanding and non-judgmental environment for disabled children and young people, many of whom, due to their impairments, are prevented from accessing other forms of sport and activity. Jump Space also welcomes siblings and parents/carers, and acts as a welcome social hub for hundreds of families across the region.

To aid those with physical disabilities we have a hoist/rig in the trampoline area, a hoist in the play area, a track hoist in the sensory room, a disabled lift between floors, and disabled toilet/changing facilities.

Jump Space
2 Hardman Street
(off Chestergate)
Stockport
SK3 0BJ
T: 0161-637-2800
E: info@jumpspace.org.uk
Website: www.jumpspace.org.uk
STOCKPORT ARNIES GYM

Lapwing Centre, Lapwing Lane, Brinnington, Stockport, SK5 8LF

The club is open to all disabled people provided they are able to understand safety instructions. Members must be 16 and over.

Dates & Times: Mon, Wednesday, Thursday 9am-10pm and Friday 9am-9pm

Cost: Between £2 per session

Contact: 0161 494 6465 Reception or Glynn 0161 480 0387

Seashell Trust

The Peter Harrison Fitness Suite

The Seashell Trust, Cheadle Hulme is proud to have the only accredited IFI (Inclusive Fitness Initiative) fitness suite in the whole of the Stockport. This accreditation means that the fitness suite is fully inclusive and accessible for both able and disabled people alike.

The fitness suite has specialised resistance and cardiovascular equipment, some of which is adapted for wheelchair users. The fitness suite is available to students, members of the community and for group hire. Our highly trained fitness instructor is able to create a workout programme to cater for each individual’s needs. Each new member is entitled to a FREE INDUCTION.

Prices

£3.50 per session or £17.00 per month - for disabled members only

£20.00 per hour - for group bookings only

If you would like to join the Peter Harrison Fitness Suite or require more information please contact:

Heather Potter CADS Inclusive Fitness Officer

Tel: 0161 610 0121 or email heather.potter@seashelltrust.org.uk
**Football**

**STOCKPORT STRIKERS FOOTBALL CLUB**

Lapwing Centre, Lapwing Lane, Brinnington, Stockport, SK5 7QP

The club is open to adults with learning difficulties for regular coaching. Offering opportunities for people of all abilities to take part in football and socialise.

**Dates & Times:** Every Tuesday - 7pm- 8pm

**Cost:** £1.50 per session

**Contact:** Sue Akram on 0161 494 5025

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**Outdoor Pursuits**

**Debdale Outdoor Centre**

Debdale Outdoor Centre is a modern purpose built outdoor centre owned and operated by Manchester City Council. The centre provides an exciting range of activities such as; dingy sailing, windsurfing, canoeing and kayaking, power-boating, rock climbing, abseiling, hill walking, gorge scrambling, orienteering, camping, navigation, multi-activity and team building activities.

The centre is open to all disabled people, aged 7 years upward and have specialised equipment available and staff experienced in working with a variety of different needs.

**For more information contact the centre on 0161 223 5182**

Debdale Centre, 1073 Hyde Road, Gorton, Manchester, M18 7LJ
Crucible Snooker Club

2a Edward Street, Stockport, SK1 3DQ

The club is open to all ages and disability groups. The centre is fully accessible. The centre has 13 full size tables, 5 American and 7 English pool tables.

Opening times:
9am -12pm 7 days a week

Cost:
Free membership, prices per hour or special daily rates for Snooker and American Pool.

Contact: 0161 477 2298

Hazel Grove Snooker Club

Hazel Grove Snooker Club
Units 1 & 2 Macclesfield Road
Hazel Grove
Stockport
Cheshire
SK75EN
0161 456 0889
info@hazelgrovesnooker.com

One of the largest snooker clubs in the UK, the club is open to all ages and disability groups. The center is fully accessible. The center has 33 tables, ranging from snooker, 8 and 9 ball pool, free darts, BT Sports and serves hot food.

