

Walk and Talk support group for people with dementia in Trafford

If you have dementia and would like to meet and spend time with others affected by dementia, you'll be welcomed at our Walk and Talk support group.



Location: Worthington Park, Cheltenham Drive, Sale M33 2DQ
(meet at the Broad Road entrance).

Time: Every Tuesday from 10.30am — 12.00pm

For more information please contact the Trafford office on:

T: 0161 962 4769

E: trafford@alzheimers.org.uk

We look forward to welcoming you.

What is the Walk and Talk support group?

Take in some lovely scenery, get some gentle exercise and make new friends at our Walk and Talk support group.

You can talk about particular issues you might be facing and share practical information with your peers about what has helped you. Our experienced staff and trained volunteers run the group to help you get the most out of the sessions, and are on hand to offer you information and advice.

We always make time for refreshments at High Lee House opposite the entrance to the park.

About your local activity group

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