

CARING FOR CARERS

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



Sign
Post
for carers



Rescare: The society for families of children and adults with learning disabilities are working in partnership with Signpost Stockport for Carers

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)

Sessions will run from 10:30am-1pm

MARCH

17

Relaxation & Posture: An introduction by Suzanne McCollom

MAY

19

Musical Appreciation by Peter Eccles

JULY

21

Looking after yourself by Greater Manchester Resilience Hub

SEPT

15

Easy & cheap Italian Cooking by Katie Booth

Book in advance by contacting:
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

We're looking forward to meeting you

**FREE
ENTRY**