Opening times:
Mon, Tue, Wed & Thurs 4:00pm – 12:00 midnight
Fri & Sun 2:00pm – 12:00 midnight
Sat 12:00pm – 12:00 midnight

Cost:
ENTRY:
£2  Single Day Membership
£15 per annum single membership
£20 per annum family membership

Cost of table hire per hour:

American Pool: £6.00 ph
Snooker: £5.80 ph - £8.00ph depending on table
English Pool: 50p per game
Darts: FREE

For info, prices and directions please visit www.hazelgrovesnooker.com or contact: 0161 456 0889
Email: info@hazelgrovesnooker.com
**SWIMMING**

**STOCKPORT DOLPHINS**

Avondale Recreation Centre, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP

Swimming sessions for disabled adults. Sessions are available from beginners to elite levels. Coaching is available. Participants should provide support, if required. Lifeguard in attendance

**Dates & Times:** 2nd & 4th Sat in each month, 5pm – 6pm  
**Cost:** Free  
**Contact:** 0161 477 4242

**STOCKPORT GATEWAY PENGUINS**

What is it? Gateway swimming club

When does it meet? Every Friday at 8.20pm, swimming from 8.30 – 9.15pm

Where does it meet? Foyer of Grand Central Pool, Stockport

Who is it for? Any adults with learning disabilities. Please note we are unable to teach people to swim or to provide supervision. If care/support is required, this must be arranged independently and carers are most welcome

How much does it cost? 50p per visit

Contact for more information: Please ring Linda Abernethy if you would like to join before you come along. Linda is available between 6.00 – 7.30pm on any weekday evening on (0161) 487 2502
**STOCKPORT SHARKS**
Jacksons Lane Swimming Pool, Hazel Grove, Stockport, SK7 5JW
The club is open to all disabled swimmers from beginners to competitive swimmers. Participants should provide their own support in the pool if required. A qualified coach is available. Lifeguard in attendance.
**Dates & Times:** Every Wednesday 7:30pm – 8:30pm
**Cost:** Free
**Contact:** 0161 439 5221

**SWIM MOBILITY**
Romiley Marina, Holehouse Fold, Romiley, Stockport, SK6 4BB
All ages and disabilities welcome. Additional support is available, however spaces are limited. Pool is fully accessible with hoist.
**Dates & Times:** Every Monday 7pm – 8pm
**Cost:** Free
**Contact:** 0161 430 3437

**TADPOLES SWIMMING CLUB**
Cheadle Pools, Shiers Drive, off Cheadle Road, Cheadle, SK8 1JR
The club is open for all ages. No coaches or carers in pool but lifeguards on duty at pool side.
**Dates & Times:** Every Wednesday 7:30pm – 8:30pm
**Cost:** Free
**Contact:** 0161 428 3216

**Specialist Swimming Pool**
The swimming pool at the Royal School for the Deaf (Seashell Trust) is fully accessible to both disabled and non-disabled users alike. The pool is 15 meters long with an overall depth of 1.2 meters. Both manual and fixed hoists are available and the pool is raised to allow wheelchair users to transfer safely. This facility plays a major role in the health and well being of our students. The students use the pool regularly during both curriculum and non-curriculum time. The pool is also used by community groups and is available to hire.

Water based exercise classes (Aqua fit & aqua Tone) are also available. Please call the number below for more details
**Tel:** 0161 610 0104
**E mail:** sports@seashelltrust.org.uk
Leisure Key opens the door to reduced charges for leisure and cultural activities, such as sports, swimming, theatre and tickets for Stockport County.

If you have a disability and require support to use a facility, you can obtain a Companion Card. This entitles you to take a relative, friend or carer with you and they will also be entitled to discounts and, in some venues, free admission. This card is completely free of charge and can be used by whoever you wish to help you. Carers can also buy their own Band B card to use independently.

**Pick up a Leisure Key leaflet from Fred Perry House, local libraries, Stockport Direct Local Centres and The Tourist Information Office in the market.**

For general enquiries and a copy of the leaflet please call the Leisure Key Hotline – 0161 217 6009.

