

Activity Link

Events for Carers and Former Carers



Welcome to March 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 - 31st March | Book Club: The Space between us by Doug Johnston | Discussion via Signpost's Facebook Group |
| Friday 1st March | Walk and Talk for Bereaved Carers | Reddish Vale Country Park (Entrance near Portwood) 10:00 am - 12:00 pm |
| | Recycled Art | Heatons Centre 11:00 am - 1:00 pm |

| Date | Activity | Description |
|--------------------|-----------------------------------------------------------|-----------------------------------------|
| Saturday 2nd March | TMG Pamper Day Everyone welcome! | Heatons Centre 9:00 am - 2:00pm |
| Monday 4th March | Annie's cafe Everyone welcome! | Heatons Centre 11:00 am - 1:00pm |
| | NEW Fundraising event: Ghost Tour £10 | Heatons Centre 6:00 pm - 7:00pm |
| Tuesday 5th March | Dementia carers drop in | The Heatons Centre 7:00 pm - 8:30 pm |
| Friday 8th March | Recycled Art £5 | Heatons Centre 11:00 am - 1:00 pm |
| Saturday 9th March | Theatre Club: "Work it out" £1 | HOME 2:00pm - 4:30pm |
| Tuesday 12th March | Former Carers Group | Berretto Lounge 11:00am - 1:00pm |
| 1st - 30th April | Carers Active April - coming soon! | |

| Date | Activity | Description |
|-------------------------|-----------------------------------|---------------------------------------------------------|
| Thursday 14th March | Heald Green carers drop in | Heald Green Village Hall 10:00 am - 1:00 pm |
| | Time for a Brew | Dobbies Garden Centre 11:00 am - 1:00pm |
| | Neurodivergence Awareness Session | Heatons Centre 1:00 pm - 3:00pm |
| | Creative Writing with Andy Sykes | Heatons Centre 2:00 pm - 4:00pm |
| Friday 15th March | Recycled Art | Heatons Centre 11:00am - 1:00pm |
| | Doodle Club | The Heatons Centre 2:00 pm - 3:30 pm |
| Tuesday 19th March | Walk to Fitness (High Lane route) | High Lane Medical centre, High Lane 2:00 pm - 4:00pm |
| Wednesday 20th March | Carers Monthly Evening Meet up | Berretto Lounge 5:00 pm - 8:00 pm |

NEW

£5

| Date | Activity | Description |
|-------------------------|--------------------------------------------------------|-------------------------------------------|
| Friday 22nd March | Understanding and Managing Stress and Anxiety Workshop | The Heatons Centre 10:00 am - 12:00 pm |
| Friday 22nd March | Recycled Art | The Heatons Centre 11:00 am - 1:00 pm |
| Tuesday 26th March | Former Carers Group | Berretto Lounge 11:00am - 1:00pm |
| Wednesday 27th March | Time for a pint and chat | Ashlea Pub, Cheadle 1:00 pm - 3:00 pm |
| Friday 29th March | Recycled Art | Heatons Centre 11:00 am - 1:00 pm |

£5

£5

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

www.signpostforcarers.org.uk/signpost-events
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bookings@signpostforcarers.org.uk

