

# LOCAL STUFF

## Stockport & District MIND

A local, independent adult mental health charity, supporting people in the Stockport area.

*'Stockport and District Mind works towards a society where anyone who experiences mental distress is supported in their recovery, empowered to reach their full potential, and they and their family/Carers are free from stigma and discrimination.'*

**Mon: 09:30 - 13:00 | Tues: 09:30 - 16:30 | Weds: 09:30 - 13:00 | Thurs: 09:30 - 16:30**

**0161 480 7393 | <http://www.stockportmind.org.uk>**

**Dove House, 65 Union St, Stockport, SK1 3NP (the street on the opposite side of the A6 road to Stockport College)**

**Open for drop-ins at the times listed above!**

### Therapeutic Services

Choose from Counselling | CBT | 1:1s | Mindfulness

**[www.stockportmind.org.uk/therapeutic-services-counsellingcbt11-mindfulness](http://www.stockportmind.org.uk/therapeutic-services-counsellingcbt11-mindfulness)**

### Carers Support Service

For the Carers of adults who have a mental health problem or are experiencing emotional distress. We provide confidential, impartial information, support and advice to adult mental health Carers who live between the postcodes SK1 and SK8.

**<http://www.stockportmind.org.uk/stockport-mental-health-carers-support-service>**

### Isolation & Social Engagement Service

Are you feeling isolated and lonely? Or do you know someone that is?  
Do you find it hard to get out of the house? Have you stopped doing the things you enjoy?

You might be coping with a big change in your life which means staying in touch with friends and family is even harder than usual. For example a bereavement, moving to a new community, loss or change of employment, a relationship breakdown, or becoming a parent.



A worker can contact you to identify what you would like to change in your life, and support you to make steps towards this. To find out more, or to access this service, please contact us.

<http://www.stockportmind.org.uk/isolation-social-engagement-service>

## **Singing 4 Fun**

A group that does what it says on the tin. It's a fun way of building up self esteem & confidence, through singing. You don't have to be a Bono or Beyonce. It doesn't even matter if you're tone deaf. I can only just about carry a song, and have been known to drop a few. The focus is on having fun.

**Thursdays at the Stockport Disability, Stockport | 13:00 - 14:00 | £1 minimal charge towards centre running | <http://www.stockportmind.org.uk/singing-for-fun>**

## **Hearing Voices Group**

Do you hear voices, see visions or have other unusual perceptions? Do you support a family member or friend who is struggling to deal with these experiences?

Our Hearing Voices group is a safe space for people with personal experience of voices and visions, as well as those who support them.

<http://www.stockportmind.org.uk/hearing-voices-group>

# **Beacon Counselling | Stockport & Surrounding Regions**

Our Counsellors can help you:

deal with low mood or feelings of depression | deal with feelings of anxiety, helping you worry less about things | cope with a bereavement, loss or relationship breakdown | cope with work-related stress, including redundancy | work through the problems associated with domestic violence or talk about abuse | feel more confident and address low self-esteem | manage strong emotions or anger understand yourself and your problems better

With help and support, these feelings and symptoms can be managed, guiding you to a successful recovery.

Some funded programmes are free of charge, while for others we request a donation. We ask for whatever you can reasonably afford.

**Stockport Centre 50-52 Middle Hillgate, Stockport, SK1 3DL | 0161 440 0055**

<https://www.beacon-counselling.org.uk>

## **Signpost Stockport for Carers**

An independent local charity which provides free, confidential information and support to unwaged carers of all ages in the Stockport area. A carer is someone who, without a wage, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness, addiction or disability. Very often people do not recognise themselves as 'carers'; they are just family members, friends or neighbours who find themselves in a caring situation. A carer may not always live with the person they care for, but their help can often be essential in enabling that person to go on living independently.

Our mission is to improve the quality of life for carers [young carers & adult carers] in Stockport.

Caring can often be demanding, both physically and emotionally. It's important you know that your work is recognised by others, and that there are services and benefits available to help support you in your role.

