

# CARING FOR CARERS

The Heatons Centre, Thornfield Road, Stockport, SK4 3LD



# FREE ENTRY

Sign  
Post  
for carers

MARCH

17

**Relaxation & Posture: An introduction by Suzanne McCollom**

10:30am-1pm

**This session is facilitated by a highly experienced and respected physiotherapist and Pilates teacher**



## Do you care for a family member who is 18+ with learning disabilities?

We are pleased to introduce and welcome you to a series of events for carers in Stockport.

The Caring for the Carers programme is designed to connect and support carers with a networking, mutual support and wellbeing session every two months. Each session will be free to users and facilitated by a local expert.

### What's included with each session:

- A dedicated expert hosting a group session
- A light lunch provided
- A chance to connect and gain support
- Funding for respite care so you can attend (subject to availability)

Book in advance by contacting:

**[nicola@rescare.org.uk](mailto:nicola@rescare.org.uk) | 07529247792 | DM on Rescare Social Media**

If you're based in Stockport and caring for an adult with a learning disability, then please do book a space and come along