

# Activity Link



Events for Carers and Former Carers



Welcome to April 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
1st - 30th April	Carers Active April	
1st-30th April	Book Club: Remarkable Bright Creatures by Shelby Van Pelt	Discussion via Signpost's facebook group
Tuesday 2nd April	Dementia Carers drop in session	Heatons Centre 7:00 pm - 8:30 pm

Date	Activity	Description
Friday 5th April	Walk and Talk for Bereaved Carers	Etherow Country Park 10:30 am - 12:30 pm
	Recycled Paper Art <span style="float: right;">£5</span>	Heaton's Centre 11: 00 am - 1:00 pm
	Stockport Memory Assessment Service Monthly Drop In	The Meadows (Stockport Memory Assesment Service) 1:00 pm - 4:00 pm
Monday 8th April	Walk to Fitness (Heaton's Route)	Heatons Centre 10:30 am - 12 30 am
Tuesday 9th April	Former Carers Group	Berretto Lounge. Redrock 11:00 am - 1:00 pm
Thursday 11th April	Heald Green Carers Drop In	Heald Green Village Hall 10:00 am - 1:00 pm
Friday 12th April	Recycled Paper Art <span style="float: right;">£5</span>	Heaton's Centre 11:00 am - 1:00 pm
1st - 30th April	Carers Active April	

Date	Activity	Description
Wednesday 17th April	Card Making with Mary £3	Heatons Centre 11:00 am - 12:30 pm
	Carers Monthly Evening Meet up	Berretto Lounge, Redrock 5:00 pm - 8:00 pm
Friday 19th April	Recycled Paper Art £5	Heaton's Centre 11:00 am - 1:00 pm
	Simply Cycling £3	Wythenshawe Park 12:00pm - 1:00pm
	Doodle Club	Heaton's Centre 2:00 pm - 3:30 pm
Tuesday 23rd April	Former Carers Group	Berretto Lounge, Redrock 11:00 am - 1:00 pm
	Understanding and Improving Sleep	Heaton's Centre 6:45 pm - 8:45 pm
1st - 30th April	<b>Carers Active April</b>	

Date	Activity	Description
Wednesday 24th April	Nature Ramble: Bramhall Park £3	Bramhall Park 10:00 am - 1:00pm
	Time 4 a pint mixed carers group	Ashlea Pub 1:00 pm-3:00 pm
Friday 26th April	Recycled Paper Art £5	Heatons Centre 11:00 am - 1:00 pm
Monday 29th April	Walk to Fitness Plus (longer and more hills)	Etherow Country Park 12:00 pm - 3:00 pm
1st - 30th April	<b>Carers Active April</b>	

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

[www.signpostforcarers.org.uk/signpost-events](http://www.signpostforcarers.org.uk/signpost-events)

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