



# Activity Link

## Events for Carers and Former Carers



Date	Activity	Description
1st - 30th September	Book Club: When God was a Rabbit by Sarah Winman	Discussion via Signpost's Facebook Group
Monday 2nd September	Annie's Cafe with Cream Tea	Heatons Centre 11:00am - 1:00pm
Tuesday 3rd September	Dementia Carers Support Group	The Heatons Centre 7:00pm - 8:30pm
Wednesday 4th September	Online Carers Meet Up	Online 1:00pm - 2:00pm
Friday 6th September	Walk and Talk for bereaved carers	Abney Hall Park 10:30am - 12:30pm
	Recycled Art <b>£5</b>	The Heatons Centre 11:00am - 1:00pm
	Memory Assessment Service drop in	The Meadows 1:00pm - 4:00pm

Date	Activity	Description
Monday 9th September	Walk to Fitness (High Lane route)	High Lane Medical Centre 10:30 am - 12:30 pm
	Accessible Bat Walk with Sustainable Living in the Heatons	Aurora Business Park 8:00pm - 9:30pm (£6 donation to SLH on the night)
Tuesday 10th September	Former Carer Group	Berretto Lounge, Redrock 11:00am - 1:00pm
Wednesday 11th September	Online Carers Meet Up	Online 1:00pm - 2:00pm
Thursday 12th September	Carers Drop In	Heald Green Village Hall 10:00am - 1:00pm
	Time for a Brew	Dobbies Garden Centre 11:00am - 1:00pm
	Creative Writing with Andy	Heatons Centre 2:00pm - 4:00pm
Friday 13th September	Recycled Art <b>£5</b>	Heatons Centre 11:00am - 1:00pm



Date	Activity	Description
Saturday 14th September	Lyme Open Air Cinema presents 'Dirty Dancing' £3	Lyme Park 8:00pm - 10:00pm
Monday 16th September	Manchester Smart Suite tour	Manchester (MEAP) 2:00pm - 4:00pm
Wednesday 18th September	New Horizon's Boat trip £9	Marple Wharf 10:00 am - 12:30 pm
	Card Making with Mary £3	Heatons Centre 11:00 am - 12:30pm
	Online Carers Meet Up	Online 1:00pm - 2:00pm
Friday 20th September	Recycled Art £5	Heatons Centre 11:00 am - 1:00 pm
Tuesday 24th September	Former Carers Group	Berretto Lounge, Redrock 11:00 am - 1:00pm
Wednesday 25th September	Online Carers Meet Up	Online 1:00pm - 2:00pm
	Carers Drop in	Ashlea Pub, Cheadle 1:00 pm - 3:00 pm

Date	Activity	Description
Thursday 26th September	Nature Ramble: Fog Lane Park £3	Fog Lane Park, Didsbury 12:00pm - 2:30pm
Friday 27th September	Recycled Art £5	The Heatons Centre 11:00 am - 1:00 pm
	Doodle Club	Heatons Centre 2:00pm - 3:30pm
Monday 30th September	New Horizon's Boat trip £9	Marple Wharf 1:00pm - 4:30pm
October preview	Activity	Description
Tuesday 1st October	Nature Ramble by Minibus to Brockholes £5	Meet at the Heatons Centre 9:30am - 4:00 pm
Wednesday 2nd October	Carers Network	Heatons Centre 1:00 pm - 3:30 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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