**We regret we are unable to accept postal applications**

**Buying your Leisure Key**

For a 'while you wait' service, go to:-

- Central Library, Wellington Road South, Stockport
- Any of the Stockport Direct Local Centres , phone 0161 217 6009 for details of your nearest one.
- Any library phone 0161 217 6009
- Tourist Information Centre, 30 Market Place, Stockport
- Stockport Direct Centre, Fred Perry House , Edward St, Stockport SK1 3UR
Life Leisure manage a very extensive mix of sports and leisure facilities across Stockport, ranging from large multi-use state of the art fitness and football centres to smaller community recreation facilities. In addition the Life Leisure Sport Development Team deliver a number of schemes across the town, delivering sports and physical activity opportunities in the heart of the Community. With a focus on priority areas. We also run a hugely popular and successful GP Referral programme across all Life Leisure centres.

We operate a social inclusive approach to ensure equality of opportunity for all sectors of our local communities and we openly value diversity so that everyone can enjoy the benefits of participating in sports and leisure activities.

Located in Cheadle, Cheadle Heath (Avondale), Hazel Grove, the Town Centre (Grand Central), Houldsworth Village (Reddish), Romiley and Woodley (Stockport Sports Village), our centres provide state of the art fitness suites, equipped with the latest fitness equipment, as well as providing excellent swimming facilities and a wide range of fitness/studio classes.

Our newest centre, Stockport Sports Village is home to the best 5-a-side and football facility (with 17 3g pitches) in the North West as well as a 5,000 sq foot gym, 3 studios, conference and banqueting facilities, 5 savannah tennis courts and much more. Smaller fitness facilities are also available in Marple and Heaton Mersey (Priestnall) and are very popular with the locals and provide a wide range of activities for all ages.

Swimming pools are available at Avondale, Cheadle, Grand Central, Hazel Grove, Marple and Romiley and are open evenings and weekends, as well as throughout school holidays. Located in Bramhall, Cheadle Hulme, Hazel Grove, Heaton Mersey (Priestnall School) and Bredbury (Werneth School) sporting activities cater for young and old alike, with many clubs choosing our centres as a base for their activities. Life Leisure welcomes and encourages people of all abilities to make use of their facilities and join any of the sessions which run in the centres.

If people have any additional needs which require support in order to participate, then Life Leisure would love to hear from you. Additionally if you know of a group of people, with additional needs who would like a specific session running on a regular basis, then we would love to hear these suggestions. For further information on any of these centres please explore our website www.lifeleisure.net or visit your local centre for a timetable of activities or contact: 0161 482 0900

Email: infor@lifeleisure.net
More Disability Sports across Manchester

For more information about disability sports provision across greater Manchester please see the:

**Greater Manchester Disability Sports Directory**

For a copy of this directory please call:

**County Disability Sports Officer on 07920 151138**

Or search:  [www.greatersport.co.uk](http://www.greatersport.co.uk)

Email:  [office@greatersport.co.uk](mailto:office@greatersport.co.uk)
Community Support
The Give2Gain Timebank

- The Give2Gain Timebank is a member of Timebanking UK and recognises that everyone has experience that they can share to help others in their community.
- It is free to join the Timebank and all you have to do is share some of your experience and spend a bit of time helping someone else.
- Everyone’s skills and experience are valued equally. If you give an hour, you get an hour back in help and support from another timebank member.
- In addition to this, as a member, you will be enrolled in a ‘Good Neighbour’ home from hospital scheme which will ensure you get safely home and settled after a stay in hospital.
- Being a member of the Give2Gain Timebank is flexible and you can give as much or as little as you like. No cash is involved; the only cost is your time.
- Timebanking is not just for individuals. Community groups, schools and businesses are also welcome to get involved and share skills, resources and equipment. It is a great way to save money and promote your organisation or business through the Timebank network.

Reasons to get involved:

- Make new friends/new connections/networks/get to know your neighbours
- Gain access to help and services for free
- Increase our self confidence
- Share and learn new skills
- Improve your CV
- Complete training courses
- Attend social events and have fun!

Traditionally, some of the ways you could get involved are:
• Ironing
• Cooking and baking
• Basic DIY
• Shopping
• Giving someone a lift
• Odd jobs… the list is endless

Want to know more?
• Please contact Lynn on 07948 549485 or via Lynn@Give2Gain.org and/or

Visit our website www.give2gain.org
Crossroads Care is Britain's leading provider of support for carers and the people they care for. We work with over 35,000 individuals and their families, helping carers to make a life of their own outside caring. We provide the special quality of care that gives them the peace of mind to let someone else step into their shoes.

