

Free Information & Interest Courses for Carers

July to December 2013 (booking essential)

Telephone Signpost: 0161 442 0442 for more details or to request a booking form

COURSES AVAILABLE	DATE	VENUE	TIME
<p>Everyday First Aid.</p> <p>Trainer—British Red Cross</p>	Tuesday 2nd July	St Peters Parish Centre Parish Meeting Room 16 Green Lane, Hazel Grove, SK7 4EA	10:30am to 12 pm
<p>Everyday First Aid.</p> <p>Trainer—British Red Cross</p>	Thursday 1st August	Walthew House 112 Shaw Heath, Stockport, SK2 6QS	1pm to 2:30pm
Talk on Canal Boat Cruise	Thursday 3rd September	New Horizons Stockport Canal Boat Trust Marple Wharf, Church St (Off Chruch Lane) Marple SK6 6BW	10am to 12:30pm
<p>Finding The Real You</p> <p>Trainer—Tracy Parker</p>	Monday 9th September	Walthew House 112 Shaw Heath, Stockport, SK2 6QS	1pm to 3:30pm
Mushroom Walk	Wednesday 18th September	The Visitor Centre Etherow Country Park George St, Compstall, Stockport, SK6 5JD	10:30am to 2:30pm
<p>Art Session Clay Sculpture</p> <p>Trainer—Jo Hall</p>	Friday 27th September	Walthew House 112 Shaw Heath, Stockport, SK2 6QS	1:30pm to 3:30pm
<p>Cookery Vegetarian Curry</p> <p>Nikki Brown</p>	Friday 4th October	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Meeting Room	10.45am to 1.45pm
<p>Carers Course Coping And Caring</p> <p>Trainer—Janet Lee</p>	Wednesday 9th October	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Carers Lounge	10am to 12.30pm

Please see overleaf for further courses

Course Details	Course Date	Venue	Time
Aromatherapy Trainer—Elsie Lamb	Thursday 17th October	Disability Stockport 23 High Street, SK1 1EG	10am to 4pm
Carers Course Day to Day Caring Trainer—Janet Lee	Wednesday 23rd October	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Carers Lounge	10am to 12.30pm
Art Session Christmas has come Early Trainer—Jo Hall	Monday 28th October	Disability Stockport 23 High St, SK1 1EG	1.30pm to 4pm
Parent Carers Course Trainer—PIPs	Monday 4th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Meeting Room	10am to 1pm
Carers Course Resources and Caring Trainer—Janet Lee	Wednesday 6th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Carers Lounge	10am to 12.30pm
Parent Carers Course Trainer—PIPs	Monday 11th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Meeting Room	10am to 1pm
Parent Carers Course Trainer—PIPs	Monday 18th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Meeting Room	10am to 1pm
Carers Course Caring and Communicating Trainer—Janet Lee	Wednesday 20th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Carers Lounge	10am to 12.30pm
Parent Carers Course Trainer—PIPs	Monday 25th November	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Meeting Room	10am to 1pm
Carers Course Caring and Life Trainer—Janet Lee	Wednesday 4th December	Signpost The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Carers Lounge	10am to 12.30pm

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Please remember that booking and registration is essential.