

Activity Link

Events for Carers and Former Carers



Date	Activity	Description
1st - 31st October	Book Club: The Wager by David Grann	Discussion via Signpost's Facebook Group
Tuesday 1st October	Nature Ramble by minibus: Brockholes	Meet: Heatons Centre 9:30am - 4pm
	Dementia Carers Support Group	The Heatons Centre 7:00pm - 8:30pm
Wednesday 2nd October	Carers Network	Gatley Hill House 1:00 - 3:30pm
Friday 4th October	Walk and Talk for bereaved carers	Woodbank Park 10:30am - 12:30pm
	Recycled Art £5	The Heatons Centre 11:00am - 1:00pm
	Memory Assessment Service drop in	The Meadows 1:00pm - 4:00pm

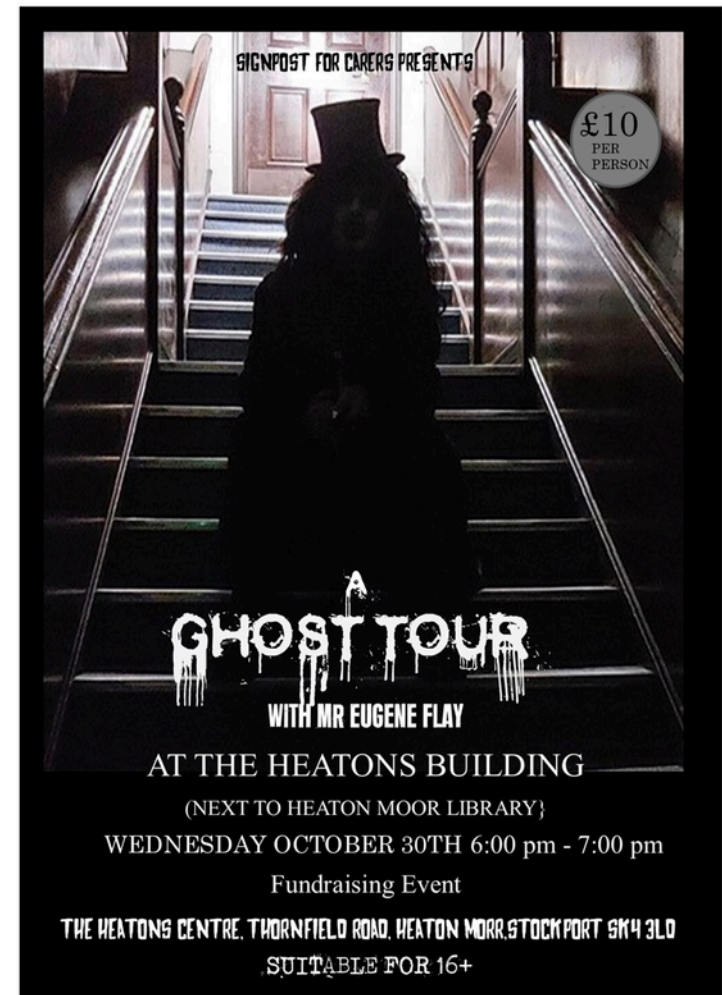
Date	Activity	Description
Monday 7th October	Annie's cafe	Heatons Centre 11:00am - 1:00pm
Tuesday 8th October	Former Carer Group	Berretto Lounge, Redrock 11:00am - 1:00pm
Wednesday 9th October	**NEW for Winter** Marple Drop In	Marple Methodist Church 10:00am - 12:00pm
Thursday 10th October	Heald Green drop in	Heald Green Village Hall 10:00am - 1:00pm
Friday 11th October	Recycled Art £5	Heatons Centre 11:00am - 1:00pm
Saturday 12th October	TMG Treatments £15	Heatons Centre 9:00am - 1:00pm
Monday 14th October	Walk to Fitness (Heatons Route)	Heatons Centre 10:30am - 12:30pm
Friday 18th October	Recycled Art - Animal Crackers special	Lyme Park 11:00am - 1:00pm
Tuesday 22nd October	Former Carers Group	Berretto Lounge, Redrock 11:00 am - 1:00pm

Date	Activity	Description
Friday 25th October	Recycled Art	The Heaton Centre 11:00 am - 1:00 pm
	Doodle Club	Heaton Centre 2:00pm - 3:30pm
Wednesday 30th October	Time for a Pint	Ashlea Pub, Cheadle 1:00 pm - 3:00 pm
	Ghost Tour	Heaton Centre 6:00 pm - 7:00 pm

£5

£10

November preview	Activity	Description
Wednesday 20th November	Festive Card Making with Mary	Heaton Centre 11:00am - 1:00pm
Wednesday 27th November	Carers Rights Day	Heaton Centre Session 1: 2:00 - 5:00pm Session 2: 5:00 - 8:00pm
Friday 29th November	Wreath Making	Heaton Centre Session 1: 11:00am - 1:00pm Session 2: 2:00 - 4:00pm



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

www.signpostforcarers.org.uk/signpost-events
0161 442 0442

bookings@signpostforcarers.org.uk

