

## What's on for Stockport carers in January 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 – potatoes in containers	Monday 7th January, 10.30am – 12 noon.	Woodbank nursery, Offerton
Heart to heart – a friendly, sociable group for carers and cared for.	Wednesday 9th January, 2pm – 4pm	Salvation Army church, Cheadle Heath
Carers drop in	Thursday 10th January, 10am – 1pm	Heald Green Village Hall
Mindfulness for carers – The Breathing Club (4 week course)	Saturdays (12th, 19th, 26th Jan) 10.30am – 12.30pm	The Heatons Centre
Everyday First Aid for Carers	Tuesday 15th January, 10.30 – 12.30pm	The Friends Meeting House, SK1 3DW
Creative Writing for Carers	Thursday 17th and 31st January, 2pm – 4pm	The Heatons Centre
Carers' Coffee Morning	Friday 18th January, 10.30am – 12noon	The Heatons Centre
Life After Loss – for carers who have experienced the loss of a loved one.	Monday 21st January, 10am – 12.30pm	The Heatons Centre
Carers Network Meeting – Speaker: Christine Morgan, independent chair for the Greater Manchester strategic carers group.	Monday 21st January, 1pm – 3pm (light buffet at 1pm, speaker to start at 1.30pm)	The Heatons Centre
Avro heritage museum tour. Free for carers, £12 for non-carers.	Tuesday 29th January, 10.30am – 12.30pm	Woodford Aerodrome
Carers' supper club. A simple 2 course dinner with soft drinks and coffee. Current carers only.	Tuesday 29th January, arrival from 6.30pm with dinner from 7pm – 9pm	The Heatons Centre (basement)
Time for a pint – male carers and ex-carers only.	Wednesday 30th January, 1pm – 3pm	The Ashlea pub, Cheadle village