

TAMESIDE

LOCAL STUFF

MIND Wellbeing Centre | Ashton-under-Lyne

Tameside, Oldham and Glossop Mind have a local community hub based in Topaz café, 216-218 Katherine Street. It is a mental health wellbeing centre offering counselling, courses, workshops, advice, drop-ins e.g. welfare rights and housing support, veggie cafe and internet access.

The hub is a space that local people can use to run their own clubs, attend sessions run by volunteers or just meet with friends for a coffee.

We serve food until 3pm and you can find out more about TOG Mind and the other services we offer.

Topaz Cafe, 216-218 Katherine St, Ashton-under-Lyne, OL6 7AS | 0161 330 9223

Off the Record | FREE Counselling for Young People

Free confidential counselling for young people aged 13-28 who live in Tameside, Glossop, Oldham and surrounding areas.

We believe that all young people have the right to free & accessible advice, information & counselling to help alleviate the burden of social, cultural & economic oppression. We're striving to achieve this by maintaining an independent, free, confidential counselling service that is centrally based for all young people between the ages of 10 and 25 who live in Tameside.

***** We now have a NEW DROP IN, in Hattersley *****

You can Drop In between 15:00 and 17:45 every Tuesday afternoon. No appointment needed.
Based at: **Hattersley Group Practice, Hattersley Road East, Hattersley, SK14 3EH**

We also have a Child Sexual Exploitation project, offering counselling for 11–21 year olds living in Tameside.

Any referral accepted, including self.

45 Clarendon Place, Hyde, Cheshire, SK14 2ND | 0161 355 3553

<http://www.otr-tameside.org>



Wellbeing Advisors & Carers Centre | Hyde Town Hall

The Health and Wellbeing Service is a free, confidential, community based service.

The Wellbeing advisors provide information, advice, advocacy and support to help people remain healthy, active and well in their own home.

Home visits can be carried out by a team of trained advisors, who will offer information on a range of local services to support individual need. The service is available to people aged 18+ living in Tameside who do not receive any help from Tameside Social Care and Health Department.

The Carer's Centre also offers a wide range of information and support to carers.

The Carers Centre, Hyde Town Hall (Via Corporation St), Market Street, Hyde, Tameside, SK14 1AL | 0161 342 3344 | Mon - Fri: 11:00 - 14:00 for Drop-Ins

Emotional Support Service [for people affected by cancer]

Offering a counselling & talking therapy service to people affected by cancer at the Tameside Macmillan Unit. Providing support and treatment for those who are experiencing symptoms such as *difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks*. We can also help those dealing with the effects of a *long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties*.

The service is delivered by a range of professionals including therapists and counsellors, who will find a level of treatment that is right for you. Drop in sessions are available however please call before making a special journey to ensure that the session is available on the day. (Ashton-under-Lyne)

David Banks: 01619225644 | macmillan.info@tgh.nhs.uk | FREE

Time to Talk: Open Social Drop-in | POP Cafe, Hyde

A friendly drop-in at a social space setting in a cafe. Come along for a chat and to meet new people and to be linked in with other social activities in the area. This group welcomes and encourage those who are feeling isolated, or are in need of someone to be with because of difficulties in their lives, past or present.

We meet at two different venues; POP café in Hyde three times per month and Gee Cross Community Centre once a month.

Pauline Flint: timetotalkgc@mail.com | POP Cafe, Hyde, SK14 1AB
We meet on Tuesday except the first of the month at 10:00 - 11:30

Let's Do Lunch Sunday | Dementia Support

This is a chance for people living with dementia, their families and carers to enjoy lunch in a relaxing environment , with others who understand the challenges people affected by dementia face. We get together once a month on a Sunday afternoon for lunch in a local Tameside pub or restaurant.

You don't have to join us every week - just come along when you fancy it! (Booking essential)

Muriel Stretton: 07938 805678 | sunday.lunch.out@gmail.com

Ask Me Hattersley

The scheme offers information on various services including:
Family support | Lifestyle issues | Emotional health

Hattersley Clinic, Hattersley Road East, Hattersley, Hyde, SK14 3EH | 0161 366 3914

Hattersley Library Book Time for Yourself Club

Free admission, free cup of tea or coffee provided.

The club is welcoming and friendly with no more than 10 members and weekly sessions last about 90 minutes. Book Time for Yourself Clubs are run by library staff and volunteers who take turns in reading aloud to the group.

