



Manchester Area Activities Programme

Join us for any of our online activities via Zoom, all welcome.



Weekly Zoom Meeting- every Thursday 12 noon

Join us for a weekly online catch up. Meet with fellow stroke survivors for a chat.

Join Zoom Meeting

<https://zoom.us/j/98651853252?pwd=enp5ZmwwU0lNWVVIOUNLODFuMnk3QT09>

Meeting ID: 986 5185 3252

Passcode: keG4WT



Monthly Carers Meeting – 2nd Tuesday each month 10.00 am

A chance for carers of stroke survivors to meet up, offer support and share experiences:

Join Zoom Meeting

<https://zoom.us/j/97097820546?pwd=UFJmdHRUbWZpY3lkcUdCbEtPVWlYZz09>

Meeting ID: 970 9782 0546

Passcode: ydVAw9



Or join us on our social media, we would love to hear from you!

Check our Facebook page:

Central, South & North Manchester Stroke Groups

We have an active **WhatsApp group**, a friendly group of Stroke Survivors, carers and volunteers sharing stories, supporting each other and having a good old chat. If you are interested send Helen a **WhatsApp message** to **07983 343003** to be added to the group.