There are some 6 million people in Britain who care for others. Many of these reach a turning point, a crossroads, at which they feel they need help ...where they may simply need a break or more regular support. This is what Crossroads Care does. We are a national network of local charities employing over 5,000 trained professionals. We provide flexible services to people of all ages and with a range of disabilities and health conditions.

As a charity, we care for people not for profit. No-one cares more than Crossroads Care, not just in the scale of what we do or the 35 years experience that we have, but in the way we define care. Crossroads Carer Support Staff are not here today and gone tomorrow. They love their work, and their training and long experience means they understand what carers, and those they care for, need and feel.

They know the simple things that really matter, they do the hard jobs with a smile and they take pleasure in fitting into family life. It's no surprise then that Crossroads Care staff build long and trusted relationships and that more carers and people with care needs turn to Crossroads Care for support than to any other social care provider.

Stockport Crossroads are happy to accept clients who wish to pay privately for our service, or those people who are in receipt of Direct Payments, Attendance Allowance, Disability Living Allowance or a Carers Allowance etc.

For further information contact:

9 Marsland Road
Sale
Cheshire
M33 3HP
0161 432 7712

www.gmcrossroads.co.uk
email: stockport@gmcrossroads.co.uk
Independent Options

Community Support

Independent Options
Supported Activities & Independent Living Skills Service (SAILS)

We provide support on a one to one basis for adults and children to access community activities including the pursuit of personal interests and hobbies, museums, social clubs, participate in gym programmes, exercise classes, swimming, maintaining an allotment, boat clubs etc. We also support small groups of adults who have expressed an interest in doing an activity together. We believe it is important to support people to participate in activities that are relevant to their personal development rather than just passing the time.

Our members of staff receive training to act as guides to mainstream community life with the aim of linking the people they support to others who have similar interests and outside of formal services. We place a lot of importance on the process of matching staff to the people they support.

We are happy to provide support for people who have access to Direct Payments or Individual Budgets.

To help people expand their horizons beyond the local area and follow up on interests and hobbies we organise day and evening trips for small groups. These can be organised for a group who are already friends or can be an opportunity to make new friends with people who have similar interests.

Support is also provided for people to manage their own homes, including modelling skills in cooking, cleaning and shopping for best value. Budgeting and setting up direct debits. Dealing with correspondence, liaising with landlords and sourcing alternative housing.

For more information contact Joanna Babych (Service Manager) on 0161 456 6502 jbabych@independentoptions.org.uk

Joanna Babych
Service Manager

Direct line: 0161 914 8903
Mobile: 07825 164 879
Email: jbabych@independentoptions.org.uk
Shared Lives (formerly Adult Placement)

Shared Lives support is provided in the homes of Shared Lives Carers who have been recruited, trained and approved for this purpose.

Our shared Lives Scheme is registered with the Care Quality Commission.

Shared Lives support may be available to anybody over the age of 18 years, with a recognised disability. The support is usually provided in the carers own home or in the community. This is arranged as a short session (up to 3 hours) or a long session (up to 6 hours), or people can stay with carers for a short break (respite) or on a long term basis.

Referrals can be from social workers or from people who have access to Direct Payments or Individual Budgets.

For full details, referrals and current fees please contact:

Audrey Wilson (Service Manager) on 0161 456 6502

or at: awilson@independentoptions.org.uk

http://www.independentoptions.org.uk
The Community Support Service offers high quality person centred support for disabled people of all ages. The service is registered as a domiciliary care agency with CQC. Each service user is actively involved in the planning of the support and care they receive. We endeavour to provide interesting and enjoyable activities whilst ensuring costs remain affordable. The service provides consistent staff to ensure dependable support in either the individual's own home or to access a wide range of community activities. The service hopes that people benefit from our support by broadening their experience, building their confidence and developing their social skills.