Tameside Libraries are looking for volunteers to support Book Time for Yourself Clubs, see website for more details.

Hattersley Library, The Hub, Stockport Road, Hattersley, Tameside, SK14 6NT

0161 342 2552 | hattersley.library@tameside.gov.uk

<http://www.tameside.gov.uk/libraries/booktime>

Lifecentre | Hattersley

Aimed at Hattersley Residents

All our activities seek to encourage personal development through mentoring which leads to character building, enhancing self-esteem, confidence building, team working, promoting healthier lifestyles and educational achievement.

Lifecentre Hattersley promotes a culture of learning that can lead to accreditation and qualifications and always encourages the unemployed back into work or appropriate training. For example: a number of our clients have achieved outdoor activity leadership, youth work and industrial rope access training. Our activities also fulfil the need for excitement that doesn't involve anti-social behaviour!

Mottram Evangelical Church, Stalybridge Road, Mottram, Cheshire, SK14

01457 764113 / 07770 42731

simond@lifecentre.org.uk | <http://www.lifecentre-hattersley.org.uk>

Tameside CoderDojo

Tameside CoderDojo is a free code club where young people can learn to code in a safe, friendly and relaxed environment.

We hold CoderDojos every 1st Sunday of the month.

As we're still growing, places are limited so booking for each session is essential. Visit our booking page for details of our next session and to book your place. If you're interested in mentoring, please get in touch through our website **contact page**

Active Oxford Park, Pottinger St, Ashton-under-Lyne, OL7 0PW | 0161 830 0508

<https://tamesidecoderdojo.org.uk>

Friends of Hattersley Station

Disabled Members Welcome | No membership costs

Aimed at Primarily residents of Hattersley but will welcome any and all help.

Run by the group in conjunction with Network Rail, Northern Rail, TfGM, HNP, TMBC and other stakeholders. Volunteers welcome to take part in **clean-ups, litter picking, shrub trimming, painting and decorating, gardening, art works, and other community events/projects.**

Hi-viz vests, gloves and equipment supplied, as are refreshments on the day but no expenses.

The committee welcomes volunteer participation and meets as and when required. Volunteers can give as little or as much time as they want.

The group aims to:

Undertake improvements to the station environment through **gardening, environmental, cleaning, art and community projects to produce a safe, inviting and clean station** for Hattersley residents and commuters to use | To **involve schools and local youngsters** through education, associated conservation, environmental and art works which will encourage ownership and pride in the area at a young age and, by doing so, reduce crime and petty vandalism.

Hattersley Train station is on the Manchester - Hadfield: **Hattersley Road, Hattersley, Hyde, Greater Manchester, SK14 3HG**

Meetings arranged ad hoc: Ring **Babs Allen for info: 0161 368 7037 | 07867410743 | hmv.babs@sky.com | David O'Leary: 07970973090**

LGBT Outloud Tameside

Manchester Youth Group for lesbian, gay, bisexual, trans people or those questioning their gender or sexuality who are under 25 years old. It's a big group with lots of different people in it who are all really friendly!

You can drop in to the group, or come for the whole time. We do a wide range of activities in the group including cookery, visiting our allotment and plenty of games. If there is something you want us to put on you can suggest it, or you can even run it yourself through a 'geek hour' (you get free training and support to do this). Some 'geek hours' that have been run are: computer maintenance, Judaism & Israel, Manga vs. Anime, and origami.

The group also has a range of guest speakers and visitors who come in to run sessions on topics such as personal safety, sex and relationships, art, drama, yoga and confidence building.

This group has two sessions a week: **Tuesdays 17:30 - 20:00 | Saturdays 15:00 - 19:00**

Sally Carr | 07900 680 725

www.theproudtrust.org | <https://www.facebook.com/LGBTOutloudTameside>

Survivors Manchester | Break the Silence

[for Men & Boys]

Mon, Wed & Fri: 09:00-18:00 [last appointment 17:00] | **Tues: 09:00-20:00** [last appointment 19:00] | **Thurs: 09:00-20:30** [last appointment 19.30]

We try to be as flexible as possible and should you wish to see someone outside of these times then speak to a member of the team.

We offer confidential support, information, practical and emotional support for boys and men affected by sexual violence, experienced in past or present, that are considering reporting to police.

**support@survivorsmanchester.org.uk | 0161 236 2182 | www.survivorsmanchester.org.uk
National Male Survivor Helpline | 0808 800 5005**

Manchester Rape Crisis [for Women & Girls]

A confidential support service, run by women for women and girls, who have been raped or sexually abused.