**0161 442 0442 | [info@signpostforcarers.org.uk](mailto:info@signpostforcarers.org.uk) | [www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk)**

## **Stockport Psychological Wellbeing Service**

Offers one-to-one support and structured courses for anyone experiencing common mental health problems such as anxiety and depression. It is available to anyone who is registered with a GP in Stockport, or a resident of Stockport, and is aged 16 years and above

If you are interested in the "here and now" of your problems and willing to participate in work between sessions, this service can really help you make a positive change to your wellbeing.

**Mon - Fri: 09:00 - 17:00 | Self Referral or ask your GP to refer you | 11+ | Free**  
**Brookfield House, 193-195 Wellington Road South, Stockport, SK2 6NG**  
**0161 480 2020 | [stockportpws@selfhelpservices.org.uk](mailto:stockportpws@selfhelpservices.org.uk)**

## **Knitting Friends | Heaton Moor Park**

Experienced and novice knitters all welcome! Friendly group that enjoys the knitting, the company, the coffee and the chat.

**Fridays: 10:00 - 12:00**  
**Heaton Moor Park, Peel Moat Road, Heaton Moor, Stockport, SK4 4PH**

## **SPACE: Stockport Parents of ADHD Children in Education**

Monthly meet ups for parents and carers of children with ADHD. Next meetup:  
**Wednesday 10 July 2019 @19:00 - 21:00**

Our meetings are informal and parent led. The committee responsible for the group are all parents of children with ADHD.

From time to time, we bring in expert speakers to share useful information with the group and help signpost agencies and services that can be useful for families with children who have ADHD.

**Funky Monkey Coffee Company, 175 - 177 Bramhall Lane, Stockport, SK2 6JA**

## **Mindfulness Colouring for Adults**

Life is stressful so why not take some time to relax put and your focus elsewhere for a while. Come and colour in some beautiful designs that you can take away with you.

All materials provided or you may bring your own books to colour in if you have them.

**Tuesdays: 13:30 - 15:30 | Age 16+ | Free | Drop in**  
**0161 474 4453 | [stockport.artgallery@stockport.gov.uk](mailto:stockport.artgallery@stockport.gov.uk)**  
**Stockport War Memorial Art Gallery, Wellington Road South, Stockport, SK3 8AB**

## **Free Scrabble Sessions | The Heatons Library**

Do you enjoy a good game of Scrabble?  
Come along to one of our Scrabble sessions at the Heatons Library.  
New players welcome.

**Mondays: 10:30 - 12:00**  
**Heatons Library, Thornfield Road, Heatons Moor, SK4 3LD**

# Rethink Mental Illness Stockport Support Group

An informal group that meets on the **3rd Wednesday of every month**

The group is predominantly social, with a mix of activities, films, food, discussion and more that provides you with a space to talk about your own experience of mental health and to get up to speed with what services are available to you in the borough.

All activities are completely free and open to anyone between 18 and (they say) 130

**The Wellbeing Centre, Disability Stockport, 23 High Street, Stockport, SK1 1EG  
07843 849828 | [time2changestockportgroup@rethink.org](mailto:time2changestockportgroup@rethink.org)**

## Skills for Life Summer Courses | Stockport Homes

### Intro to Gardening

Proven to be very beneficial to physical & mental wellbeing.

This 6- week course will give beginners the skills & knowledge they need to get started.

Venue: **Woodbank Nurseries, Offerton | From: 6th July 2019**

### Multi-Activity Taster Day

Gives people the opportunity to try their hand at a variety of activities, including:

orienteering | archery | climbing | rafting

Transport & lunch included.

**11th July 2019:** Pick up from Cornerstones.

### Paddlesports

6-week programme covering: kayaking | canoeing & more

Transport & lunch provided

**15th July 2019:** Pick up from Cornerstones

### Climbing

Aimed at absolute beginners.

Over 6 weeks, people learn the basics of safe climbing in a variety of beautiful locations.

