Carers News: Issue 110 March/April

Registered Charity No. 1102075

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Celebrate our 20th Anniversary

Read our interview with Richard Hawley

Trafford Carers Centre moves to Sale

Opening of our Wellbeing Centre

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Young Carers Awareness Day

20th Anniversary

The new Wellbeing Centre
About Us...

Do you support someone who couldn’t manage without you? Trafford Carers Centre is a registered charity that supports unpaid carers looking after someone in the Trafford area. Read on to find out how we can help you.

Welcome to issue 110 of Carers News

Dear Readers,

Welcome to Spring! Well we hope it starts soon... As ever, we have been working hard to make sure we improve services for our carers. In this edition I’m pleased to announce our new office space will be ready to move into in April.

Our new office, located in Sale, will be on one floor, so no longer sets of steps. We will have a lift directly to our floor, a large dedicated groups and craft room and a large open plan office.

The Health and Wellbeing suite will open at the beginning of March, offering a range of services including health checks, alternative therapies and activities to support health and wellbeing. Our new centre will offer a range of support tailored to your needs. For more information please call Andrea, our Wellbeing Centre Manager, on 0161 478 0173.

In January we sent out a “Caring in Trafford” survey and received 287 responses so thank you to all those who completed the survey and sent it back to us. The evidence that we have collated will be given to the Council and partners as part of the review of carers services, and will also be considered for planning our carers services funding going forward.

I hope you enjoy the read, as ever we are here to support you. Please contact a member of the team via our helpline on 0161 848 2400.

Gavin Williams
How we can support you at Trafford Carers Centre

Trafford Carers Centre is a non-profit organisation that supports unpaid carers looking after someone who lives in the Trafford area. The majority of our services are free and everything you tell us will be kept in confidence.

We offer the following services:

- A Carers’ Helpline offering information, support and advice
- 1:1 Emotional Support
- Carers Assessments and Carers Health Checks, looking at carers’ needs and supporting them to look after their own health
- Funding for carers, to enable them to take a break
- A bi-monthly newsletter, keeping carers up-to-date with local news and events
- Relaxation therapies and a free counselling service
- Carers clubs, forums and training sessions
- Volunteering opportunities
- A 24hr emergency card service, to give carers peace of mind
- Support for Young and Young Adult Carers
- End of life support for carers and their families
- Training for professionals
- Carer Awareness Training
- GP Liaison outreach work
- Support for Schools
- Whole Family Support

At the Centre we aim to support carers in recognising their own needs, help them achieve their aspirations and ensure they are fully understood, valued and supported in their chosen caring role.

How to Refer to our Services

There are many ways you can refer to us:

- You can call the Centre’s Helpline on **0161 848 2400**
- Contact us via email on **info@ Traffordcarerscentre.org.uk**
- Ask your social worker or GP to refer you
- Refer yourself via our online form at **www Traffordcarerscentre.org.uk**
- Contact us via Facebook.com/TraffordCarers or Twitter @TraffordCarers
- Come and visit the Centre at 13 Warwick Road, Old Trafford, M16 0QX
- Or come and meet one of our caseworkers at our many outreach posts across Trafford

Many people don’t realise they are carers – please pass our details on to anyone who you think may need our support.
We have been working in partnership with Trafford Council and Trafford CCG to understand what it is like to be a carer in Trafford and in the January/February issue of Carers News we asked you to complete a survey telling us all about your experience as a carer in order for us to review services for carers.

Almost 300 surveys were received and from this we have been able to get some solid results to help shape the support we offer carers. We are currently collating a report which you will be able to view online in the near future but we thought we would share some of the results we have seen.

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<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>97%</td>
<td>care for a family member</td>
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<td>76%</td>
<td>live with the person they care for</td>
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<td>55%</td>
<td>currently don’t receive support from Trafford Council</td>
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<td>72%</td>
<td>reported a moderate or severe impact on their caring role due to a change in statutory funding</td>
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<tr>
<td>76%</td>
<td>said their mental health &amp; wellbeing had suffered as a carer</td>
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<td>56%</td>
<td>told us they felt lonely or isolated</td>
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**How has the Care Act 2014 Affected you?**

Carers Trust has created a survey to find out how the new provisions in the Care Act are working for carers, one year on. Let us know how the Care Act has affected you.

