

DECEMBER 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
Password-

To reserve yourself a place

Call our helpline:
0161 848 2400
Or email
info@traffordcarerscentre.org.uk



MON	TUE	WED	THU	FRI	WHATS GOING ON THIS MONTH
<ul style="list-style-type: none"> Gardening Group 10:00-13:00 (Gorse Hill Community Allotment) Carers Art Group 10:00-12:00 19b School Road, Sale Primary Aged Young Carers Bingo and Quizzes 4:30- 5:30pm (Zoom) Secondary Aged Youth Club with Grip Adventure (6:00-7:30pm) 	<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) Primary Aged Youth Club with Grip Adventure (5:00-6:30pm) 	<ul style="list-style-type: none"> 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  World AIDs Day 2  Chatty Cafe at the Life Centre 10:00-12:00 3  International Day of People with Disabilities 4 5 6  Buddhist: Bodhi Day Support Group, Blu Sci 54-56 Seymour Grove, M16 0LN 1:00-4:00pm 7 8 9  Bingo, 10:00-11:00(Zoom) 10  Gentle Mindful Yoga 11:00-12:00 (Zoom) 11 12 13  Support Group, Blu Sci 54-56 Seymour Grove, M16 0LN 1:00-4:00pm 14 15 16  Chatty Cafe at the Life Centre 10:00am-12:00pm 17 18 19 20  Support Group, Blu Sci 54-56 Seymour Grove, M16 0LN 1:00-4:00pm 21 22 23  Bingo, 10:00-11:00 (Zoom) 24 25  Christmas Day 26  Boxing Day 27  Bank Holiday 28  Bank Holiday 29 30 31  New Years Eve
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