

Who are these men?



No, they are not wanted by Greater Manchester Police.

They are men who look after a partner, relative or friend due to their physical or mental illness, frailty, or addiction.

They are unpaid carers. Are you?

If you are, then you are doing a great job. You are strong. You are brave. You are valuable. You are needed. You are not alone and sometimes you may need some help and support.

For more information about what is available to support you in your caring role contact the Carers Manchester Contact Point.

Tel: 0161 543 8000 Monday – Friday 10am – 4pm except bank holidays and 10am - 6pm on Wednesdays.

Email: contactpoint@carersmanchester.org.uk or visit www.carersmanchester.org.uk and fill in our enquiry form.

But not all men feel that carer services are right for them but still need time away from their caring role.

For more information on other support for men just turn over and read on.

Below are some examples of this type of support.

DAD'S [monthly drop-in session](#) from GM Autism Consortium via Zoom. The drop in will be a safe space for you to share your experience of raising an autistic child, with like-minded dads.

Tel: 0161 998 4667 or visit www.autism.org.uk.

[Men in Sheds and MUD Gardening](#) is a group for like-minded men to follow their interest. The group at the Tree of Life Centre, supported by BUZZ, have set up as a gardening group but this can be expanded to meet the interests of almost everyone in the community (e.g., joinery, carpentry, fixing bicycles).

Tel: 07557 677 969 or visit buzzmanchester.co.uk/in-your-area.

[Dads' Group led via BUZZ](#): It will be an opportunity to meet other dads and support each other with their experiences of being a first-time dad or a long-time dad. There will also be opportunity for information sharing, social support and to form friendships.

Tel: 07585 648 713 or visit buzzmanchester.co.uk/in-your-area.

[The Purple Group](#): Male carers group at The Fed Manchester. The Purple Group is a male-only carers group that meets monthly and provides mutual emotional support and practical advice.

Tel: 0161 772 4800 or visit www.thefed.org.uk.

[Directions for Men](#): The primary objective is to support the wellbeing of men who live and work in Wythenshawe and Northenden by developing groups and activities that men want to participate in.

Tel: 07894 971 434, email: hello@directionsformen.org.uk or visit www.manchesterlco.org/directions-for-men.

Age UK Manchester

[Men in Sheds](#): Men in sheds is a welcoming place where you can share your skills, have a laugh and a brew - all whilst working on practical activities. Fridays: 9.30am to 12pm.

[Crossacres Cultivators](#): A mixed group that engages in gardening, shares gardening tips and experiences, whilst improving the local environment over a brew. Tuesday and Thursday 10am to 12pm.

[Brews Brothers](#): Join us for a social group for men to come socialise, play cards or dominoes and enjoy a brew. Tuesday 3pm to 4pm.

For more details on Men in Sheds, Corssacres Cultivators or Brews Brothers

Tel: 0161 204 3023, email: enquiries@ageukmanchester.org.uk or visit www.ageuk.org.uk/manchester.

[Men Only Thursdays](#): For men living or affected by cancer. At the Kathe Locke Centre Thursdays 1pm to 3pm.

Tel: 01614 550 211 / 07496 089 310, email info@can-survive.org.uk or visit can-survive.org.uk.