



**HEALTHY ME
HEALTHY COMMUNITIES**
www.healthymehealthycommunities.co.uk

Healthy Me Healthy Communities | HNHCMcr



Carers Support Days

Do you regularly support or look after a family member or loved one? Would you like to find out more about support you can access and meet other carers too?

We are holding Carers Support days on:

Wednesday 18th September 12-3pm at: Aquarius Community Centre, 21 Eden close, Hulme, M15 6AX

Friday 20th September 9am -12pm at: Gorton Community Centre, 543 Abbey Hey Lane, M18 8PF

Tuesday 24th September 9am -12pm at: Anson Community House, 38 Meldon Road, Longsight, M13 0TR

Where you can:

- Access support, financial and benefits advice
- Find out about training and funding opportunities
- Learn some quick, easy plant-based recipes
- Relaxation activities
- Enjoy some food and meet other carers

For more information please contact Sally on:
07305 325 369



MANCHESTER CARES



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**COMMUNITY
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