MRC has a telephone helpline service, which provides advice, information and support to women and girls surviving sexual abuse. The helpline also provides a signposting service for male survivors and offers information and advice to friends, partners and other family members supporting survivors.

Helpline: 0161 273 4500 [Mon - Fri: 10:00 - 16:00 & Weds - Thurs: 18:00 - 21:00]

If you cannot get through to us, please leave a message and we will get back to you as soon as we can.

MRC offers **a free face-to-face counselling service** for women over 17 who have experienced rape or sexual abuse & also runs group work for women who've completed counselling but wish to access further support around issues such as confidence, body image & self assertiveness. The group also provides a social network for women who may be isolated and vulnerable.

www.manchesterrapecrisis.co.uk | 0161 273 4500 [Helpline]

0161 273 4591 [Office - open Mon-Fri 10:00-16:00] | mrcrasacs@btconnect.com

End the Fear [Greater Manchester Against Domestic Abuse]

For anybody who is experiencing domestic or sexual violence can find help, support and advice here. We also provide support to people who know someone who may be being abused. We want to encourage victims of domestic and sexual violence in Greater Manchester to find the courage to come forward and seek support and help. You don't have to put up with domestic abuse.

Drop in: **Tuesday mornings from 8am.**

We can help signpost or refer you to other agencies.

www.endthefear.co.uk | 0161 740 7722

1 Delaunays Road | Crumpsall Green | Manchester | M8 4QS

Greater Manchester Domestic Abuse Helpline | 0161 636 7525

Eclipse | Manchester

A free and confidential drug and alcohol service for young people under 19 and families in Manchester.

We provide access to treatment for drugs and/or alcohol (including smoking cessation) and offer holistic support to children, young people and families.

The treatment team works with young people under 19 years who are using or at risk of using drugs and alcohol. The family team works with children affected by parental substance misuse and their parents to promote resilience and family unity.

We offer group work programmes, peer mentoring training and can deliver bespoke professional training.

Feel free to bring someone with you on your first visit.

To refer yourself or someone else to the service you can call or visit the service in person.

You can also complete our referral form in advance and bring it with you when you visit the service.

Please make sure the young person has given consent for you to make the referral.

www.changegrowlive.org/young-people/eclipse-manchester

41 Thomas street | Manchester | 0161 8392054

Zumba | Denton

A popular fitness program inspired by Latin dance. Zumba is a registered trademark for the dance classes developed by Alberto "Beto" Perez, a Colombian dancer and choreographer, as a way to turn a fitness class into a dance party.

07505139770 | michelle@ultrawelding.co.uk

Wednesdays: 19:00 - 20:00 | £3 - £5

Denton Community College, Denton, M34 3NG

MADDchester | Manchester Region Attention Deficit Disorder Group

All are welcome – friends, relatives, partners and especially the undiagnosed (we all started out undiagnosed so know what's what).

The format is simple – there are no rules, no charges, no notes taken – you show up (we aren't bothered if you turn up at your leisure) and ask anything you want, there's usually someone with relevant experience. You don't even have to talk about ADHD – it's completely open.

And we're friendly. ADHDers tend to be friendly and non-judgemental (who are we to judge?) and everyone had to come to a first meet, so we know what that feels like, so we're very welcoming.

contact@maddchester.com | www.maddchester.com
AADD-UK Manchester Support Group
Meets every second Monday between 19:00 - 21:00 | contact@maddchester.com

Z-ARTS | Hulme

Arts and creative hub for young people, with a theatre, gallery, music studio and rehearsal spaces.

Activities include:

Levi's Music Lab [11-17 yrs]

The suite contains 6 computers each with the latest Logic and Ableton software as well as microphones, instruments and everything you need to create high quality music and recordings. The sessions are facilitated by industry professionals who are on hand to help and instruct.

jack@z-arts.org | 0161 232 6089

Yoga Stars [5-8 yrs] | **Cheer Stars** [mixture of dance, acrobatics and cheerleading for 6-10 yrs] |

Art Stars [a great activity for young people who enjoy making stuff! 5-10 yrs] | **Digital Discovers**

[perfect class for young people who want to explore their imagination through different digital platforms - 6-10 yrs] | **Pop Stars** [6-10 yrs] | **Beat Street** [popular dance sessions - 6+ yrs]

www.z-arts.org

Start2 [online service]

Everyone wants to stay mentally and physically well. This website shows you how you can use your natural creative skills to maintain and improve your wellbeing. Pick from dozens of creative activities designed for you by experts in the field of arts and health.

www.start2.co.uk

Contact Young Company | Manchester

CYC is Contact's renowned, Manchester Theatre Award-winning young ensemble. CYC is made up of young performers, actors, dancers, musicians, stand-up comedians, poets and MCs.