Visit [http://www.traffordcarerscentre.org.uk/](http://www.traffordcarerscentre.org.uk/) for more information

**Job Vacancy for carers**

Carers Trust have a home-based role suitable for a carer who is looking to get back into work. The contract is for 15 hours which can be worked around you.

For more information about the role and how to apply please visit [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)
In February we had the pleasure of talking to Richard Hawley who plays Coronation Street’s Johnny Connor in regards to his work with the Alzheimer’s Society.

Richard lost his father, Peter, in 2004 to Dementia and, while his mother was the main carer for his father, he did have some caring responsibilities. When discussing his father’s illness, Richard emphasised how important it is for carers and loved ones to receive support in order to give those living with Dementia the best possible care.

Richard reminisced about his father and his love for painting and for Richard, one of the signs of seeing Peter’s condition deteriorate was through his paintings. Richard recalled seeing “black holes” in his father’s paintings. He also remembered seeing “big leaps” in his father’s condition whereas his mother would see more of his confusing moments as she was there on a daily basis.

Richard spoke fondly of his memories with Peter. He told us how he spent time stroking his hands, valuing as many moments as possible and showing him as much love as possible. He recalled how his father loved music so would play tracks that he enjoyed. One day Richard started playing the guitar for him when he noticed Peter tapping his foot along with the music before getting up and playing the piano.

Although Richard did not identify himself as a carer, he supports carers considerably and talks of his mother’s caring role and the support she received from his sister, Anne:

“My mum was magnificent, she put in a lot of time but she did get help. Anne gave so much support: helping Mum, spending time with Dad and providing respite care. Not everyone gets the same opportunities and this needs to change. With Alzheimer’s, there is medication that helps slightly but by large we need to change the way we support them, it’s all about the carers.”

Richard told us that his father was able to stay at home for the majority of his illness but eventually had to go into hospital where he passed away.

When asked what advice he would give to those who are caring for someone with Dementia, he mentioned how important it was to seek help with charities and groups that are familiar with Dementia, to share your experiences with others and learn more about how you can support and care for those with Dementia. Richard stated that he does wish he had sought more help and advice to help him deal with his father’s illness and despite the difficult times, has a positive outlook:

“Even though it is very scary, difficult and sad, there are moments of fun to be had. There are good times, life is still going on. There are moments when love and humour is still there.”

We’d like to thank Richard for taking the time to share his experience of Dementia, his support for carers and for leaving us with such a positive, uplifting message.
News

Where can you find our Charity Shop & Wellbeing Centre?

Many of our carers have asked us where can you find our new Charity Shop & Wellbeing Centre? So we thought it would be a good idea to show you a map and give you some directions to hopefully help you find your way.

The shop is now open from **Thursday to Saturday from 10am—4pm** and hopefully over the next couple of months the shop will open more days, however we are struggling to find volunteers to make this happen. If you or someone you know would like to know more about volunteering please email shop@traffordcarerscentre.org.uk or call **0161 425 1045**.

**Location:** 2 Curzon Road, Sale, M33 7DR

**Directions from Sale Metrolink:** Turn left out of the Metrolink and walk towards School Rd. Walk straight down School Rd until you reach the Battered Cod and turn right onto Curzon Rd.

Our new Wellbeing Centre is now open!

We are really excited to have opened our brand new Health and Wellbeing Centre in Sale dedicated to carers and can be found above our RE:Love&Care Charity Shop at **2a Curzon Road, Sale, M33 7DR**. There is also access via a stairlift for those with physical ailments.

The centre is a hub of relaxation and serenity and will be host to our counselling and therapy sessions, along with a range of other sessions and workshops, including our recently announce **Eat Well For Less workshop** which will be held at the centre in March (See below for details). We look forward to announcing more workshops and training sessions soon.

Rooms are available for hire at a day rate.

For more information on any of our services, contact Andrea on **0161 478 0173**

FREE WORKSHOP!

We have partnered with local enterprise BounceBack Foods to deliver a **Eat Well For Less workshop**. The workshop will take place on **Thursday 10th March 7pm-8pm** at the **Wellbeing Centre**. You’ll find out how to cook a range of healthy meals, master the art of budgeting, cut down on food waste and save money!

