

Name	Description	Contact
Admiral Nurses	<p>Person-centred assessments of the needs of family carers and individuals with dementia - Psychological support - Information - Practical advice - Helping family carers to develop and improve skills in care giving - Guidance about how to access appropriate services - Therapeutic, psycho-educational and social support groups for family carers - Referral to treatment and support services - End of life and bereavement support</p>	<p>0161 882 1063 (Admin hours 8.30am to 1pm except Wednesday)</p> <p>Admiral Nurse Service, 11th Floor, Hexagon Tower, Crumpsall Vale, Blackley, Manchester M9 8GQ</p>
African Caribbean Care Group (ACCG)	<p>Support for Carers - Day Care - Home Care - Holistic Therapies - Excursions Health Checks Hospital Visiting – Exercise Sessions – Art &amp; Craft - Music Therapy - Health Promotion - Meals on Wheels - Luncheon Clubs - Information and Advice sessions - Befriending – Advocacy – Transport – Library</p>	<p>0161 226 6334 or 0161 848 8281 (Mon to Fri 9am to 4.30pm)</p> <p>Email: <a href="mailto:admin@accg.org.uk">admin@accg.org.uk</a></p> <p>Website: <a href="http://www.accg.org.uk">www.accg.org.uk</a></p> <p>Twitter: @ACCGManchester</p> <p>Claremont Resource Centre, Rolls Crescent, Hulme, Manchester M15 5FS</p>
African and Caribbean Mental Health Services (ACMHS)	<p>Emotional support – Home visits – Benefits advice – Phone support – Advocacy – Information and advice – Carer voice</p>	<p>Telephone: 0161 226 9562</p> <p>Email: <a href="mailto:carers@acmhs-blackmentalhealth.org.uk">carers@acmhs-blackmentalhealth.org.uk</a></p> <p>Windrush Millennium Centre, 70 Alexandra Road, Moss side, Manchester, M16 7WD</p>
Alzheimer's Society	<p>Carers Information and Support Programme (CRISP) training – Range of information booklets and leaflets on dementia – Home</p>	<p>Telephone: 0161 962 4769</p> <p>Email: <a href="mailto:manchester@alzheimers.org.uk">manchester@alzheimers.org.uk</a></p>

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	visits – Appointments – Emotional support – Phone support	Website: <a href="https://www.alzheimers.org.uk/">https://www.alzheimers.org.uk/</a>
Asian Parent Carers Project (MCCR)	Parent carer support group - Emotional peer support - Healthy living activities – Information and advice service - Personal development and self-help workshops - Home visits - Telephone support - Respite care – Bilingual support for Urdu and Punjabi speakers	0161 227 8708 – Tuesdays only Email: <a href="mailto:nahmed@mccr.org.uk">nahmed@mccr.org.uk</a> Website: <a href="http://www.mccr.org.uk">www.mccr.org.uk</a> Twitter: @kmoghal Manley Park Community Centre, York Avenue, Whalley Range, Manchester M16 0AS
CARES Club	Weekly social support group for carers and cared for. Card craft sessions, seated exercise class, complementary therapies such as manicures, massage etc.	Telephone: 0161 217 4920 Email: <a href="mailto:michele.latham@UHSM.nhs.uk">michele.latham@UHSM.nhs.uk</a> Active Therapy Team, Withington Community Hospital, Nell Lane, Manchester M20 2LR
Connect Support	Home visits to offer emotional support - Information and practical help - Support Group Meetings (Central and South Manchester) - Social events - Mental health education programmes including 'What is Mental Illness?' and 'Coping & Stress Management'.	Telephone: 0161 945 5044 Website: <a href="http://www.connectsupport.org.uk">www.connectsupport.org.uk</a> Benchill Community Centre, Benchill Road, Manchester M22 8EJ
Gaddum Centre	Gaddum provides health and social care services to adults, children and young people and families including Advocacy, Bereavement support, Palliative Care, Counselling and Carers Centres, and provides the network coordination role for Manchester Carers Network.	Telephone: 0161 834 6069 Email: <a href="mailto:info@gaddum.co.uk">info@gaddum.co.uk</a> Website: <a href="http://www.gaddumcentre.co.uk">www.gaddumcentre.co.uk</a> Gaddum House, 6 Great Jackson Street, Manchester M15 4AX

