



Has your caring role changed or ended?

Have you become isolated or lonely?

If you have lost the person you care for, or have placed them into full time care, then come along to our friendly group for a cup of tea and a biscuit.

You can meet people in a similar situation.

Every other Friday, from 15/10/21

11-1pm

High Lane Library, Buxton Rd, High
Lane, SK6 8DX



For more information, contact Natalie
on 0161 442 0442



I'm Sue and I cared for my mum in her own home, then supported her in a care home for seven years. When she passed away, I found that there was no help for people in this situation which led to me creating CareFree.