**Current activities include:**

- Support to attend College
- Religious worship
- Assistance with work and volunteering activities
- Personal care
- Leisure /Pleasure activities such as bowling/swimming/cinema/walking.
- Support to live independently such as assistance with household tasks/shopping/ personal finances.

There is rate charged per hour for our service dependent on the needs of the service user and then any activity/transport costs during the support session are extra. Some service users may receive assistance with the fees for the service from the local authority whilst others may pay privately.

Referrals can be made by individuals, carers, and professionals such as Social Workers and nurses.

**For further details please contact:**
Sue Tipton on 0161 477 4809 or by email to communitysupport@stockportcp.co.uk
Transport
Low fares and Free travel

T.F.G.M

Transport for Greater Manchester

National travel pass

The Concessionary Bus Travel Act states that disabled people in England who are eligible will get free off-peak travel on all local buses anywhere in England from April 2008.

The national concessionary travel pass replaces concessionary passes that we issued before April 2008. If you have an old-style paper pass and want to continue to travel for free or for the current standard concessionary fare, you must get a new-style plastic national travel pass.

If you qualify, you can travel for free on local buses anywhere in England between 9.30am and 11pm Monday to Friday, and all day at weekends and on public holidays.

So if you visit another part of England, you can use your pass to travel on local buses in that area.

Before 9.30am, you must pay the current standard concessionary fare in Greater Manchester and the full adult fare outside Greater Manchester.

Some disabled people can travel for free on buses at all times in Greater Manchester. If you qualify, we will give you a Concession Plus pass. This allows you to travel for free on buses at all times in Greater Manchester and for free on local buses elsewhere in England between 9.30am and 11pm Monday to Friday, and all day at weekends and on public holidays.

For an application form for a Concession Plus pass write to us at:

Travel Concessions
Customer Services
PO Box 429
Manchester M60 1HX

Or phone: 0161 244 1050
Community Buses

Ring & Ride

Ring & Ride Greater Manchester’s door-to-door service for people of all ages including children who find it difficult to use public transport.

The service is available from Monday to Sunday, 8am until 10.45pm.

Our fully accessible minibuses and professionally trained drivers will assist you and your companions to get out and about with ease.

You can make short local journeys to:

- do your shopping;
- travel to work, school or further education college;
- attend health appointments, including visits to hospitals and medical centres;
- take part in social and leisure activities; and
- visit places of worship.

Registering and general enquiries:
Before using Ring and Ride for the first time you must register with us. To register please call 0845 688 4933 (lines open 7 days a week 8am to 1030pm) or 0161 200 6011

Once registered you will receive a welcome pack with your membership number and how to book the service.

Cost: Local trips:

- Standard single fare up to 6 miles - £2.00
- Concessionary single fare before 9.30am up to 6 miles - £2.00
- Concessionary single fare after 9.30am up to 6 miles - £1.00
- Over 6 miles - £4.00
- Over 6 miles - £2.00
- With a TfGM Concessionary Plus Pass – free
- Children under five – free

For more information see our website http://www.ringandride.info

Email: enquires@ringandride.info
This is a GMPTE local bus service that allows people of all ages and without any disabilities to ring and book a journey, door to door, within the local area. To book the service, you should try to ring up to a week in advance. Local Link operates in:

- Dane Bank/North Reddish, phone 0161 343 6449; available 24 hours a day;
- Heald Green/Gatley/Cheadle Royal, phone 0161 200 6012, available 8am – 9pm;
- Mellor/Marple/Compstall/High Lane, phone 0161 200 6012, available 8am – 9pm;
- Woodford, phone 0161 343 6449, available 24 hours a day

Email: www.tfgm.com/locallink
General Information

Libraries

Contact phone number for all libraries (excluding Central Library/Local Heritage Library):

0161 217 6009

Bramhall Library
Bramhall Lane
Bramhall
SK7 2DU

Bredbury Library
George Lane
Bredbury
SK6 1DJ

Brinnington Library
First House
367 Brinnington Road
Brinnington
SK5 8EN

Central Library/
Local Heritage Library
Wellington Road South
Stockport
SK1 3RS
0161 474 4530

