

What's on for Stockport carers in April 2019?

For more information about any of the sessions below, and to book a place, please ring 0161 442 0442 or email carersconnect@signpostforcarers.org.uk. Free to attend, with light refreshments (a brew and a biscuit or two), unless specified otherwise.

What	When	Where
Carers' art and craft group (£5 per session for all materials. Group is led by a professional artist).	10am – 12noon every Wednesday	The Heatons Centre
SMILE gentle exercise class (open to all. Free for carers, £3 for non-carers).	1.30pm – 2.30pm, 17 th and 24 th April NOT on 10 th !	The Heatons Centre
Complimentary therapy sessions with Elsie Lamb (carers only, £8 for 30 minutes)	Sessions available Tuesday 23 rd April only, from 10am – 3pm	The Heatons Centre
Heart to heart – a friendly, sociable group for carers and cared for. Well worth a visit, the group has plenty of tea to drink, volunteers to chat to and things to do.	Wednesday 10 th April, 2pm – 4pm	Salvation Army Church, Cheadle Heath
Carers' drop in	Thursday 11 th April, 10am – 1pm	Heald Green Village Hall
Creative Writing for Carers A fun and informal drop-in group for carers with an interest in writing. Guided by our volunteer Jayne, who shares her passion for the written word.	Thursdays 11 th and 25 th April, 2pm – 4pm	The Heatons Centre
Time for a pint – male carers and ex-carers only.	Wednesday 24 th April, 1pm – 3pm	The Ashlea pub, Cheadle village
Spring Walk with Dave, our resident nature expert.	Thursday 25 th April, 10.30 – 2pm	Gatley Carrs
Healthwatch NHS Focus group	Thursday 25th April, 10.30am – 11.30am	Land O' Cakes, Hillgate, Stockport
COMING IN MAY – More info to follow... Greater Manchester Carers Summit	Friday 17th May	Stockport Homes (tbc)

Coming up ...Our new programme of events for May – September including CARERS WEEK specials!!! Watch this space!

To book your place at any event, just get in touch on 0161 442 0442.