



Special Events for Carers in July

When

What

Where

5th July, 10.30 - 1pm

Caring and communication

Walthew House

11th July, 10.30 - 1pm

Pakistani Cooking

Heatons Centre

11th July, 1- 3pm

Telecare - How it can help you

Heatons Centre

19th July, 6pm - 9pm

Basic First Aid*

Heatons Centre

20th July, 10.30-1pm

Looking after your back*

Heatons Centre

21st July, 10.30-1pm

Looking after yourself (LD carers only) Heatons Centre

24th July, 12.30-4.30pm

Boat Trip*

New Horizons, Marple

29th July, 1.30-3pm

Heritage Walk

Stockport War Memorial

Book your place by calling 0161 442 0442, email

bookings@signpostforcarers.org.uk or at www.signpostforcarers.org.uk/events

Did you know...

- We can help with costs of transport and cost of respite care.
- We have lots of regular events too! Give us a ring or look at the website for more details.
- We ask for a voluntary donation to help us cover the costs of some activities *