

D-CaFF...Let's Keep Moving!

Come and join us as Clare from Tracing Steps leads an enjoyable session of armchair exercise.

Venue: Canon Lewis Hall, Longsight Road, BL8 4DB

Time: 1:00 pm 2:30pm

When: The fourth Friday of every month.

Off road parking, accessible entrance and facilities. On Bus Routes 472 and 474.

January 23	February 27	March 27	April 24	May 22
June 26	July 24	August 28	September 25	October 23
November 27	December - no session - Christmas Day.			

One of the great joys of exercise is the effect it has on our wellbeing as a whole. These sessions are designed to encourage you to move and release the endorphins that help you to feel positive!

* *It is the responsibility of each member to ensure they are physically fit and are able to attend and join in the sessions.* *

All welcome, please do come along and join us or

Email: d-caff@greenmountvillage.org.uk or

Telephone: 07704 297094

Useful numbers

Bury Carers Hub - Telephone 0300 303 0207



Bury Staying Well Team - Telephone 0161 253 6484
or email stayingwellteam@bury.gov.uk

Bury Social Prescribing Team 0161 763 8703
or email gmicb-bu.socialprescribing@nhs.net

Information correct at time of printing



Greenmount Village Community

D-CaFF



A lovely place to meet... For people living with dementia, their carers, family and friends.

Venue: Canon Lewis Hall, Longsight Road, BL8 4DB

Time: 1:00pm to 3:00pm

When: The second Friday of each month

Off road parking, accessible entrance and facilities
On bus routes 472 and 474

We enjoy a relaxed, informal setting with support, friendship and laughter...Come along and be part of the D-CaFF Family!

Friday D-CaFF dates 2026

- | | |
|--------------|--|
| 10 July | Stephen Hogan returns with his hat and guitar! |
| 14 August | Helen Mitchell...joining us again for an afternoon of music. |
| 11 September | Welcoming David Dunne back to entertain us. |
| 9 October | Kirsty part 1 : Musicals. |
| 13 November | Kirsty part 2 : As We Remember. |
| 11 December | The 12 days of Christmas! |



Programme of events correct at time of printing

