



# Activity Link | January 2025

Events for carers and former carers

<p>JAN <b>1-31st</b></p>	<p><b>Book Club : Two Nights in Lisbon by Chris Pavone</b> Discussion via Signpost's Facebook Group</p>
<p>FRI <b>3</b></p>	<p><b>Walk and Talk for bereaved carers</b> Etherow Country Park 10:30am - 12:30pm</p>
<p>MON <b>6</b></p>	<p><b>Annie's Café</b> Heatons Centre 11:00am - 1:00pm</p>
<p>MON <b>6</b></p>	<p><b>Digital Support sessions</b> Heatons Centre 11:00am - 1:00pm</p>
<p>TUES <b>7</b></p>	<p><b>Carers Dementia Drop in</b> Heatons Centre 7:00pm-8:30pm</p>
<p>WEDS <b>8</b></p>	<p><b>Marple Carers Drop In</b> Marple Methodist Church 10:00am-12:00pm</p>
<p>THU <b>9</b></p>	<p><b>Heald Green Carers Drop In</b> Heald Green Village Hall 10am-1:00pm</p>
<p>THU <b>9</b></p>	<p><b>Time for a brew</b> Dobbies Garden Centre Marple 11:00am-1:00pm</p>
<p>THU <b>9</b></p>	<p><b>Creative writing with Andy Sykes</b> Heatons Centre 2:00pm-4:00pm</p>



FRI  
**10**

## Arts and Crafts with Mo | £5

Heatons Centre 10:00am-12:00pm

FRI  
**10**

## Clinical Drop In

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

MON  
**13**

## Walk for Fitness (High Lane Route)

High Lane Medical Centre 10:30am-12:30pm

TUE  
**14**

## Former Carers Group

Berretto Lounge, Redrock 11:00am-1:00pm

FRI  
**17**

## Arts and Crafts with Mo | £5

Heatons Centre 10:00am-12:00pm

FRI  
**24**

## Arts and Crafts with Mo | £5

Heatons Centre 10:00am-12:00pm

SAT  
**25**

## TMG Treatments | £15

Heatons Centre 9:00am-1:00pm

TUE  
**28**

## Former Carers Group

Berretto Lounge, Redrock 11:00am-1:00pm

FRI  
**31**

## Arts and Crafts with Mo | £5

Heatons Centre 10:00am-12:00pm

FRI  
**31**

## Doddle Club with Charlotte

Heatons Centre 2:00pm-3:30pm

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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