

# FREE WORKSHOPS

## For carers in Manchester

Gain valuable information and skills by attending our workshops and events!



### Opportunities Include:

- Being a carer
- Safer moving and handling
- Healthy cooking and nutrition
- First aid
- Carers legal and financial rights
- Managing continence
- ...and many more

For more information on our training opportunities and services please contact:

 0161 834 6069     [learning@manchestercarersnetwork.org.uk](mailto:learning@manchestercarersnetwork.org.uk)

 @carers\_HUB     @manchestercarersnetwork

 [www.manchestercarersnetwork.org.uk/events](http://www.manchestercarersnetwork.org.uk/events)