

Contact Us



0161 27 27 27 0

Monday-Thursday, 10am-1pm (Carers Only)



admin@manchestercarers.org.uk
(Carers and Professionals)



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www.manchestercarers.org.uk



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Manchester Carers Centre by donating to our
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Manchester
Carers Centre
Changing Carers' Lives

www.manchestercarers.org.uk

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CARING 4 ME

Would you like to receive some support with
your caring role and meet other Carers?



A Network Partner of
**CARERS
TRUST**



Are you an unpaid Carer?

An unpaid/unwaged Carer is anyone who cares for a friend or family member, who due to illness, disability, a mental health problem or an addiction cannot manage without their support. This includes both temporary and longer-term illnesses.

Caring 4 Me Service

This Service gives Carers the opportunity to focus on self-care, access respite, meet other Carers and access help from a range of sources across our city.

Our support aims to...

- Ensure Carers are less isolated and are better connected to their peers.
- Ensure Carers receive time off, some respite and fun, and improve health and wellbeing.
- Ensure Carers are better informed and know how to access support around their mental and physical health needs.
- Encourage Carers to take up their own interests and hobbies to promote a quality of life of their own.

What We Offer

Regular Short Breaks and Workshops

We offer an interesting range of regular FREE Short Break activities across Manchester, giving Carers some respite from their caring role, and a chance to connect with other Carers. Our workshops for Carers provide opportunities to learn new skills, crafts, and hobbies, to be creative and have a chance to relax in a social setting.



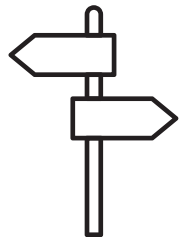
1-1 Appointments

We offer 1-1 appointments to listen to Carers who have worries relating to their caring role. During the 1-1 we can discuss your concerns and agree practical solutions to improve your health and wellbeing.



Information & Referrals

Our team can connect you to relevant services, information and advice to better support you in your caring role.



If you are in need of any support, please get in touch with us using the contact information on the back page of this leaflet.