Each year, the company creates brand new professional standard shows in collaboration with major national and international artists, such as Forced Entertainment, Lies Pauwels, Stacey Makishi and Slung Low. Shows are premiered in Manchester, and often then tour nationally to leading venues and festivals.

<https://contactmcr.com>

Manchester Young Lives

We run a number of youth work and educational/training programmes, particularly targeted at children and young people at risk of exclusion.

We believe the integration of play, confidence building, and education within an informal and supportive environment provides a genuine opportunity for early intervention with children and young people who are at risk of falling outside mainstream services and becoming involved in anti-social and risky behaviours.

Adventure playgrounds | Independent School – The A6, Moss Side and Wythenshawe Education Centres provide full time education provision for 14-16 year olds not attending mainstream school | Youth Engagement Projects | A purpose built youth fitness centre in Ardwick.

MYL Central Office enquiries: 0161 437 5923

Chrysalis Family Centre Manchester

A family support drop-in centre located in Moss Side's Alexandra Park Estate, Moss Side, Manchester. Deprivation in inner city Manchester is amongst the highest in the country with four wards in which half of all children live in poverty – Moss Side, Hulme, and Ancoats and Clayton

The relationship between families and staff is established by choice and not influenced by authority or power. This helps to make users feel wanted and valued so, they open up to share their problems in a friendly and welcoming environment. Both staff and volunteers have been trained with this understanding of handling issues in a confidential manner.

Chrysalis recognises the diversity in families and in delivering the service, we all work to respect the special cultural, racial, ethnic and religious backgrounds that make them distinct.

www.chrysalisfamilycentre.wordpress.com

The Manchester Partnership | Troubled Families

Assertive Outreach | 0161 219 6967

We work with families whose needs are at risk of becoming complex to provide a 6 month sequenced programme of support to assist in finding realistic solutions to problems. The aim is to empower people to take control of their lives and to learn skills that will help them to be more independent in the future.

***www.manchesterpartnership.org.uk > public services reform > troubled families
e.haygarth@manchester.gov.uk***

The Owl and the Coconut

Manchester-based Mindfulness Organisation

Mindful Art is a powerful tool in helping people to Stop. Notice. Create. Helping us to live our lives to the full. Connecting to our inner wisdom and the people around us. Creating a better world for everyone. Try it today and join us on a Mindful Art adventure to change the world.

Tai Chi, Mindful meditation and Yoga Drop-ins: owlandcoconut@gmail.com

Bereavement and Loss Group | Manchester

Tuesdays: 17:30 - 19:30

The loss of a loved one can be an extremely stressful time. This group is open to people who are struggling with difficult emotions following on from the bereavement of a relative or friend. We can provide practical tips and coping strategies to help you feel better and come to terms with your loss.

Moss Side Fire Station, Denhill Rd, Moss Side, Manchester, M15 5NR | 0161 226 3871

Addiction Dependency Solutions [ADS]

ADS offer free and confidential alcohol treatment to individuals aged 19 or over living in the Tameside and Glossop area.

They aim to prevent and reduce alcohol related harm to individuals experiencing problematic and/or dependant drinking and to educate and empower individuals to manage their own addiction independently.

They provide a wide range of psycho-social interventions on an individual or group work basis and liaise closely with external agencies to coordinate a holistic package of care and support.

52-56 WarringtonStreet, Ashton-Under-Lyne, OL6 7JX | 0161 342 5081

De-Caf Drop in Dementia Cafe | Age UK

Last Wednesday of the month: 14:00 - 16:00

131 Katherine Street, Ashton-under-Lyne | 0161 308 5000

2nd Wednesday of the month: 11:00 - 13:00

Central Methodist Church, Chapel Street, Glossop | 0161 716 3400

1st Thursday of the month

Victoria Park, Denton | 0161 716 3400

Dukinfield Men's Shed

A larger version of the typical men's shed at the bottom of the garden – a place where he feels at home and pursues practical interests. We offer a safe, friendly and inclusive workshop, where men (and women on Fridays) come together to work, share ideas and experiences. More importantly, it's a place where they can make friends and enjoy themselves.