To book your place call Andrea on **0161 478 0173**

www.traffordcarerscentre.org.uk, Tel: 0161 848 2400, info@traffordcarerscentre.org.uk
Trafford Carers Centre is on the move

We are in the midst of a very exciting time with the move on April 1st to a more central location in Trafford. Due to this change we ask you to bear with us during the last two weeks of March and the first two weeks of April - it will be a very busy time!

Our counselling and therapy sessions have now moved to the Wellbeing Centre as have many of our support groups. Please see [page 12 and 13] for full details.

Our new premises will be located at 19b School Road, Sale, M33 7XX, a short walk from Sale Metrolink station. You will find the entrance between William Hill and Coral. The new premises will have full disabled access.

Do you need a Health Check?

If you are having difficulty visiting your GP and would like a health check contact us on 0161 478 0173 to arrange for our Health Check Advisor to visit you in your home.
A health check will be done at your convenience and where necessary our Health Check Advisor will contact your GP.

Would you like to get active?

We are looking at an opportunity to write a funding bid in partnership with Trafford Leisure to help carers access leisure facilities across Trafford.

In order to write this bid we would like to form a focus group of carers to help us understand what activities (other than the standard facilities available) would you be interested in as well as talk as barriers to getting active.

If you would like to help us and join the focus group (date to be confirmed) please email michelle.grogan@traffordcarerscentre.org.uk

Christmas Appeal

We would like to say a big thank you to everyone who took part in our Christmas Appeal. We raised a fantastic £400.

Volunteer opportunities

We are looking for enthusiastic, friendly volunteers to help out in our charity shop. You will need good communication and interpersonal skills and work well as part of a team. If you are looking to enhance your CV, can spare a few hours a week and are looking for a rewarding experience please email shop@traffordcarerscentre.org.uk or call 0161 425 1045.
20th Anniversary

20 years ago back in 1996 Trafford Carers Centre was formed to provide unpaid carers with a comprehensive support service across the borough. So as we celebrate, we look forward to continuing and growing our support with our anniversary appeal **2OF20—We Care Because You Care**, which will launch on **April 1st** to coincide with the opening of our new office space.

Throughout the anniversary year we will host a number of events and activities as well as share some of the stories from carers we have worked with. If you would like to share your story please contact our Fundraising & Marketing Assistant, **Kelly Fisher** on **0161 848 2402** or email kelly.fisher@traffordcarerscentre.org.uk

Trafford Carers Centre is committed to supporting carers across Trafford and with your help we can really make our **2OF20—We Care Because You Care** Appeal our best fundraising achievement to date. For details on how you can celebrate our anniversary see below.

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**Help us celebrate our 20th anniversary!**

On April 1st Trafford Carers Centre will commemorate reaching its 20th Birthday by launching the **2OF20—We Care Because You Care** Appeal, in a bid to raise £20,000. The funds raised will allow Trafford Carers Centre to develop services and further our support of carers.

We would love for you to get involved, whether it be a simple donation or getting together with work colleagues, friends or social group to hold your own fundraising activity.

We have some ideas to get you started from taking part in the Great Manchester Run or a simple bake sale or how about holding a quiz night or afternoon tea party?

However you want to get involved, our friendly fundraising team are here to help you every step of the way. For any advice or to register your support call **0161 848 2402** or email **fundraising@traffordcarerscentre.org.uk**
The Gardening Group
Are you a nature lover who likes getting their hands dirty? Or have you always fancied being able to grow your own food? If so, come along to our Gardening Group on **Monday 09.30am – 12.30pm** at the **Gorse Hill Allotment** on **Burleigh Road**.
The Gardening Group was formed two years ago thanks to a grant from the Health Lottery and has continued to flourish thanks to the dedication of a group of carers. The group have worked hard to create some raised beds and last year acquired an allotment space to extend their growing skills. When the weather is bad the group meet at the centre to have a coffee and have a chat. So whether you are a gardener or not, why not come and meet the group and they will soon have you enjoying yourself.
Our carers say ‘it is great to get out in the fresh air with lovely, like-minded people and learn a new skill. It is such a rewarding hobby to plant something with your own hands and nurture it until it is fully grown and ready to harvest. With all your daily responsibilities, it will surely help to keep you grounded.’