Transport & lunch provided.

**17th July 2019:** Pick up from Cornerstones

To book your space or for more info: **0161 474 2862 | [customer.training@stockporthomes.org](mailto:customer.training@stockporthomes.org)  
[www.stockporthomes.org/skills-for-life-plus](http://www.stockporthomes.org/skills-for-life-plus)**

## **Marple T'ai Chi and Chi Kung [particularly suitable for 50+]**

The gentle, flowing art of T'ai Chi is practised by people of all ages and levels of fitness. It is known for its health benefits, particularly valuable for improving balance, stamina and flexibility, and reducing stress. T'ai Chi is a type of Chi Kung, which is practised in its own right to enhance energy flow mainly through focusing on breathing.

Tues 14:00 -16:00 at Hawk Green Reading Rooms  
Beginners and ongoing students are welcome at these classes

Thurs 10:00 - 12:00 at Hawk Green Reading Rooms  
New members of this class should have at least two years experience of practising Cheng Man-Ch'ing T'ai Chi.

**All classes: £7.50** if paid for weekly (£6 if paid for by the term).  
**Brenda Howlett, Reading Rooms, Hawk Green, Stockport**  
**07749 811 171 | [brenda@mindful-balance.co.uk](mailto:brenda@mindful-balance.co.uk)**

## **Boogie Beat | Music & Movement | Marple**

Classes run at **Rough n Tumble Play Centre** in the **Goyt Mill**  
**every Monday at 10:30 - 11:10**

Boogie Beat uses imagination and active fun to bring to life traditional stories and themes in a fun and interactive way for children ages 6 months to 5 years. We use lovely puppets, props and instruments in our lively and active classes.

The class is included in the play centre's **£3.00 entrance fee**.

**Rough n Tumble Play Centre in the Goyt Mill, Hawk Green, Marple**  
**0161 483 1746 | 07799 627778 | [tracy@boogiebeat.co.uk](mailto:tracy@boogiebeat.co.uk)**

## **Kids Disco Classes | Marple**

Every **Wednesday** at Marple Conservative Club...  
Under 10s class: 17:00 - 18:00 | £3  
Over 10s class: 18:00 - 19:00 | £3

**Marple Conservative Club, Church Lane, Marple, Stockport**  
**01254 872036 | 07711 565732**

## Heartbeat Chorus | Marple

Heartbeat Chorus has approximately 70 members. The chorus is based in Marple in Stockport. Its members range from 20s to 70s and come from the surrounding areas as well as some travelling from Bolton and Derbyshire.

We are all amateurs and there is no requirement to read music or to have sung previously to join the chorus. Many of our members haven't sung since school. We aim to sing at a high level but also find that working together, making friends and singing in harmony is life enhancing for confidence, life skills, friendship and fun.

In Heartbeat Chorus we work hard and are committed to improving our a cappella skills and we work regularly with top singing coaches from the UK and abroad.

[www.heartbeatchorus.com](http://www.heartbeatchorus.com) | [contact@heartbeatchorus.co.uk](mailto:contact@heartbeatchorus.co.uk)

## Happy to Chat Benches

### The first Marple "Happy to Chat Bench" on Derby Way

Following discussions on the *Marple Community Hub* Facebook page in September 2019, the Marple Website teamed up with *Friends of Marple Memorial Park* to create the first Marple **Happy to Chat Bench** on Derby Way.

This bench, refurbished by Friends of the Park, has been chosen as the first location in Marple because the idea is supported by Wayne Eric Wood, owner of Mr. Chips on Derby Way, and he has said he'll be happy to chat to anyone who sits there and would like to talk.

Creating a "**Happy to Chat Bench**" is not difficult, it simply involves adding a laminated sign to an existing bench. The real challenge is to shop owners like Wayne and to local people passing by to make the effort to speak to someone sitting on the bench.

So **Marple People**, it's over to you!

