

Activity Link



Events for Carers and Former Carers

Welcome to May Activity Link.

Please note that these events and activities are for carers and former carers only, unless the event says Everyone Welcome! This is to ensure that you and other carers that attend the session can openly talk about your caring roles, how you feel and discuss any problems you are having. Thank you for your understanding with this.

Date	Activity	Description
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	We have selection of walks this month that feature in the GM Walking Festival	
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1st-31st May	Book Club: Abroad in Japan by Chris Broad	Discussion via Signpost's facebook group
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Wednesday 1st May	Carers Network Meeting	Torkington Centre 1:00 pm - 3:30 pm
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Date	Activity	Description
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Friday 3rd May	Walk and Talk 	Fletcher Moss Park 10:30 am - 12:30 pm
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	Recycled Art	Heaton's Centre 11:00 am - 1:00 pm
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	Stockport Memory Assessment Service Monthly Drop In	The Meadows (Stockport Memory Assessment Service) 1:00 pm - 4:00 pm
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Tuesday 7th May	Annie's Café **Please note its a Tuesday this month!**	Heaton's Centre 11:00 am - 1:00 pm
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	Dementia Carer's Drop In Session	Heaton's Centre 7:00 pm - 8:30 pm
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Thursday 9th May	Heald Green Carers Drop In Session	Heald Green Village Hall 10:00 am - 1:00 pm
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	Time for a Brew	Dobbie's Garden Centre 11:00am - 1:00pm
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	Creative Writing With Andy Sykes	Heaton's Centre or online 2:00 pm - 4:00 pm
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Date	Activity	Description
Friday 10th May	Recycled Art £5	Heaton's Centre 11:00 am - 1:00 pm
Monday 13th May	Walk To Fitness (High Lane Route) Greater Manchester Walking Festival	High Lane Medical Centre 10:30 am - 12:30 pm
Tuesday 14th May	Former Carer's group	Berretto Lounge, Redrock 11:00 am - 1:00 pm
Wednesday 15th May	Carers Monthly Evening Meet Up	Berretto Lounge, Redrock 5:00 pm - 8:00 pm
Thursday 16th May	Nature Ramble: Poynton Pool Greater Manchester Walking Festival £3	Poynton Pool 10am - 1pm
Friday 17th May	Recycled Art £5	Heaton's Centre 11:00 am - 1:00 pm
	Doodle Club	Heaton's Centre 2:00 pm - 3:30 pm
Tuesday 21st May	Understanding and improving sleep	Heatons Centre 6:00pm - 8:00pm

Date	Activity	Description
Wednesday 22nd May	Time 4 A Pint Mixed Carers Group	Ashlea pub 1:00 pm - 3:00 pm
Friday 24th May	Recycled Art £5	Heaton's Centre 11:00 am - 1:00 pm
Tuesday 28th May	Former Carers Group	Berretto Lounge, Redrock 11:00 am - 1:00 pm
Thursday 30th May	Walk to Fitness Plus Greater Manchester Walking Festival	Etherow Country Park 12pm - 3pm
Friday 31st May	Recycled Art £5	Heatons Centre 11am-

Booking is essential.
Full information about our events and any costs involved can be found on our website.

www.signpostforcarers.org.uk/signpost-events
0161 442 0442
bookings@signpostforcarers.org.uk