

Manchester Carers Network e-bulletin

Date: 3/10/2016

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Manchester Carers Network – keeping in touch on Twitter @Carers_HUB

FUND-RAISING EVENTS

The African and Caribbean Mental Health Services (ACMHS) would like to invite you to their

"Reaching Out" Charity Dinner and Dance Fundraiser

Date: Saturday 26th November 2016
Arrival: 6pm
Dinner: Served at 7pm prompt
Venue: Belle Vue National Speedway
Kirkmanshulme Lane
Manchester, M12 4WB

The event is being held to fundraise in order to support the services of the organisation and recognise and reward the achievements of mental health organisations, service users, volunteers and carers across the North West.

The cost of the ticket is £45 and a discount for tables of 10. Tickets can be purchased by contacting ACMHS on the above details or by visiting www.reachingout-acmhs.eventbrite.co.uk.



moodswings
Rat Pack lunch

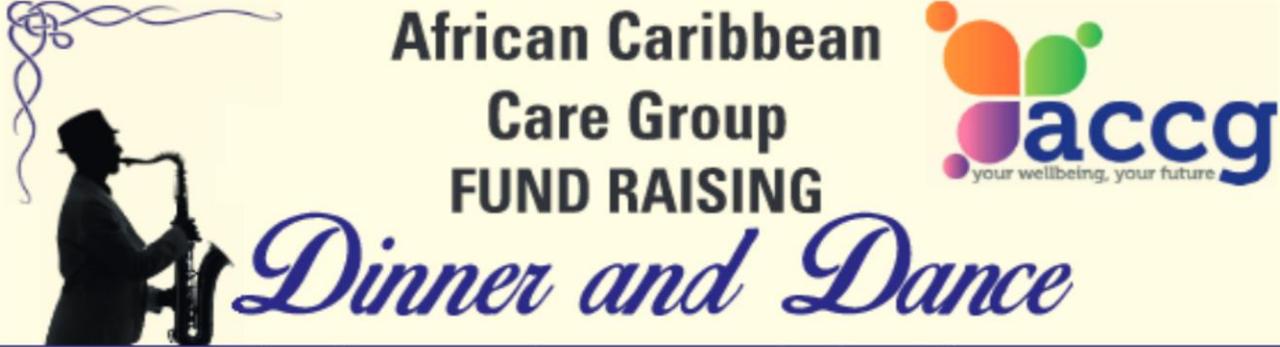
Saturday, 29th of October.
From 12.30pm.
The Renaissance Hotel
Blackfriars St, Manchester M3 2EQ

For info and to book tickets,
contact **moodswings** on
info@moodswings.org.uk
0161 832 3736

£40 per ticket
Including 3 course meal, fizz on
arrival and Rat Pack
Entertainment

Entertainment
from 'Being
Buble'.

Charity No. 1077513



**African Caribbean
Care Group
FUND RAISING**

Dinner and Dance

Saturday 8th October 2016
Britannia Country House Hotel, Palatine Road, Didsbury M20 2WG
 For further information contact: **ACCG on 0161 226 6334**
 Drinks Reception 7.00pm **ENTRY BY TICKET ONLY - Tickets £42**

MANCHESTER CARERS NETWORK CALENDAR

What / Who	Details	When
Manchester Carers Forum	Forum Meeting - Manchester Methodist Church, Central Buildings, Oldham Street, Manchester, M11 1JQ	12.00pm – 2pm on 7 th November 2016 5 th December 2016 9 th January 2017
	South Carers Support Group Crossacres Resource Centre, 1 Peel Hall Road, Wythenshawe, M22 5DG	12.00pm – 2.00pm on 11 th October 8 th November 13 th December
	East Carers Support Group Openshaw Resource Centre, 10 Catherine Street (Off Ogden Lane), Manchester, M11 1WF	11.00am – 1.00pm on 26 th October 23 rd December
	North Carers Support Group - Cheetham Hill Medical Centre, 244 Cheetham Hill Road, Manchester, M8 8UP	10.30am – 12.30pm on 5 th October 2 nd November 7 th December 2016
	Hulme Group - Turing House, Archway 5, Manchester, M15 5RL	11.00am – 12.30pm on 17 th October 21 st November
	Levenshulme Carers Support Group - Energy Box, Levenshulme High School, Crossley Road, Levenshulme, M19 1FS	6.30pm – 8.30pm on 6 th October 3 rd November 1 st December
		Continued > > >