# Yoga in Marple

## **Beginners Vinyasa Flow Course**

*Mon: 20:00 - 21:00 | 6-week course*

## **Mixed Level Vinyasa Flow Class**

*Tues :20:00 - 21:00 | Drop in class*

## **Gentle Yoga for All Levels**

*Fri: 10:00 - 11:15 | Drop in class.*

My classes include breathing, relaxation and concentration techniques, so that students may gain a deeper awareness of how their breath, body and mind are connected. I completed my teacher training diploma with the British Wheel of Yoga in 2009 and continue to enjoy attending training courses with a variety of distinguished teachers. I also gained qualifications to teach Yoga to people living with or recovering from cancer, Yoga Nidra (relaxation) and Yoga for Kids.

***St Martins Parish Church Hall, 15 Brabyns Brow, Marple Bridge, Stockport, SK6 5DT  
07841 031 836 | [hello@janinekelly.co.uk](mailto:hello@janinekelly.co.uk)***

## **Marple & District Women's Institute**

A very friendly WI that meets during the day... Knitting together the women of Marple and around, one stitch at a time. Why not come along to one of our monthly meetings at **Hawk Green Cricket Club** where new members and visitors are always welcome!

We would like to start up new activity and interest groups and are always open to ideas and suggestions, so if you have skills to share, great ideas, interests you want to get involved in, come and talk to us ...

### **Meetings**

***19:30 on the 3rd Weds of the month***

***20 Upper Hibbert Lane, Marple, Stockport, United Kingdom***

***@MarpleWomensInstitute | [marpleanddistrictwi@gmail.com](mailto:marpleanddistrictwi@gmail.com)***



## Marple Exploring The Arts

If you would like to share your enthusiasm for **art | music | literature | theatre | film** then please come and join us where you will meet like-minded people.

### Meetings

**Fortnightly: 19:30 Thurs in Autumn & Spring**

Guest speakers include **artists | musicians | writers & arts world experts** who enlighten, entertain, challenge and intrigue us.

The Autumn 2019 programme of events is available to download here: <http://www.marple-uk.com/arts/meta-programme.pdf>

Annual Subscription: £40

Spring Subscription: £20

Visitors (non-members): £5 per event including refreshments

Good access for disabled visitors

**United Reformed Church, Hibbert Lane, Marple, Stockport, K6 7NN**  
**[gwen.26@btinternet.com](mailto:gwen.26@btinternet.com)**

## Marple Health

A long established Family Health Food Shop that was re-invigorated by Jean and John over five years ago, and can help with your healthy eating needs for vegetarians, vegans, and special diets.

We offer Natural and Organic Foods, with a Chilled and Frozen selection. Vitamins & Supplements, Ethical Body-care & Domestic Products, Herbal Remedies, Food Sensitivity Assessments. Support & advice, (and goodies) in a friendly atmosphere, (and a loyalty scheme which rewards regular customers).

### Free Drop In Herbalist Clinic

**72A Stockport Road, Marple, Stockport, SK6 6AH**  
**0161 427 5662 | @MarpleHealth**

## Marple People

We are a group of local people who want to help others enjoy life to the full. Many Marple residents are lonely. Some never go out. A safe and compassionate community is one where people look out for each other. Let's get to know a few more people. Why not knock on a few doors near your home and invite a neighbour round for a cuppa? Is there someone needing help with the garden? Can you do a shop for someone or give a lift? Could you start up a knitting group, an art group, a board game group? Don't wait for someone else to do it!

**Facebook:** @MarplePeople

## National Women's Register | Marple Branch

For women of any age who enjoy meeting and talking to other women away from the pressures of everyday life.

### Meetings

The small friendly Marple branch meets **fortnightly: Mondays 20:00** in each other's houses

We decide on a programme every term. This usually includes trips to the theatre, places of interest, a speaker, and an excuse to bring food!

Annual Subscription: £17 (with a large portion of this going to national NWR, which organises quizzes, themed evenings and an Annual Conference).

