

## What's on for Stockport carers in February 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](mailto:carersconnect@signpostforcarers.org.uk). Free to attend, with free 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, every Wednesday	The Heatons Centre
Complimentary therapy sessions with Elsie Lamb (carers only, £8 for 30 minutes).	Sessions every Tuesday, from 10am – 3pm	The Heatons Centre
Gardening for carers – taking cuttings and growing herbs.	Monday 4 <sup>th</sup> February, 10.30am – 12 noon.	Woodbank nursery, Offerton
Carers Focus Group – The Greater Manchester Big Alcohol Conversation. <b>Lunch provided and a £10 voucher for all that attend</b> as a thanks for your time.	Tuesday 12 <sup>th</sup> February, 10.30am – 12noon.	The Heatons Centre
Heart to heart – a friendly, sociable groups for carers and cared for.	Wednesday 13 <sup>th</sup> February, 2pm – 4pm.	Salvation Army Church, Cheadle Heath
Carers drop in.	Thursday 14 <sup>th</sup> February, 10am – 1pm.	Heald Green Village Hall
Cooking for male carers (5 week course).	Thursdays (14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Feb), 10.30am – 2pm.	Woodbank nursery, Offerton
Creative Writing for carers.	Thursday 14 <sup>th</sup> and 28 <sup>th</sup> February, 2pm – 4pm.	The Heatons Centre
Carers' Coffee Morning	Friday 15 <sup>th</sup> February, 10.30am – 12noon.	The Heatons Centre
Time for a pint – male carers and ex-carers only.	Wednesday 27 <sup>th</sup> February, 1pm – 3pm.	The Ashlea pub, Cheadle village

### Coming up...

**Carers only Supper Club – Monday 4<sup>th</sup> March from 6.30pm – 9pm, The Heatons Centre**

Pay as you feel (suggested donation of £5) for a simple, delicious 2 course meal!

**Perfect Pancakes @ The Heatons Centre! – Tuesday 5<sup>th</sup> March**

Come along for some light hearted fun and your choice of sweet or savoury pancakes in honour of Shrove Tuesday. **Carers, ex-carers and cared for all welcome.** £3 per person.

*To book your place at any event, just get in touch using the details at the top of the page.*