Given recognition over recent years that older men's health issues have been overshadowed, the Shed project is aimed at engaging men who would, by dint of health or social issues, be otherwise isolated from informal and peer support. The idea is to provide somewhere where men might be more willing to listen to health information. The covert plan is to get men in one place to target them with health messages. Men, particular those over 50, tend to be fairly resistant to going to the doctor for problems that might turn out to be more serious if left.

The Shed was formed in April 2017. The project is for men (and women on Fridays) aged 50 and over with a range of support needs who benefit from practical activities. The last survey showed more than 90% of participants reported improvements in at least two or more of the outcomes; feeling less isolated and more engaged, feeling better physically and improved wellbeing, improved self-confidence and self-worth, improved relationships, a healthier lifestyle and less GPs visits.

Mike Barlow: 0161 368 4974 | mikebarlow@icloud.com

Mon - Weds & Fri: 09:00 - 15:00 | Thurs: 09:00 - 15:00 & 17:30-20:30 | Sat: 10:00 - 13:00

Cost: £5 - £10 | Loxley House, Dukinfield, SK16 5AU

Zest Wellbeing Project | Hattersley Hub

Based in Hattersley but open to all...

Provides a range of support options including:

reducing social isolation | information and advice about local services | access to volunteer opportunities | practical sessions to increase wellbeing and confidence.

Fridays: 10:00 - 14:00 @ The Hub | 0161 342 4213

Community Cinema | Friends of Denton West End Library

Community cinema night: tea, coffee & biscuits included.

Second Sunday of each month: 14:00 | £1 - £3

Denton West End Community Library, Denton, M34 2HB

Karen: 0161 336 6225 | admin@friendsofdenton-westendlibrary.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

MAD Walkers | Manchester & District Ramblers

A local group of the Ramblers Association for people in 20s & 30s who live in and around the Greater Manchester area.

We've been around since 2004 and now have around 300 members, so are able to offer a variety of walks to suit you and many other like-minded people - whatever your level of fitness!

www.madwalkers.org.uk

Hulme Garden Centre | Manchester

A not for profit organisation which brings the local community together through gardening and provides vital green space for all to enjoy, relax in, learn from and be part of.

Volunteering and training sessions: Each week up to 100 volunteers engage: with ages from 6 months to 83 years old, from a wide range of cultural and ethnic backgrounds, both local and not so local.

Examples of sessions include creating an interactive children's area; learning about the local wildlife in the gardens; building raised beds; clearing and mulching the garden and planting bulbs. Volunteers can also gain an insight into how a garden centre works and key skills in producing and maintaining plants for sale and organic methods of plant care and pest control.

Come and join our team, the first step is to come in for a **short induction**, no need to book. These take place every **Thursday, Saturday and Sunday at 13:30**.

Health & Well Being – Fridays: 13:30-15:00

These sessions are tailored to individuals experiencing issues with well being and mental health and focus on creating a quieter and calmer environment in which to enjoy gardening.

0161 227 8198 | www.hulmegardencentre.org.uk

Hattersley Healthy Walkers

Short and gentle walks in the countryside. Longer walks for those who wish.

Volunteer opportunities for walk leadership, committee work, finance, grant application, social event organising. Some walks may be suitable for wheelchairs. The groups will help people with minor disabilities.

Everyone welcome, whether from Hattersley or not. Ideal for those who would like to try country walking as a gentle healthy exercise. Some people have been referred to us by their GP or community nurse. More experienced walkers, and supervised children, also welcome.

Walks in Greater Manchester, Cheshire and High Peak. Occasional trips further a field.

<http://www.tamesidelife.co.uk/sites/hattersley-healthy-walkers> | 0161 368 4839 £2.00 (not charged on first walk) plus any public transport costs (not every week and not excessive) | Moira McCusker [Group organiser]: 0161 368 4839 | moiramccusker@msn.com

Tameside Ramblers

Founded in 2013, we organise walks in and around the Tameside area.

New members are always welcome.

Saturday Circular Walks starting at 10:30 am

Wednesday Circular Walks starting at 10:30 am

See online walks programme for more

<http://www.tamesideramblers.org.uk>

020 3961 3232: select **Tameside Ramblers** as the group you wish to join

Hattersley Community Garden

An oasis on Hattersley, growing food and flowers for the community, helping with mental health & disability issues, but open to everyone.