**Silvia Morgan: 0161 221 1505 | [sylviamm@virginmedia.com](mailto:sylviamm@virginmedia.com)**  
**<http://www.marple-uk.com/community/nwr.htm>**

## Stockport Community Shed

Our Shed is open:

**Mondays 13:00 - 15:00**

An afternoon for the over 50s to enjoy their craft or DIY hobbies with other, like-minded members.

If you or anyone you know might benefit from this group, please contact me directly so I can arrange to meet the potential new member.

**[phillip.worthington@stockporthomes.org](mailto:phillip.worthington@stockporthomes.org) | 07800 617 695**  
**Rose Walker Centre, Essex Ave, Cheadle Heath, Stockport**

## **Heatons Men in Sheds**

We are a voluntary group that provides a setting where people can socialise, learn new skills and hone existing skills by working together on community projects.

By working together and inviting anyone to join we hope to overcome social isolation that can occur after redundancy, retirement or bereavement by being productive and get involved in their local community.

***[www.facebook.com/Heatonsmeninsheds](http://www.facebook.com/Heatonsmeninsheds)***

## **Stockport Community Cycling Club**

We are a friendly leisure cycling club based in Stockport, Cheshire providing a variety of rides at an easy pace with pleasant company. Our members range from 9 to 75 year of age. Families with children over the age of 9 are very welcome provided the children have done a little cycling. Children under 18 years must however be accompanied by a parent or responsible adult.

We want people to join us in enjoying cycling, fresh air and the wonderful scenery our area has to offer. It doesn't matter if you're a complete newcomer to cycling or not particularly fit – in fact you'll slot right in and we'd love to welcome you.

### **Our rides**

We offer a variety of rides – on and off-road – at a speed everyone can do, with frequent rest stops. We aim to ride at the pace of the slowest and always wait. Oh – and we fix your punctures too. Perhaps the best testament to our success is that most people who come out with us for the first time stay with us and ride on a regular basis.

### **Building confidence**

We'll help you build your confidence and your riding skills. And if you haven't got a bike it's not a problem – we have some bikes to borrow and can, where possible, provide lifts to start points if needed.

***No need to book...***

***[info@sccc.co.uk](mailto:info@sccc.co.uk) | [Jim Court: 0161 487 2387](tel:01614872387) | <http://www.sccc.co.uk>***

## Rosie's Friendship Group

We are a friendship group that meet **every Monday morning: 10.00 - 12:00**

The group is open to anyone over 18 in the Marple and Werneth area who may be socially isolated and would like to meet new people.

**Queens Court, Marple, Stockport, SK6 6BS**  
**07800 618976 | [mark.emery@stokporthomes.org](mailto:mark.emery@stokporthomes.org)**

## L.A.D.S. Men's Activity Group

The L.A.D.S. (Live Actively Develop Socially) group is for men aged 18+ if you are experiencing social isolation, anxiety or low mood.

### Meetings

**Every Tuesday 15:00 - 17:00**

The group is peer led and offers a wide range of activities including:

**Arts & Crafts | Board Games | Sports | Outdoor activities including nature walks & kayaking | Holistic therapies including breathing techniques & meditation**

**Mark: 07802 711 068 | Paul: 07548 882 235**  
**Learner Lounge, Stonemill Terrace, Lancashire Hill, SK5 7RZ**

## Stockport PLUS | People Like Us LGBT+

We are a voluntary social group with a growing **online** LGBT+ social network with a core focus on providing regular **local** social networking activities and events for adults within the Metropolitan Borough of Stockport or elsewhere.

If you are interested in connecting up and networking with other people just like you well please check out the services we provide on the links below and start your **LGBT+ PLUS** journey today!

**<http://stockportplus.org> | [info@stockportplus.org](mailto:info@stockportplus.org) | <https://www.facebook.com/StockportPLUS> | 07562 269 558**

## **Express S.E.N.D. Club**

During your time at the club you will learn signs to a number of songs. This is your club so there will be opportunities to express yourselves and let me know your favourite songs.