Cheadle Library
Ashfield Road
Cheadle
SK8 1BB

Cheadle Hulme Library
Mellor Road
Cheadle Hulme
SK8 5AU

Edgeley Library
Alexandra Park
Edgeley Road
Edgeley
SK3 9NB

Great Moor Library
Gladstone Street
Great Moor
SK2 7QF

Hazel Grove Library

Heald Green Library
Beech Avenue  
Hazel Grove  
SK7 4QP

Finney Lane  
Heald Green  
SK8 3JB

**The Heatons Library**
Thornfield Road  
Heaton Moor  
SK4 3LD

**High Lane Library**
Buxton Road  
High Lane  
SK6 8DX

**Home library Service/ Mobile Library**
The mobile and home library  
Service delivers items to you  
Tel: 0161 474 5600

**Marple Library**
Memorial Park  
Marple  
SK6 6BA

**Reddish Library**
Gorton Road  
Reddish  
SK5 6UG

**Offerton Library**
Offerton Community Centre  
Mallavdale Road  
Offerton  
SK2 5NX

**Parks**

Country Parks
<table>
<thead>
<tr>
<th>Etherow Country Park</th>
<th>Reddish Vale Country Park</th>
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</thead>
<tbody>
<tr>
<td>George Street</td>
<td>Mill Lane</td>
</tr>
<tr>
<td>Compstall</td>
<td>Reddish</td>
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<tr>
<td>SK6 5JD</td>
<td>SK5 7HE</td>
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<tr>
<td>0161 217 6111</td>
<td>0161 477 5637</td>
</tr>
<tr>
<td>Angling/Fishing</td>
<td>Visitor Centre</td>
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<tr>
<td>Sailing Club</td>
<td>Bridleways and cycle trails</td>
</tr>
<tr>
<td>Visitor Centre</td>
<td>Angling</td>
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<tr>
<td>Café/Picnic Area</td>
<td>Orienteering course</td>
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<tr>
<td>Model boat area</td>
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**Local Parks**

<table>
<thead>
<tr>
<th>Abney Hall</th>
<th>Alexandra Park</th>
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<tbody>
<tr>
<td>Manchester Road</td>
<td>Edgeley Road</td>
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<tr>
<td>Cheadle</td>
<td>Edgeley</td>
</tr>
<tr>
<td>SK8 2PD</td>
<td>SK3 9NB</td>
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<tr>
<td>Ponds</td>
<td>Football Area</td>
</tr>
<tr>
<td>Historical Hall</td>
<td>Crazy Golf</td>
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<tr>
<td>Fishing</td>
<td>Basketball court</td>
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<tr>
<td>Football pitches</td>
<td>Fishing</td>
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<tr>
<td>Picnic areas</td>
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<table>
<thead>
<tr>
<th>Brabyns Park</th>
<th>Bramhall Park</th>
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<tbody>
<tr>
<td>Brabyns Brow</td>
<td>Bramhall Park Road</td>
</tr>
<tr>
<td>Marple Bridge</td>
<td>Bramhall</td>
</tr>
<tr>
<td>SK6 5DT</td>
<td>SK7 3PS</td>
</tr>
<tr>
<td>Horse riding</td>
<td>Manor house</td>
</tr>
<tr>
<td>BMX mountain bike track</td>
<td>Picnic area</td>
</tr>
<tr>
<td>Football pitches</td>
<td>Cafe</td>
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<tr>
<td>Picnic areas</td>
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<table>
<thead>
<tr>
<th>Brinnington Park</th>
<th>Bruntwood Park</th>
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<tbody>
<tr>
<td>Northumberland Road</td>
<td>Bruntwood Lane</td>
</tr>
<tr>
<td>Brinnington</td>
<td>Cheadle</td>
</tr>
<tr>
<td>SK5 8LS</td>
<td>SK8 1HX</td>
</tr>
<tr>
<td>Multi use games area</td>
<td>Pitch and putt golf</td>
</tr>
<tr>
<td>Skate park</td>
<td>Vinery restaurant</td>
</tr>
<tr>
<td>Football pitches</td>
<td>Refreshment kiosk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cale Green Park</th>
<th>Heaton Moor Park</th>
</tr>
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<tbody>
<tr>
<td>Heath Road</td>
<td>Peel Moat Road</td>
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</tbody>
</table>
Cale Green
SK2 6JJ
Tennis courts
Basketball/netball courts
Pavilion
Multi-use games area