**Coming soon:**
The group will soon be out at the allotment to plant onions, potatoes, beetroot, cabbages, peas, rhubarb, chillies, peppers and herbs, ready to cook up for everyone to have a taste.
For more information on how to join this group contact our helpline on **0161 848 2400**.

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**Carers Groups You Can Join**

**Genealogy Group:** The Genealogy Group meet twice a month on the first **Wednesday of the month 1:00-3:00pm** at **Broomwood Community Centre**, **Mainwood Road, Altrincham WA15 7JU**. The group also meet on the second **Wednesday of the month 1:00-3:00pm** at **Newhaven, Tulip Drive, Timperley, WA15 6LN**.

**Carers Choir:** Carers Choir meet every **Monday 4.15pm-5.40pm** at **Sale West Community Centre**.

**Art Group:** The Art Group meets every **Monday 10.00am – 1.00pm** at **Trafford Carers Centre**.

**Craft Group:** The Craft Group meet every Friday **10:00am -1:00pm** at **Trafford Carers Centre**.
To attend any of the groups why not give us a call on **0161 848 2400** for more details.

**Next issue:** Spotlight on the Art Group
Young Carers’ Project

Young Carer’s Awareness Day

Young Carers Awareness Day, which took place on 28th January 2016, was a day to recognise the 700,000 young carers in the UK who work around the clock providing care and support to family and friends.

Young carers have extra responsibilities, like looking after their parent who is ill, and doing extra tasks like housework because their parent is too poorly to help out. Very few have the chance for a childhood as they are taking on so many adult responsibilities and more often than not they have very little time in between school and their caring responsibilities, which means they can sometimes miss out on other things like school, and free time with friends.

For Young Carer’s Awareness Day, Charlotte who is supported by Trafford Carers Centre, worked with CBBC to help raise awareness. Charlotte created a short animation to raise awareness for Young Carer's caring for a parent with Mental Health issues as well as appearing on Newsround to talk about her experience of how people react to her being a young carer and how she found opening up to people and sharing her story really helped her. You can see Charlotte’s animation by visiting [http://www.bbc.co.uk/newsround/35420195](http://www.bbc.co.uk/newsround/35420195) and see her Newsround interview at [http://www.bbc.co.uk/newsround/35429177](http://www.bbc.co.uk/newsround/35429177)

A big well done to Charlotte for speaking to Newsround. We are all so proud!

Our relationship with Key 103 goes from strength to strength and we cannot thank them enough for the support they give us and for the rewards of bathrooms, tickets

Recently they awarded tickets to a few of our young carers and their families. To see the TNA Maximum Impact 8 wrestling tour at the Manchester Arena. Daniella, Abigail and Nathan had a wonderful time.
Access funds of up to £150 Take Action & Support Grant

Over the last few months a number of our young adult carers have been benefitting from the Carers Trust Take Action & Support grant, which has recently been increased to allow more young carers aged 14-25 to engage in education, employment or training.

The Grants can be used for the following education needs (e.g. school uniform, text books), driving lessons, IT equipment, travel costs to school, college, university or interview and crisis respite care.

One of our Young Adult Carers accessed the grant to go towards funds for her nail technician college course. She wants to open her own mobile business providing beauty treatments and being able to access this course is a great help for her to achieve this.

Another Young Carer accessed the funds to get a new school uniform for the new school year as mum was struggling with the costs of this.

If you would like to access this grant fund and are a Young Adult Carer registered with us then please contact Kirsty or Daisy to go through an application form by calling 0161 848 4200.

Stay Tuned for:
- Some fantastic Easter holiday activities!
- More information and photos from our CBBC Trip on the 18th February.

www.traffordcarerscentre.org.uk  Tel: 0161 848 2400  info@traffordcarerscentre.org.uk
BME and LGBT Carer Support Groups

February saw the beginning of two new support groups for our carers. Our BME provides a rich cultural space for members of the community, to meet, talk and discuss their needs and access a range of support from Trafford Carers Centre. It is on the third Thursday of each month from 1.00pm – 3.00pm.

Our LGBT group provides a dedicated space to support carers of the Lesbian, Gay, Bisexual and Transgender to gain support and advice, in a supported, respectful environment. This group also takes place on the third Thursday of each month from 6pm – 7.30pm at Trafford Carers Centre.