### **Meetings**

Once a month on a Saturday: 14:30 - 16:00 for older children, young people and adults who have special educational needs and disabilities.

**£2 per session | siblings welcome | parents/guardians welcome to stay**

***An upbeat warm-up activity | Songs with signs | Activities (or bring your own)***

### **Why learn signs with songs?**

***Signing can express what you want to say | a visual tool to help remember words | working towards a diverse world of communication | a good networking opportunity for guardians and parents to meet in a friendly environment***

***Marple Senior Citizens Centre, SK6 6BA***

## **Marple Lodge Task Days**

We have about 10 regular volunteers and we work every other Monday, taking care of all 16 locks on the Marple flight. Anyone interested is welcome to join us, you don't need any experience and we are a friendly bunch!

Each year we paint the locks and when we can we get on a boat to scrape them clean. There's plenty to keep tidy along the towpath as well.

I've done quite a lot of volunteering before but particularly like working with the locks group. I love the water and being outdoors and the group are so lovely I look forward to our task days. It gives me a real sense of pride to know that I'm doing something to improve my local surroundings and makes me feel part of the community.

### **Interested in Adopting a Stretch of Waterway?**

Community adoptions are a great way to get active, to make a difference in your area and transform your local waterway.

Your group needs at least 6 members who would be willing to volunteer once a month on the adopted waterway.

We have lots of other volunteering opportunities if a community adoption isn't right for you...

**[canalrivertrust.org.uk/volunteering](http://canalrivertrust.org.uk/volunteering)**

# Marple Community Yoga | Yoga 4 Health

Yoga 4 health is offered in a range of ways to meet different needs...

**Gentle Mondays** is a mat based wellbeing class. **Chair based classes** offer mindful movement practices. **Specialist classes for people with dementia** and their carers, and residents in a **Care Home Setting. Mindfulness Programmes** to bring wellness in to your daily life.

**Yoga 4 runners** is offered throughout the week welcoming runners, and other sporty people. An opportunity to improve your running form, deal with injuries and get more mindful.

## Classes

Gentle Mondays: **10:00 - 11:30 | mat-based yoga**  
**Martins Church Hall, Brabyns Brow, Marple (7,14 & 21 Oct)**

Chair Based Yoga: **Tuesdays 11:45 - 12:45 | chair-based Yoga | mindful movement & meditation**  
**Marple library meeting room (1,8,15 & 22 Oct)**

Carers of People with Dementia: **Wednesdays 10:00 - 11:00 | chair- based yoga**  
**Heatons Centre, Heaton Moor (9 Oct)**

Cherry Tree Home Residents: **Wednesdays 10:30 - 11:30**  
**Cherry Tree Care Home (2nd & 4th Weds of each month)**

Young Onset Dementia: **Wednesdays 14:00 - 15:00 | chair-based yoga**  
**Enjoying Life, Bramhall Methodist Church**

Marple Dementia Drop-In: **Fridays 12:00 - 13:00 | seated yoga**  
**Monthly - only open to Marple Dementia Drop-In members**

If interested in future Mindfulness Programmes in Marple get in touch...  
**yogapaul@icloud.com or phone 07554 868 664**  
**<https://marplecommunityyoga.vpweb.co.uk>**

# Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

*From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'*

*[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]*

## Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy ] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

## Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

[www.mind.org](http://www.mind.org)

# Friends of Marple Memorial Park

A group of local people whose aim is to provide opportunities for community members to improve and promote the use, awareness and care of facilities within Marple Memorial Park in order to make the park a welcoming, safe and enjoyable environment for all.

If you'd like to get involved and support our efforts in any way please come along to one of our task days or meetings, or get in touch using the contact details on this site.

## Task Days

Held on the ***last Saturday of each month in winter***. Everyone is welcome to join in for as long or as short they wish during the specified times. Please note that children should be accompanied by a responsible adult.

***<https://www.marplememorialpark.org.uk> | Mark Whittaker: 0161 427 4955***

## Local Allotments | Marple

Marple Allotment Association has two sites within Marple...