Heaton Moor
SK4 4PL
5-a-side football

Marple Memorial Park
Stockport Road
Marple
SK6 6BA
Skate park
Basketball boards and nets
Older children Play area

Shaw Heath Park
Kimberley Street
Shaw Heath
SK3 8EB
Picnic area
Meeting point for teenagers
Junior play area

Thornfield Park
Balmoral Road
Heaton Moor
SK4 4EB
Grass kick about area
Tennis courts
Multi-use games area

Vernon Park
Turncroft Lane
Offerton
SK1 4AR
Stockport museum
Bandstand
Fountain/lily pond

Woodbank Park
Turncroft Lane
Offerton
SK1 4JR
Places to visit

Chadkirk Chapel
Beautifully restored chapel situated in the heart of Chadkirk County Estate, Vale Road, off Otterspool Road, Romiley, Stockport, SK6 3LD.
Open Saturdays and Sundays.
Phone for times.
Free admission
Tel: 0161 218 1460 (C/o Staircase House)
Web: www.stockport.gov.uk/chadkirkchapel

Hat Works Museum
Hat Works is the UK’s only museum dedicated to the Hatting Industry.
Guided Tours. Special events, workshops and demonstrations.
Education and group tours.
Café and shop.

Wellington Mill
Wellington Road South, Stockport
SK3 0EU
Tel: 0161 474 2399
E-mail: hatworks@stockport.gov.uk
Web: www.stockport.gov.uk/hatworks

Stockport Air Raid Shelters
Step back in time to 1940s war-torn Britain and experience the sights and sounds of Stockport’s unique Air Raid Shelters.
Leisure Key and Under 5s go FREE.

Tuesday-Fridays: 1-5pm
Saturdays: 10-5pm
Sundays: 11-5pm

61 Chestergate, Stockport
SK1 1NE
Tel: 0161 474 1940
Web: www.stockport.gov.uk/airraidshelters

Staircase House
This beautifully restored town house is situated in Stockport’s historic market place. No ropes or barriers, come and interact with 500 years of history. Leisure Key and Under 5s go FREE.

30/31 Market Place, Stockport
SK1 1ES
Tel: 0161 474 4444
Web: www.stockport.gov.uk/staircasehouse
Stockport Story museum

Experience 10,000 years of history as you travel through prehistoric to present day Stockport! FREE to enter.

Opening Times:
Tue – Sat : 10am – 5pm
Sun: 11am – 5pm
Closed Mondays except Bank holidays open 11am – 5pm

30/31 Market Place, Stockport
SK1 1ES
Tel: 0161 218 1460
Web: www.stockport.gov.uk/stockportstory

Bramhall Hall

Visit this magnificent black and white Tudor manor house, set within 70 acres of beautiful parkland.

Bramhall Park
Bramhall, Stockport
SK7 3NX
Tel: 0161 474 2020
Web: www.stockport.gov.uk/bramallhall

Closed for refurbishment from Monday 29th September until spring 2016

Art Gallery

See the changing contemporary art and craft exhibitions and take part in artist-led workshops. Fun for everyone!

Tuesday–Friday: 1-5pm
Saturday: 10-5pm
Sunday: 11-5pm
Closed Monday except bank holidays

(Check Stockport Museum events workshop for details)

Wellington Road South, Stockport
SK3 8AB
Tel: 0161 474 4453  www.stockport.gov.uk/artgallery

Vernon Park Museum

A fascinating museum set within the beautiful surroundings of the park. Come for a stroll and enjoy a hot drink in our tearoom.

Monday–Friday: 10-4pm
Saturday and Sunday: 11-4pm
FREE Entrance

Turncroft Lane
Offerton, Stockport
SK1 4AR
Tel: 0161 474 4460
If you know of any other activities in your area which could be included in this brochure, which are available for adults with a Learning Disability, please contact Stockport Advocacy on 0161 480 8979 or email them on info@stockportadvocacy.co.uk