Hattersley Road West, Hyde, Tameside, United Kingdom SK14 3HB | 07908 555356

10:00 - 15:00 | hattersleygarden@gmail.com | <https://www.facebook.com/hattersleygarden>

Youth Groups | The Water Adventure Centre

A vibrant youth centre with a difference. Our exciting activities focus on building confidence and self-esteem, whilst encouraging children and young people to take responsibility for themselves, others and our environment.

Young people can attend our youth clubs and if you run a group, we can arrange sessions tailored to your needs. By combining youth work with canoeing we offer a unique experience.

To take part in canoeing activities you just need to be over 8 years and able to swim 25 metres (the length of a regular swimming pool). If your child is a non-swimmer through reason of disability please contact us to make further enquiries and to discuss your child's particular needs.

***Helen Wilson: 0161 301 2673 | helenwilson@wateradventurecentre.org.uk
The Old Boathouse, Off Maddison Road, Droylsden, M43 6ES***

Young Women's Evening [13-19 yrs]: Mondays: 17:00 - 20:00 | Free

Youth Group [7-9 yrs]: Thursdays: 17:00 - 20:00

Youth Group [7-13 yrs]: Sundays: 11:00 - 14:00

Walk, Talk & Curling

Lauren Halpin: 0161 830 0508 | lauren.halpin@activetameside.com

Fridays: 10:00 - 12:00 | £3 - £5

Some Green Spaces near you...

Werneth Low

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 & beyond to Liverpool. The dark blue silhouette of the Welsh mountains can often be seen on clear days, as can the hills close by.

Visitor Centre: 0161 368 6667: Tues, Sat, Sun & Bank Holidays: 13:00 - 16:00

Park at Lower Higham, the Quarry or Windy Harbour.

Cheetham Park, Stalybridge

A green and peaceful oasis, just a few minutes walk from the bustling commercial centre of Stalybridge.

The park is surrounded by residential properties and so provides an essential and valuable leisure and recreational resource for the local community.

The park has a popular enclosed play area for the younger visitors as well as equipment for older children situated on an adjacent elevated spot.

Eastwood Bird Sanctuary, which is managed by Cheshire Wildlife, has a small stream running through it that feeds the former mill reservoir that is now home to Fox Angling Club. The quiet walks within the sanctuary are popular with families as well as bird watchers.

Privately run tennis and archery clubs are situated at the Mottram Road entrance to the park.

***The play area | Sculpture Trail | Priory Tennis Club | Stalybridge Archery Club
Herbaceous Border | Eastwood Nature Reserve | Cheetham Park Trail | Community Orchard |
Buggyfit***

Stamford Park | Stalybridge

Aviaries | Boating | Bowling Greens | Cafe | Childrens Play Area | Conservatory | Crazy Golf | Fishing | Floral Gardens | Multi use play area | Pets Corner | Picnic Areas | Putting Greens

The Pavilion Café is open 7 days a week: 10:00 - 15:00 during the winter months and the building will be open until 16:00 for toilets.

Land Train

There is a land train in Stamford Park which offers short trips around the park for adults and children, the train can be boarded near the children's play area. It operates each day in the school holidays and at weekends subject to weather. Please note that this attraction is not operated by the Council and there is a charge for it.

Bouncy Castle and Trampolines

There are bouncy castles and trampolines in the park which offer great fun for children visiting the park. They are located near the children's play area. They operate each day in the school holidays and at weekends subject to weather. Please note that this attraction is not operated by the Council and there is a charge for it.

Hyde Park | Park Road

*The Park Cafe | Summer Bowling Greens | Winter Bowling Green | Children's Play Area
Floral Gardens | Picnic Areas | Toilet facilities*

A green and peaceful oasis, just a few minutes walk from the bustling commercial centre of Hyde.

The park is surrounded by residential properties and so provides an essential and valuable leisure and recreational resource for the local community.

The park has a popular enclosed play area for the younger visitors & has many different places for adults and children to enjoy the facilities within the park: a play area for the younger visitors and the **Garden of Tranquillity** available for people to enjoy the peacefulness of the park and its great scenery. Band concerts are featured throughout the summer months at Hyde Park as well as the extremely popular "Splendid Weekend" featuring Proms In The Park on the Saturday evening and on Sunday there is "Party in the Park" providing an extremely riveting fun day out for the whole family.