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Himmat	Classes in fitness, health awareness, sewing, English - Health action plans - Over 60's swimming classes and walking groups - Emotional support - Help with form filling – Home visits – Benefits advice – Carers newsletter – Phone support	<p>Telephone: 0161 224 7250</p> <p>Email: <a href="mailto:info@himmat.org.uk">info@himmat.org.uk</a></p> <p>Website: <a href="http://www.himmat.org.uk">www.himmat.org.uk</a></p> <p>Midway Business Centre, 703 Stockport Road, Longsight, Manchester M12 4QN</p>
Indian Senior Citizens Centre	Day support services, social and recreational activities - Luncheon club and meals on wheels – Carers' drop-in sessions - Information, advice and interpretation service - IT suite – Gym – Phone support – Home visits – Help with form filling - Prevention and well-being services - Weekly yoga and exercise classes	<p>Telephone: 0161 232 0999 / 0161 232 7994</p> <p>Email: <a href="mailto:iscc@talk21.com">iscc@talk21.com</a></p> <p>Website: <a href="http://www.iscc-manchester.org">www.iscc-manchester.org</a></p> <p>Indian Senior Citizens Centre, 16/18 Whalley Road, Whalley Range, Manchester M16 8AB</p>
Larkhill Dementia Cafe	Specifically for both "Carer's" and their "Cared For" to maintain community contact, social inclusion, support, signposting and entertainment. We are open twice a month 1st and 3rd Saturday of the month from 10am to 12. Cost £3 pp. Clients from any area are made most welcome.	<p>Phone: 07708430887</p> <p>The Larkhill Centre, Thorley Lane Timperley, WA15 7AZ.</p>
Later Life Living Adult Day Club	Open Monday to Friday 10am - 3-45pm, where we offer small group activities, memory games, snooker, table tennis, art and crafts, gardening, board games, singing. We work for passion not profit for people over 50 who may want to increase their confidence, social interaction, our	<p>Phone: 07731795418</p> <p>Email <a href="mailto:Laterlifeliving@gmail.com">Laterlifeliving@gmail.com</a></p> <p>Web. <a href="http://Laterlifeliving.co.uk">Laterlifeliving.co.uk</a></p>

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	<p>clients live with various illnesses, Dementia, Parkinsons Disease, loneliness, isolation, depression and other long term illnesses.</p> <p>Cost is only £32-50 per day. Free half day trial.</p>	
<p>LMCP Care Link</p>	<p>Emotional and practical support - Asian Carers' Group and drop-ins - Monthly support group - Introduction to care-related work - Information and advice - Training</p>	<p>Telephone: 0161 226 4632</p> <p>Email: <a href="mailto:lmcpcareslink@btconnect.com">lmcpcareslink@btconnect.com</a></p> <p>Website: <a href="http://www.lmcpcareslink.co.uk">www.lmcpcareslink.co.uk</a></p> <p>The Pastoral Centre, 95A Princess Road, Manchester M14 4TH</p>
<p>Manchester Carers Centre</p>	<p>Information and advice - Emotional support - Practical help - Training workshops - Social and peer activities to improve carers' health and well-being - 1:1 appointments – Phone support – Young Adult Carers support (age 16-25)</p>	<p>Telephone: 0161 27 27 27 0</p> <p>Email: <a href="mailto:admin@manchestercarers.org.uk">admin@manchestercarers.org.uk</a></p> <p>Website: <a href="http://www.manchestercarers.org.uk">www.manchestercarers.org.uk</a></p> <p>Bridge 5 Mill, 22a Beswick Street, Manchester M4 7HR</p>
<p>Manchester Carers Forum</p>	<p>One to one and group support for any adult carer - telephone support line - trips - volunteering - carer awareness</p>	<p>Telephone: 0161 819 2226</p> <p>Email: <a href="mailto:info@manchestercarersforum.org.uk">info@manchestercarersforum.org.uk</a></p> <p>Website: <a href="http://www.manchestercarersforum.org.uk">www.manchestercarersforum.org.uk</a></p> <p>Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX</p>
<p>Manchester Jewish Federation</p>	<p>Carers' assessments - Carers' groups (including male carers group) - Carer breaks – Training – Annual calendar of carers events – Home visits – Information and</p>	<p>Telephone: 0161 772 4800 (press option 2)</p> <p>Email: <a href="mailto:Carers@thefed.org.uk">Carers@thefed.org.uk</a></p> <p>Website: <a href="http://www.thefed.org.uk/services/adult-">http://www.thefed.org.uk/services/adult-</a></p>

