

# Time to Talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?

Call in at one of the drop-in sessions at a venue in Bollington, Disley or Poynton for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There's no need to book, just turn up. For more details see overleaf.



DementiaUK



DISLEY PARISH COUNCIL



# Time to Talk 2025

<b>Wed 8th January</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Fri 10th January</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Tues 4th February</b>	<b>Bridgend Centre, SK10 5PW</b>	<b>2pm-3:30pm</b>
<b>Wed 19th February</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Fri 14th March</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Wed 2nd April</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Thurs 17th April</b>	<b>Bollington Health &amp; Leisure Centre, SK10 5EX</b>	<b>2pm-3:30pm</b>
<b>Fri 9th May</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Wed 14th May</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Tues 3rd June</b>	<b>Bridgend Centre, SK10 5PW</b>	<b>2pm-3:30pm</b>
<b>Wed 25th June</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Fri 11th July</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Wed 6th August</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Thurs 21st August</b>	<b>Bollington Health &amp; Leisure Centre, SK10 5EX</b>	<b>2pm-3:30pm</b>

# Time to Talk



<b>Fri 12th September</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Wed 17th September</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Tues 7th October</b>	<b>Bridgend Centre, SK10 5PW</b>	<b>2pm-3:30pm</b>
<b>Wed 29th October</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>
<b>Fri 14th November</b>	<b>Disley Community Centre, SK12 2BB</b>	<b>2pm-3:30pm</b>
<b>Thurs 4th December</b>	<b>Bollington Health &amp; Leisure Centre, SK10 5EX</b>	<b>2pm-3:30pm</b>
<b>Wed 10th December</b>	<b>Poynton Civic Hall, SK12 1RB</b>	<b>1:30pm-3pm</b>