



Activity Link

December 2024

Events for carers and former carers

DEC
1-31st

Book Club : Do They Know It's Christmas Yet?
James Crookes

Discussion via Signpost's Facebook Group

MON
2

Annie's Christmas Café

Heatons Centre 11:00am - 1:00pm

MON
2

Digital Support Sessions

Heatons Centre 11:00am - 1:00pm

TUE
3

Dementia Drop In

Heatons Centre 7:00pm-8:30pm

THURS
5

Animal Crackers at Lyme

Lyme Park 11:00am-1:00pm

FRI
6

Arts and Crafts with Mo | £5

Heatons Centre 11am-1:00pm

FRI
6

Clinical Drop In

The Meadows (Stockport Memory Assessment Service) 1:00pm-4:00pm

MON
9

Walk to Fitness (Heatons Route)

The Meadows (Stockport Memory Assessment Service) 1:00pm-4:00pm



TUE 10	Former Carers Group Berretto Lounge, Redrock 11:00am-1:00pm
WED 11	*NEW* Marple Carer Drop In Marple Methodist Church 10:00am-12:00pm
THU 12	Heald Green Carers Drop In, Christmas Special! Heald Green Village hall 11:00am-1:30pm
THU 12	Time For A Brew Dobbie's Garden Centre Café 11:00am-1:00pm
FRI 13	Arts and Crafts with Mo £5 Heatons Centre 11:00am-1:00pm
SAT 14	TMG Treatments £15 Heatons Centre 9:00am-1:00pm
WED 18	Time for a Pint – The finale! Ashlea Pub, Cheadle 1:00pm-3:00pm
FRI 20	Arts and Crafts with Mo £15 Heatons Centre 11:00am-1:00pm
SAT 21	TMG Treatments £15 Heatons Centre 9:00am-1:00pm

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

www.signpostforcarers.org.uk/signpost-events

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