What / Who	Details	When
Connect Support	South Manchester Carers Support Group – ‘The Moorside’, Robert Owen Gardens, Northenden, M23 4DD	(7.30pm – 9.00pm) Wednesdays 28 th September Sharing Carer Experiences
		Wednesday 26 th October Reducing Stress – An introduction to Mindfulness
		Wednesday 30 th November Mindfulness Workshop
	Central Manchester Carers Support Group - St Luke’s Rectory, corner of Stockport Road and Devonshire St, Longsight, M13 9AB	Wednesdays 2.00pm-3.30pm 21st September, 19 th October, 16 th November
Indian Senior Citizens Centre	Indian festival of Navratri - 12pm will be Mataji Aarti followed by ras garba through the afternoon, with a break for lunch for everyone at 1.15pm. The events at the Centre are generally for members only, but because of the huge significance of this celebration, non-members are welcome to attend, providing they join on the day	Daily from Monday 3rd to Thursday 6th October
		Coach trip to Leicester: £12.00 per person
		Friday 21st October
	Diwali celebration on. Events on the day will include cultural and musical entertainment from volunteers with lunch provided for everyone from 1pm to 2 pm. The event is open to members only. Non-members can join before the date if they wish to attend.	Thursday 27th October from 12pm to 4pm
Manchester Carers Network	Meeting – timings to be confirmed – Gaddum House, 6 Great Jackson Street, Manchester M15 4AX	Morning of Wednesday 2 nd November
	Carers Rights Day event – central Manchester	Friday 25 th November

OTHER EVENTS

What / Who	Details	When
Carers Trust	Britain’s Best Breakfast – fund-raising and awareness raising breakfast events - http://www.britainsbestbreakfast.org/	10-16 October
Diabetes UK	Relaxed and informal 1-day event for people aged 18+ with Type 1 diabetes https://www.diabetes.org.uk/How_we_help/Care-events/Adult-Events-18-30-years/Manchester-Adult-Event/	Saturday 12 November

NEWS

Dementia Carers – peer mentoring (Manchester Carers Forum)



Struggling to cope with caring?

Living alongside a family member or friend who has dementia can be lonely and confusing.

Manchester Carers Forum can match you with a volunteer who has experience of caring for someone with dementia.



We will **listen to you**, offer you **friendship** and **help you find the answers to your questions**.

A volunteer can regularly visit you at home, meet somewhere local to you or contact you by phone.

Contact Anne on 0161 819 2226 or Anne@manchestercarersforum.org.uk

Manchester Carers Forum Registered charity No. 1103535

Manchester Citizens Advice Bureau is working with GP practices. The pilot scheme aims to help patients to access free advice – eg benefits or debt advice – over the phone, from the doctor’s surgery.

Taking part so far are:

- Cornishway Group Practice
- Benchill Medical Centre
- Northenden Group Practice
- Fallowfield Medical Centre
- Levenshulme Medical Practice
- Chorlton Health Centre
- West Gorton Medical Centre
- Manchester Medical (from 6th October)

Age Friendly Manchester events listing:

[https://secure.manchester.gov.uk/site/custom_scripts/events_search.php?searchresults=yes&dateType=anydate&date=&startDate=&endDate=&location=Anywhere&categories\[\]=200091&and=&description=yes](https://secure.manchester.gov.uk/site/custom_scripts/events_search.php?searchresults=yes&dateType=anydate&date=&startDate=&endDate=&location=Anywhere&categories[]=200091&and=&description=yes)

Young Carers Conference – the recent Young Carers Conference regional conference in Manchester highlighted current developments and issues around young carers. Carers Trust have a number of reports and guides: <https://professionals.carers.org/collegetoolkit>

Accessible events at HOME

Caption Subtitled and BSL events at HOME – theatre and gallery tour

<http://homemcr.org/accessibility/>



Manchester Carers Network – keeping in touch

Twitter @Carers_HUB

Phone 0161 834 6069

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