Carers of Someone with Autism Support

The next Autism Carers Group is on March 10th at Trafford Carers Centre from 1pm - 3pm. All welcome for all or part of the meeting. Anyone who cant make it but would like notes and doesn’t already receive them, please let us know and we will add you to the list. Contact us for more details on 0161 848 2400.

Enjoy a cuppa and a chat while making new friends with others in a similar situation to you.

Bereavement Support Group

Held on the first Wednesday of every month 1.00pm – 3.00pm at Trafford Carers Centre, 13 Warwick Road, M16 0QX. However, this will change in April to the Wellbeing Centre, 2a Curzon Road, Sale, M33 7DR

The Bereavement support group is a friendly, informal session, open to all carers who have lost someone they cared for.

Although Carers share their experiences, there is no pressure to do so, and carers who simply want to listen at the moment are also welcome.

Meditation Session

A group of our carers meet at The Hope Centre the second Thursday each month 11.00am—12.00pm to join in a meditation session.

Carers that attend say it really helps them to relax and is a great outlet for stress.

Come along and give it a try.

Coffee and Chat at Fiona Gardens

The group runs alternate weeks at Fiona Gardens, 29 Atkinson Road, Sale, M33 6GG and at New Haven, Tulip Drive, Timperley, WA15 6LN. The group is facilitated by one of our very own carers, Mari Mastin.

Please check the dates for your diary for scheduled locations

The carers coffee afternoons are from 1:00-3:00pm.

Please come along and meet other carers there.
Mental Health Group
The next Mental health support group will take place on **21st March** from **7-9pm** at our new **Wellbeing Centre**, 2A Curzon Road, Sale. The second session will be **18th April** from **1-3pm**.
We would like to see the mental health support group led by the carers, if anybody is interested in taking the lead with support from Andrea (Group and Training Co-ordinator). For more information contact Andrea on **0161 478 0173**.

Dementia Friendly Meeting
On 26th February the Trafford Dementia Action Alliance held its first Dementia Friendly meeting at Altrincham Football Club.
The meeting was for anyone who lives or works in Trafford and looked at what is already happening in the community, how we can become more dementia friendly and what has been achieved in other areas.
For more details visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

Trafford Hard of Hearing (THHG)
Do you care for someone with a hearing impairment and find it a struggle to communicate with them? THHG provide free lip reading classes and support for the hard of hearing, primarily resident in Trafford.
Hearing loss is a very socially isolating condition and sufferers tend to withdraw from social activities. This is where THHG helps. The classes are very friendly and interactive to help members find a new way to communicate.

The sessions take place on a **Thursday**.

For more info, contact Ron Rolph on **0161 904 9986** or email ronrolph.thhg@yahoo.co.uk

Stretford Foodbank
The Stretford Foodbank is now open at the **Trafford Christian Life Centre** on **Barton Road**, Stretford. It opens every **Tuesday** and **Friday**, however, they still need donations as they are running low on items such as: fruit juice (in cartons), long life milk, cold meats (tinned), tinned fruit and vegetables, rice pudding.
If you are in the area with your shopping or just have a little extra food, please drop in.

Altrincham Girls’ Youth Group
Altrincham Girls’ Youth Group is organising a Carers’ Afternoon so that carers in Trafford can have a chance to relax, enjoy a cup of tea, cake and some great conversation. This is also a chance young people to hear your experiences and stories as a carer.
As part of National Sadaqa/Good Deed Day, the girls’ youth group extends an invitation to carers and their families to share cake and a hot drink with us. Takes place on **Sunday 20th March, 3pm—5pm** at **Altrincham Islamic Cultural Centre**, Grove Lane, Hale, Altrincham, WA15 8JQ.
Carers Referral Form

NAME: _______________________

ADDRESS: _______________________

POSTCODE: _______________________

CONTACT NO: _______________________

EMAIL: _______________________

WHO DO YOU CARE FOR?

WHAT IS THE NATURE OF THE ILLNESS OR DISABILITY OF THE PERSON YOU CARE FOR?

HOW CAN TRAFFORD CARERS CENTRE SUPPORT YOU?

HELP WITH FINANCES
HELP WITH ACCOMMODATION
HELP WITH HEALTH & WELLBEING
HELP WITH RELATIONSHIP WITH CARED FOR
HELP WITH EMPLOYMENT & EDUCATION
HELP WITH WIDER RESPONSIBILITIES
HELP WITH BREAKS & RESpite CARE
OTHER: _______________________

WOULD YOU LIKE TO RECEIVE OUR INFORMATION PACK?

