

Our Weekly Timetable

Community groups and activities, every weekday.
Everyone belongs.

SUPPORT • COMMUNITY • FRIENDSHIP • OPPORTUNITY

Heaton Norris Community Centre • New members always welcome • No need to book

MONDAY

Stockport Self Help Group

1.00pm – 3.00pm

Referral only

Abstinence support group for local residents in Stockport

Young Women's Voices Youth Group

5.00pm – 7.00pm

For girls aged 11 and above. A space to speak up, be heard and make friends

Stronger together

TUESDAY

Allan's Breakfast Cafe

9.00am – 12.00 noon

Free teas and coffees

Low cost traditional English breakfast, with vegan and halal options

Good food, good company, brighter days

WEDNESDAY

Shine SEND Group

6.30pm – 8.30pm

Age 14+ • £5 per session

A weekly creative social support group for people with additional needs and disabilities

Be you. Be heard. Belong.

THURSDAY

Roots Kitchen

9.30am – 12.30pm

Everyone welcome

For refugees, asylum seekers and people new to the area

Art Attack

5.00pm – 7.00pm

Age 5–11 • £1 per session

Children and young people's creative art group

Closed Groups

1.00pm – 3.00pm and 7.30pm – 10.00pm

Private bookings

Not open to the public

FRIDAY

Brunch Club

11.00am – 1.30pm

Everyone welcome

A weekly group for senior residents

Good food, great people, positive vibes

OTHER SERVICES

Domestic Abuse Support

Get in touch

A safe, confidential space to talk, with information and support

Stockport Women & Girls Network

Get in touch

Connecting women, girls and the organisations that support them

A Call Out for Male Role Models

Volunteers welcome

Give a few hours and support young men in our area

Keep up to date with our regular events and activities
makeadifferencegm.org

CALL US

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Scan for updates