

Activity Link

Events for Carers and Former Carers



Welcome to July Activity Link.

Please note that these events and activities are for carers and former carers only, unless the event says Everyone Welcome!

Thank you for your understanding with this.

Date	Activity	Description
1st-31st July	Book Club: Windmill Hill by Lucy Atkins	Discussion via Signpost's facebook group
Monday 1st July	Annie's Cafe Everyone Welcome!	Heatons Centre 11:00 am - 1:00 pm
Tuesday 2nd July	Carers Network	Marple Senior Citizens Centre 6:30 pm - 8:00 pm
	Dementia Carers Drop in	Heaton's Centre 7: 00 pm - 8:30 pm

Date	Activity	Description
Wednesday 3rd July	Online Carers Meet-Up	Online 1:00 pm - 2:00 pm
Friday 5th July	Walk and Talk	Reddish Vale Country Park 10:30 am - 12:30 pm
	Recycled Art £5	Heatons Centre 11:00 am - 1:00 pm
	Stockport Memory Assessment Drop In Clinic	The Meadows 1:00 pm - 4:00pm
Monday 8th July	Walk to Fitness (High Lane)	High Lane Medical Centre 10:30 am - 12:30 pm
Tuesday 9th July	Former Carers Group	Berrretto Lounge 11:00 am - 1:00 pm
Wednesday 10th July	Online Carers Meet-Up	Online 1:00 pm - 2:00 pm
Thursday 11th July	Carers Drop in	Heald Green Village Hall 10:00 am - 1:00 pm
	Time for a Brew	Dobbies Garden Centre 11:00 am - 1:00 pm
	Creative Writing with Andy Sykes	Heatons Centre 2:00 pm - 4:00 pm

Date	Activity	Description
Friday 12th July	Recycled Art £5	Heatons Centre 11:00 am - 1:00pm
Wednesday 17th July	Online Carers Meet-Up	Online 1:00 pm - 2:00 pm
Thursday 18th July	A visit to Lyme Park	Lyme Park 11:00am - 3:00pm
Friday 19th July	Recycled Art £5	Heatons Centre 11:00 am - 1:00pm
	Doodle Club	Heatons Centre 2:00pm - 3:30pm
Saturday 20th July	TMG Treatments £15	Heatons Centre 9:00 am - 1:00 pm
Tuesday 23rd July	Former Carers Group	Berretto Lounge 11:00 am - 1:00 pm
Wednesday 24th July	Online Carers Meet-Up	Online 1:00 pm - 2:00 pm
	Carers Drop In	Ashlea Pub 1:00 pm - 3:00 pm

Date	Activity	Description
Friday 26th July	Nature Ramble: Gatley Carrs £3	Gatley Carrs 10:00 am - 1:00 pm
	Family Recycled Art £3	Heatons Centre 11:00 am - 1:00 pm
Saturday 27th July	TMG Treatments £15	Heatons Centre 9:00 am - 1:00 pm
Tuesday 30th July	New Horizons Boat Trip £9	Marple Wharf 6:00pm - 8:00pm
Wednesday 31st July	Online Carers Meet-Up	Online 1:00 pm - 2:00 pm

Booking is essential.

Full information about our events and any costs involved can be found on our website.

We make every effort to ensure this information is correct, but we reserve the right to update this information where necessary.

www.signpostforcarers.org.uk/signpost-events

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