



Carer Support Groups

Manchester Carers Forum has a range of carer support groups so you can grab a brew and let off steam in a safe and supportive environment.

Blackley: Last Friday of the month, 10:30am – 12:30pm, The Avenue Library and Learning Centre, 9 Victoria Avenue East, M9 6HW.

Burnage: First Friday of the month, 2pm – 3:30pm, Burnage Library, Burnage Lane, M19 1EW.

Ladybarn: Second Monday of the month, 11am – 12:30pm, Ladybarn Community Centre, Royal Street, Ladybarn, M14 6RN.

Online: Third Wednesday of the month, 1:30pm – 2:30pm. To attend, please contact Miriam on **07903 685 435** or miriam@manchestercarersforum.org.uk for joining details (via Zoom).

Wythenshawe: Second Tuesday of the month, 12pm – 2pm, Crossacres Resource Centre, 1 Peel Hall Road, Wythenshawe, M22 5DG. To attend, please contact Miriam on **07903 685 435** or miriam@manchestercarersforum.org.uk.

To attend any of these groups, please contact Hannah (unless stated otherwise above) as follows:

- ✓ Call **07970 174 774**
- ✓ Email hannah@manchestercarersforum.org.uk
- ✓ Visit <https://www.manchestercarersforum.org.uk>



Specialist Support

If you prefer to join a more specialist support group, the following organisations host a range of groups to suit individual needs.

Cancer

Can Survive UK hosts support groups for anyone who is living with cancer, has a friend or family member with cancer, or is caring for someone with cancer.

WOW! (Women Only Wednesdays) and **MOT (Men Only Thursdays)** are an opportunity for meet other women and men respectively who are affected by cancer.

The groups meet on Wednesdays/Thursdays respectively at the Kath Locke Centre, 123 Moss Lane East, M15 5DD, from 1pm – 3pm.

- ✓ Call 0161 455 0211 or 07496 089 310
- ✓ Email info@can-survive.org.uk
- ✓ Visit <http://can-survive.org.uk/>

Cultural Support

Wai Yin Society hosts monthly carer support groups at the Sheung Lok Wellbeing Centre, Justin Close, M13 9UB.

- ✓ Call 0161 272 7482 or 0161 833 0377
- ✓ Email info@waijin.org.uk
- ✓ Visit <https://www.waijin.org.uk>

Dementia

Together Dementia Support hosts regular groups and activities for people who are living with dementia and their carers. These include walks and talks in Alexandra Park (M16 7JL), a gospel choir, weekly friendship and activity groups, evening Zoom meetings, monthly Fab Forgetful Friends meetings, and carer socials.

✓ Call 0161 226 7186

✓ Visit <https://www.togetherdementiasupport.org/>



Stroke

Stroke Association has a range of monthly support groups for carers of stroke survivors. They are a chance for carers to meet up, offer support and share experiences.

Harpurhey: Monthly on a Wednesday, 10am – 1pm, The Centre, Harpurhey Neighbourhood Project, Carisbrook Street, Harpurhey, M9 5UX.

Gorton: Monthly on a Monday, 10am – 1pm, Trinity Baptist Church, Wellington Street, Gorton, M18 8BE.

Moss Side: Monthly on a Monday, 2pm – 4pm, Elmswood Park, Mossclare St Vincent Housing Care, Bowes Street, The Depot, Moss Side, M14 4UZ.

Northenden: Monthly on a Monday, 10am – 12:30pm, Friends' Meeting House, 82 Wythenshawe Road, Northenden, M23 0DJ.

Online: Second Tuesday of the month, 10am – 11am.

Please call for more details (dates and online joining details).

✓ Call 0161 742 7482 / 07983 343 003

✓ Visit <https://www.stroke.org.uk>

Mental Health

Connect Support helps and supports carers of people with severe mental health problems. They run carer support groups online and at Benchill Community Centre, Benchill Road, Wythenshawe, M22 8EJ.

- ✓ Call 0161 945 5044
- ✓ Visit <https://www.connectsupport.org/>

Carers Manchester South's support group on the fourth Thursday of the month, 3:30pm – 5pm, is for carers of adults with substance misuse. You can meet other carers, share your experiences and have some lunch. Meetings take place at Withington Methodist Church, 439 Wilmslow Road, M20 4AN. If you are interested, or have any questions, please contact Steve as follows:

- ✓ Call 07494 097 568
- ✓ Email cms@manchestercarersforum.org.uk

Moodswing's support group on the third Wednesday of the month, 11am – 1pm, is for carers of adults with mental health conditions. You can meet other carers, take part in activities and enjoy some refreshments. Meetings take place in north Manchester. For more details and to book a place, contact Moodswings as follows:

- ✓ Call 0161 832 3736
- ✓ Email info@moodswings.org.uk
<mailto:cms@manchestercarersforum.org.uk>

Parent Carers

Carers Manchester South's support group on the third Tuesday of the month, 11.30am – 1pm, is for carers of adults with autism. You can meet other carers, share your experiences and have some lunch. Meetings take place at the Dandelion Community, Oatlands Road, Wythenshawe, M22 1AH. If you are interested, or have any questions, please contact Steve as follows:

- ✓ Call 07494 097 568
- ✓ Email cms@manchestercarersforum.org.uk

Talbot House supports parent carers of someone with learning difficulties, including their THRIVE service for those aged 50+. They offer drop-ins for a cuppa (Monday – Friday, 10am – 3pm), monthly carer lunches, and day trips.

- ✓ Call **0161 203 4095**
- ✓ Email admin@talbot-house.org.uk
- ✓ Visit <https://www.talbot-house.org.uk>

The SPACE (Supporting Parents and Carers Endeavour) Group is a parent-led group that meets at St George’s Community Centre, Bothwell Road, M40 7NY. Working in partnership with the Manchester Parent Carer Forum, they offer advice and support in an informal setting, with facilities available for children.

- ✓ Call **07731 925 208 (Jenna) or 07973 209 250 (Hayley)**
- ✓ Email spacegroup@manchesterparentcarerforum.org.uk
- ✓ Visit <http://manchesterparentcarerforum.org.uk/tag/space-group/>



You can view the latest events for carers, including support groups, free workshops, day trips and activities via the calendar on our website (<https://www.carersmanchester.org.uk/events/>).