YES ☐ NO ☐

HOW WOULD YOU PREFER US TO CONTACT YOU?

PHONE ☐ EMAIL ☐ POST ☐

On completion of the form return to:

Trafford Carers Centre,
13 Warwick Road, Old Trafford, Manchester, M16 0QX
Alternatively complete the form online at
www.traffordcarerscentre.org.uk
or call our helpline on 0161 848 2400

Carers Helpline: 0161 848 2400
Admin Number: 0161 848 2402
Wellbeing Centre: 0161 478 0173
Fax: 0161 848 2408
e: info@traffordcarerscentre.org.uk
w: www.traffordcarerscentre.org.uk

Trafford Carers Centre
13 Warwick Road
Old Trafford
M16 0QX

(please note our office address will change from April 1st to 19b School Road, Sale, M33 7XX)

Opening Times
Monday 9.00am—8.00pm
Tuesday 9.00am—8.00pm
Wednesday 9.00am—8.00pm
Thursday 9.00am—8.00pm
Friday 9.00am—4.30pm

@Trafford Carers
Facebook.com/TraffordCarers
## Dates for your Diary March

### March 2016

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<th>MON</th>
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<td>2</td>
<td>Genealogy Group at Broomwood</td>
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<td>YCP - Younger Children’s Group</td>
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<td>Carers Craft Group</td>
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<td>10 Carers of Someone with Autism Support Group</td>
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<td>Carers Choir</td>
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**Autism Carers Group** from 1.00pm-3.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

**Carers Art Group** from 10.00am-1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford M16 0QX

**Carers Craft Group** from 10.00am—1.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

**Carers Choir** from 4.15pm-5.30pm, Sale West Community Centre, Newbury Avenue, Sale, M33 4QW

**Carers Gardening Group** from 09.30am – 12.30pm, Gorse Hill Allotment, Burleigh Road

**BME and LGBT Groups** from 1.00pm-3.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

**Bereavement Group** from 1.00pm—3.00pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford, M16 0QX

**Genealogy Group** from 1.00pm—3.00pm, Broomwood Community Centre, Mainwood Road, Altrincham WA15 7JU

**Genealogy Group at Newhaven** from 1.00pm—3.00pm, Newhaven, Tulip Drive, Timperley, WA15 6LN

**Young Carers Project Groups**, from 5.30pm—7.30pm, Trafford Carers Centre, 13 Warwick Road, Old Trafford

**Meditation Session**, 11.00am– 12.00pm, The Hope Centre, Hampden Rd, Sale, M33 7UB

**Coffee Afternoon**, 1:00pm-3:00pm, Fiona Gardens, 29 Atkinson Road, Sale, M33 6GG

**Coffee Afternoon at Newhaven** from 1.00pm—3.00pm, Newhaven, Tulip Drive, Timperley, WA15 6LN

**Eat Well for Less Workshop**, 7.00pm-8.00pm, Wellness Centre, 2a Curzon Road, M33 7DR
## Dates for your Diary April

### April 2016

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**Carers Art Group** from 10.00am-1.00pm, Trafford Carers Centre, 19b School Road, Sale, M33 7XX

**Carers Craft Group** from 10.00am—1.00pm, Trafford Carers Centre, 19b School Road, Sale, M33 7XX

**Carers Choir** from 4.15pm-5.30pm, Sale West Community Centre, Newbury Avenue, Sale, M33 4QW

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**Bereavement Group** from 1.00pm—3.00pm, Wellness Centre, 2a Curzon Road, M33 7DR

**BME and LGBT Groups** from 1.00pm-3.00pm, Trafford Carers Centre, 19b School Road, Sale, M33 7XX

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**Genealogy Group at Newhaven** from 1.00pm—3.00pm, Newhaven, Tulip Drive, Timperley, WA15 6LN

**Young Carers Project Groups**, from 5.30pm—7.30pm, Trafford Carers Centre, 19b School Road, Sale, M33 7XX

**Flower Arranging**, 10.00am—1.00pm, Trafford Carers Centre, 19b School Road, Sale, M33 7XX

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