

Learning and Development

We offer a number of FREE online workshops for carers that take place throughout the year.

We hope to start delivering face to face workshops by January 2021.

The purpose of these workshops are to provide you with the tools you need to take control of your caring role,

They offer you the opportunity to meet other carers who have had similar experiences to you. These include:

Modern Meditation
Managing Stress
Being a Carer
Welfare and Benefits
and many more.

Visit www.carersmanchester.org.uk or keep an eye on our Facebook and Twitter for details of dates and times.

Not familiar with Zoom (video conferencing?) Don't worry, we'll send you instructions when you sign up to the event.



Our Network

Our network is a partnership of 18 organisations working together to improve services for Manchester's carers. These are:

African and Caribbean Mental Health Services

African Caribbean Care Group

Alzheimer's Society

Connect Support

Gaddum

Himmat

**Indian Senior Citizen's Centre
Lifted**

LMCP Care Link

Manchester Carers Centre

Manchester Carers Forum

Manchester Jewish Federation

Moodswings

North Manchester Black Health Forum

Stroke Association

Talbot House

Together Dementia Support

Wai Yin Society

Visit our website to find out more about each organisation and what they can offer.

“An excellent, very thorough, professional service. I won't be hesitating to refer your service to others”, Carer

Carers Manchester is a partnership of statutory and voluntary organisations, working together to improve services for Manchester's 62,000 unwaged carers.

This partnership has developed a new pathway for carers in the city to receive advice, guidance and support.

Sign up to our fortnightly newsletter by visiting our website or emailing contactpoint@carersmanchester.org.uk.

Facebook: @CarersManchester

Twitter: @CarersMcR