### Rose Hill Allotments

Situated on Railway Road near Rose Hill Station

### Seven Stiles Allotments

Situated on Oakdene road and runs alongside the footpath leading to Ashwood Crescent.

***Railway Road, Rose Hill & Oakdene Road, Seven Stiles, Marple, Stockport  
0161 427 5261 | [www.marpleallotments.org.uk](http://www.marpleallotments.org.uk)***



# Marple District Rambling Club

Marple District Rambling Club is a very friendly walking club. It was founded in 1967 and now has over 350 members.

By organising walks of different distances, graded according to difficulty, varying from 5 miles to over 20 miles, we offer walks to suit all abilities. Walks are organised every week throughout the year on Sundays and Thursdays and led by experienced walkers. Members choose which walk according to destination or length of walk or how much time they have available. Usually there is a choice of at least 3 walks and sometimes 5. Some members walk twice a week but many less often.

The club meets monthly for a social evening and also offers weekend walking breaks and longer walking holidays at home and abroad. The walking programme is sent to members every 4 months and this lists all the forthcoming walks and social events.

## **It's more than walking...**

Social activities all year round - the first Tuesday of each month is our social evening.

During summer months we generally arrange a short evening stroll followed by a meal in a local pub or restaurant.

During winter months we hold a range of events indoors. Recent examples include:

Quiz night | A talk on the geology of the Peak District | Live music and film evening | A Ceilidh | A talk from a local Physiotherapist | Practical First Aid on the hills advice | 50th Anniversary & Christmas meal at the Deanwater.

See website for latest walk details...

**0161 483 8596 | [claudio.prime@mypostoffice.co.uk](mailto:claudio.prime@mypostoffice.co.uk) | <http://marpleramblers.org/walking>**

## **Some Green Spaces near you...**

### **STOCKPORT & DISTRICT**

#### **Reddish Vale Country Park**

Once the site of a calico printing works, Reddish Vale Country Park now provides a habitat to a host of bird- and wildlife. The Vale has recently been designated as a Local Nature Reserve and features a new butterfly park.

The Park offers a wide variety of pursuits for all. Download an audio-tour of the park, follow the 'Heritage Wander' trail or the new geo-caching trail. Trails, bridleways and cycle routes link the Tame Valley to the Etherow/Goyt Valley and the surrounding area. For cycle enthusiasts, there is now also a 5km Cycle Trial and for anglers there are 2 large mill ponds available for fishing.

There is a small visitor centre offering park information on walks, trails, event and task days, also featuring displays on the area's heritage, wildlife and future and displays of work by local artists.

Two minutes away is Reddish Vale Farm, a delightful small animal farm, giving children an insight in to the countryside environment. The farm has a wide variety of farmyard animals and opportunities for petting baby animals.

***Mill Lane, Reddish, Stockport, Greater Manchester***

#### **Debdale Park**

Facilities include a children's play area, Multi use games area (MUGA), Skate park, tennis courts (courts are free), football pitch, pitch and putt, bowling green, toilets, visitors centre and community centre. Two large reservoirs for licensed fishing.

There is also an outdoor centre with various activities including dinghy sailing, kayaking, canoeing and much more.

***1073 Hyde Road, Manchester, M18 7LJ***

## **Nutsford Vale [border of Levenshulme & Gorton]**

A well used park and community wildlife space frequented by the residents and visitors of the Gorton, Levenshulme and Longsight areas of Manchester, nestled between Matthews Lane and Longsight Road, behind the Gorton Mount and Grange Schools.

The space has been charted through the 20th century as a farm, clay quarry and mine, unrestricted landfill site and after being covered over, an 'open space'. The owners, Manchester City Council, spent over £600,000 of taxpayer funds to turn it into an area of recreation and wildlife preservation, encouraging the local community to take ownership and pride in their area.

A group of locals stepped in and formed The Friends of Nutsford Vale, managing this green amenity, encouraging the wildlife and developing the site for the future.