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	<p>advice – Respite provision – Phone support – Volunteering</p>	<p><a href="#">social-care-services/carers-support/</a> (Currently undergoing maintenance as of June 2017)  Heathlands Drive, Prestwich, Manchester M25 9SB</p>
Moodswings	<p>One to one support - Recovery work – Confidence-building groups - Workshops and courses - One to one support to make changes, manage mental health symptoms and reach goals - Friends and family support group – Helpline - Information, advice and support in person, over the phone or skype</p>	<p>Telephone: 0161 832 3736  Email: <a href="mailto:info@moodswings.org.uk">info@moodswings.org.uk</a>  Website: <a href="http://www.moodswings.org.uk">www.moodswings.org.uk</a>  36 New Mount St, Manchester M4 4DE</p>
Neesa Well Women	<p>Support and advice for isolated women - Drop in - Coffee mornings  - Older women’s luncheon club - Stay &amp; play - Library - Home visits - Outreach - English and sewing classes - Health seminars - Pamper sessions - Day trips - One to one support - Information and advice -Volunteer training - Chair based exercise</p>	<p>Telephone: 0161 740 2995  Email: <a href="mailto:neesa01@tiscali.co.uk">neesa01@tiscali.co.uk</a>  Woodville Resource Centre, Shirley Road, Manchester M8 0NE</p>
Stroke Association	<p>Helpline - Information and emotional support - Training for professionals - Stroke cafes - Life After Stroke grants – Information leaflets on website</p>	<p>Helen Gilbertson, Information, Advice &amp; Support Coordinator – Tel: 0161 742 7482. National Helpline - Tel: 0303 3033 100  Email: <a href="mailto:helen.gilbertson@stroke.org.uk">helen.gilbertson@stroke.org.uk</a>  Website: <a href="http://www.stroke.org.uk">www.stroke.org.uk</a></p>

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		6th Floor Stroke Association, Salford M6 5FN
Talbot House	Emotional support - Training - Information – Advice on money and benefits – Carers breaks – Advocacy - Pamper service including nails, reflexology, massage and beauty – Emergency planning – Home visits – Phone support	<p>Telephone: 0161 203 4095</p> <p>Email: <a href="mailto:admin@talbot-house.org.uk">admin@talbot-house.org.uk</a></p> <p>Website: <a href="http://www.talbot-house.org.uk">www.talbot-house.org.uk</a></p> <p>Twitter: @talbothousemcr</p> <p>Talbot House Support Centre, 1 High Peak Street, Newton Heath, Manchester M40 3AT</p>
Targeted Youth Support Service (Career Connect)	Information and advice – One-to-one support – Home visits – Advocacy – Benefits advice – Young carers wellbeing – Work with schools and colleges – Support for young people moving into education, employment and training	<p>Telephone: 0800 0126 606</p> <p>Email: <a href="mailto:yc@careerconnect.org.uk">yc@careerconnect.org.uk</a></p> <p><a href="#">Website</a></p>
Together Dementia Support in Manchester	<p>Together Dementia Support in Manchester run an evening Carers' Drop-In at Chorlton Central Church, Barlow Moor Rd M21 8BF, Tuesdays, 7-9pm. At the group, we have information and training sessions, peer support and therapeutic activities. They also have massage therapy monthly at their Feel Good Club (for people with dementia) in Clayton, they also have a carer's support and discussion session each month, which takes place on Wednesday afternoons from 1.30 to 3.30pm.</p> <p>Together Dementia Support in Manchester also run a range of groups for people with</p>	<p>Telephone: 0161 226 7186</p> <p>Email: <a href="mailto:admin@togetherdementiasupport.org">admin@togetherdementiasupport.org</a></p>

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	<p>dementia, giving carers a break at home.</p> <p>Carers can attend some of the groups along with their relative, if they wish.</p>	
<p>Wai Yin Society</p>	<p>Advice and information – Interpreting Chinese and other languages - Luncheon club - Welfare advice - Carers Breaks and activities daily – Training - Outdoor sessions - Home visits - Hospital visits</p>	<p>Telephone: 0161 833 0377</p> <p>Email: <a href="mailto:info@waiyin.org.uk">info@waiyin.org.uk</a></p> <p>Website: <a href="http://www.waiyin.org.uk/">http://www.waiyin.org.uk/</a></p> <p>Twitter: @waiyincws</p> <p>Sheung Lok Centre, Justin Close, Manchester M13 9UB</p>