

NOVEMBER 2021

-  Our Young Carers Activities
-  Adult Carers Activities
-  National Campaigns & Events

Zoom Details

Carers Art Group

Meeting ID-931 5467 4345

Password- Art

Carers Meditation

Meeting ID-927 9779 9547

Password- 172192

Wellbeing Wednesday

Meeting ID-923 5162 5180

Password-aKAe87

Carers Bingo

Meeting ID- 915 8649 5227

Password: 796637

Primary and Secondary Young Carers Bingo

Meeting ID- 618 326 2187

Password: shay

Gentle Mindful Yoga

Meeting ID- Different details per session

To reserve yourself a place

Call our helpline:

0161 848 2400

Or email

































































info@traffordcarerscentre.org.uk



REGISTERED CHARITY NO: 1102075

COMPANY LTD BY GUARANTEE:

4695523

MON	TUE	WED	THU	FRI	WHATS GOING ON THIS MONTH
<ul style="list-style-type: none">  Gardening Group 10:00-1:00pm (Gorse Hill Community Allotment)  Carers Art Group 10:00-12:00pm 19b School Road, Sale  Support Group, Blu Sci 54-56 Seymour Grove, M16 OLN 1:00-4:00pm  Primary Aged Young Carers Bingo and Quizzes 4:30- 5:30pm (Zoom) 	<ul style="list-style-type: none">  Carers Social Afternoon 1:00-3:00pm Toy House, Flixton 	<ul style="list-style-type: none">  Wellbeing Wednesday 10:00-11:00 (Zoom) 	<ul style="list-style-type: none">  Adults Bingo 10:00-11:00am (Zoom) Every other week  Secondary Aged Young Carers- Bingo and Quizzes 6:00-7:00pm (Zoom) 	<ul style="list-style-type: none">  Craft Group, 10:00-12:00 19b School Road, Sale 	<ul style="list-style-type: none"> 1  Movember- Men's Mental Health Awareness Month 2  All Saints Day (Halloween), Día de los Muertos 3  BAME Carers Feedback Group, Blu Sci 54-56 Seymour Grove, M16 OLN 12:00-2:00pm 4  Diwali 5  Chatty Cafe at the Life Centre 10:00am-12:00pm 6 7 8  Secondary Ages Youth Club with Grip Adventures 6:00-7:30pm 9 10  Primary Aged Youth Club with Grip Adventure (5:00-6:30pm) 11 12  Gentle Mindful Yoga 11:00am-12:00pm (Zoom) 13  Trans Awareness Week (13th-19th October) 14 15  Anti Bullying Week (15th-22nd November) 16  Alcohol Awareness Week (15th-22nd November) 17 18  Chatty Cafe with guest Nurse Rebecca from Trafford Carers Centre 10:00am-12:00pm at The Life Centre 19  Gentle Mindful Yoga 11:00-12:00 (Zoom) 20  Sikh: Guru Nanak Ji's Birthday 21 22  Secondary Ages Youth Club with Grip Adventures 6:00-7:30pm 23 24  Primary Aged Youth Club with Grip Adventure (5:00-6:30pm) 25  Carers Rights Day! 26  Gentle Mindful Yoga 11:00-12:00 (Zoom) 27  Flower Arranging Group 1:00pm-3:00pm 28  Jewish Hanukka (28th Nov-6th Dec) 29  Mindful Meditation, The Hope Centre, Hampden Road, Sale M33 7UN, 2:00pm-4:00pm 30
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