After a successful community campaign to save the Vale - Friends & Supporters of Nutsford Vale will be hosting regular meetups at the Bluebell to keep the momentum flowing with co-ordinated activities and litter picking

Don't forget to take a look at future events – we are an all inclusive group, with everyone welcome to participate in our free events.

**@savenutsfordvale**

**<http://www.friendsofnutsfordvale.co.uk>**

## **Some Green Spaces near you...**

### **MARPLE**

#### **Etherow Country Park**

The park offers a variety of leisure pursuits such as bird watching, rambling and nature study. Sailing, model boating and angling are also available by club membership. The park also plays host to the Etherow Raft Race each summer. Facilities include boating lake, cafe & onsite toilets.

Motorised wheelchairs are available free of charge to allow disabled visitors to enjoy the park's many attractions (booking recommended, especially at weekends). A Visitors Centre, cafeteria and toilets (including disabled facilities) are located next to the car park. There is space for 116 cars (pay and display parking).

Etherow Country Park is rich in wildlife. The park is home to over 200 species of plants and more than a hundred species of birds have been recorded here.

The park has its own nature reserve which is a designated Site of Special Scientific Interest.

The wide variety of habitats within the park allow an abundance of wild plants to thrive here. With the exception of mid-winter, plants are easily spotted throughout the year. Look out for flora such as Dog's Mercury, Wood Anemone, Hedge Woundwort and Common Spotted Orchid, among many others.

The many areas of woodland in the park provide an ideal home for a variety of wild plants and animals. Fungi such as this Fly Agaric are important links in the food chain and help to return nutrients to the soil by decomposing plant material.

Etherow Country Park provides ideal hunting territory for a variety of birds of prey. Tawny Owls hunt frequently in the Keg woodlands.

The park's elevated position gives stunning views of the Stockport town centre skyline and of the Cheshire plain. The central position of Heaton Norris Park means that it is a green retreat for shoppers and local residents. Also it is within easy reach of the Stockport town centre.

A children's play area and musical garden make this a great family visit. The sports facilities mean that the park is a great place to stay active.

**George Street, Compstall, Stockport, SK6 5HN**  
**[www.etherowcountrypark.co.uk](http://www.etherowcountrypark.co.uk)**

## **Memorial Park | Marple**

A large park for a small town that boasts a host of amenities - kids park, toddlers play area, recently rebuilt skatepark and pleasant grounds tended by volunteers. The park also has within its boundary a thriving library...Also near the town centre for easy coffee & shopping...

***Stockport Road, Marple, Stockport SK6 6AX, England***

## **Roman Lakes**

Over the past century the Roman Lakes has welcomed hundreds of thousands of visitors. It offers the ideal location from which to walk, cycle, picnic, canoe, fish or take refreshment within the tea rooms.

A free Nature Trail leaflet is available at the cafe giving an insight into the flora and fauna of the area.

### **Tea Rooms**

Our beautifully renovated Tea Rooms are the perfect place for lunch.

We have an extensive range of hot and cold drinks and a wide selection of teas, coffees and homemade cakes. We make all our meals and cakes onsite and use a local bakery for our hand made bread...

***Roman Bridge Lakes Lakes Road, Marple, Stockport SK6 7HB, England***

## **Werneth Low Country Park | Hyde**

This park has everything - spectacular views over the surrounding area, including Manchester - excellent paths - a small visitor centre - enthusiastic volunteers - some lovely plants and flowers - and a number of different car parks.

The country park extends for 80 hectares (200 acres) across the Northern and Western slopes of Werneth Low. Only 9.5 miles from the city centre of Manchester, the area is both a haven for wildlife and an area where visitors can find peace and relaxation. The park's location provides panoramic views across Manchester and beyond to Liverpool. The dark blue silhouette of the Welsh mountains can often be seen on clear days, as can the Pennine hills close by.

***Lower Higham Visitor Centre Higham Lane | Higham Lane, Hyde, Hyde SK14 5LR, England***



