

# Activity Link



## Events for Carers and Former Carers

Date	Activity	Description
1st - 30th November	Book Club: Death in Florence by Marco Vicchi	Discussion via Signpost's Facebook Group
Friday 1st November	Walk and Talk	Etherow Country Park 10:30am - 12:30pm
	Arts and Crafts with Mo	Heatons Centre 11:00 am - 1:00 pm
	Clinical Drop In	The Meadows (Stockport MAS) 1:00 pm - 3:00 pm
Monday 4th November	Annie's Cafe	Heatons Centre 11:00am - 1:00 pm
	**NEW** Digital Support Sessions	Heatons Centre 11:00 am - 1:00 pm
Tuesday 5th November	Learning more about Dementia course	Please contact us for more details

Date	Activity	Description
Tuesday 5th November	Dementia Drop in	Heatons Centre 7:00 pm - 8:30 pm
Friday 8th November	Arts and Crafts with Mo	Heatons Centre 11:00 am - 1:00 pm
Monday 11th November	Walk to Fitness (High Lane Route)	High Lane Medical Centre 10:30am - 12:30 pm
Tuesday 12th November	Former Carers group	Berretto Lounge 11:00 am - 1:00 pm
Wednesday 13th November	**NEW** Marple Carer drop in	Marple Methodist Church 10:00 am - 12:00 pm
Thursday 14th November	Heald Green 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	Heatons Centre 2:00 pm - 4:00 pm
Friday 15th November	Arts and Crafts with Mo	Heatons Centre 11:00 am - 1:00 pm

Date	Activity	Description
Wednesday 20th November	Christmas Card Making with Mary <b>£3</b>	Heatons Centre 11:00 am - 12:30 pm
Friday 22nd November	Arts and Crafts with Mo <b>£5</b>	Heatons Centre 11:00 am - 1:00 pm
Saturday 23rd November	TMG Treatments <b>£15</b>	Heatons Centre 9:00 am - 1:00 pm
Tuesday 26th November	Former Carers group	Heatons Centre 11:00 am - 1:00 pm
Wednesday 27th November	Time for a Pint	Ashlea Pub, Cheadle 1:00 pm - 3:00 pm
Wednesday 27th November	Carers Rights Day	Heatons Centre S1: 2:00pm - 5:00pm (Full) S2: 5:00 pm - 8:00 pm
Friday 29th November	Wreath Making <b>£8</b>	Heatons Centre S1: 11:00 am - 1:00 pm S2: 2:00 pm - 4:00 pm
	Doodle Club	Heatons Centre 2:00 pm - 4:00 pm



December preview	Activity	Description
Monday 2nd December	Annie's Christmas Cafe and Christmas shop	Heatons Centre 11:00 am - 1:00 pm
Thursday 5th December	Animal Crackers at Lyme	Lyme Park 11:00am - 1:00 pm
Thursday 12th December	Heald Green Drop in Christmas Special	Heald Green Village Hall 10:00 am - 1:00pm
Saturday 14th and 21st December	TMG Treatments <b>£15</b>	Heatons Centre 9:00 am - 1:00 pm



**Booking is essential.**  
**Full information about our events and any costs  
involved can be found on our website.**

[www.signpostforcarers.org.uk/signpost-events](http://www.signpostforcarers.org.uk/signpost-events)

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