



Manchester Carers Forum

"The Voice of Carers"

E- Bulletin



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Support Groups

The Groups are about having a break from your caring role so you can meet other carers, know you are not alone as a carer, get support you need and at the group we always have guest speakers, buffet lunch and free pamper treatments.

North Group

Our North Manchester Carers support group takes place on the first Wednesday of the month at the Cheetham Hill Medical Centre 224 Cheetham Hill Road, Cheetham Hill, M8 8UP and runs from 10.30 – 12.30

East Group

The East Manchester support group takes place on the fourth Wednesday of the Month at the Openshaw Day Centre, 10 Catherine Street, M11 1WF and runs from 11 – 1pm

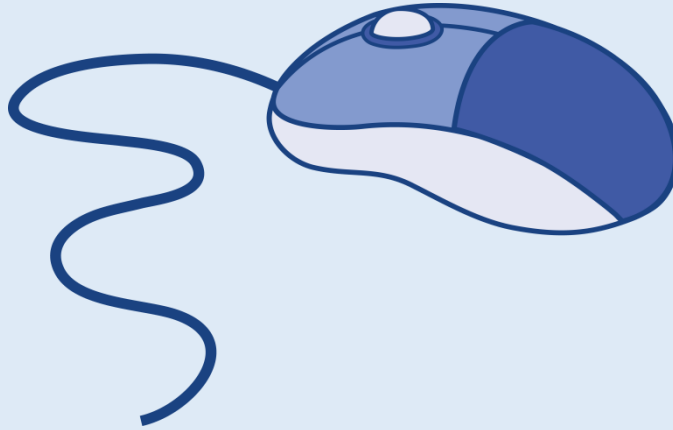
South Group

South Manchester support group takes place on the first Tuesday of the month at The Crossacres Resource Centre, 1 Peel Hall Road, Wythenshawe, M22 5DG and runs from 12-2pm

H.A.N.D.S Group

Our HANDS group is a support group for carers who care for someone with an alcohol or substance misuse. The group offers support, advice and information as well as lunch and refreshments. This group usually runs on the second Monday of each month 10:30am - 12:30pm at the MCF office Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX.

Computer Class



Are you or know someone who is interested in improving and developing your computer skills?

If so MCF is offering weekly sessions for carers of all levels to develop confidence and ability in using computers.

If you or someone you know is interested in developing and improving your computer skills, then our computer classes may ideal for you. At the moment we are offering weekly sessions for carers of all levels to develop confidence in using computers. Whether you want to learn how to do online shopping, use social media or learn how to use software such as Microsoft office, this would be the perfect place for you to build new skills as well as meeting other carers. We have 6 spaces available each week and each person who attends will be able to use our laptops and have access from our computer expert Tommy the PC Wizard!!

The Computer class runs every Thursday from 10.30 – 12.30 from our offices at Gaddum House, 6 Great Jackson Street , M15 4AX.

Forum Meeting

Our monthly forum meeting takes place on the first Monday of every month at our offices, Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX. The forum meeting takes place between 12pm and 2pm and a finger buffet is provided to start every meeting off. During these meetings, as well as a speaker, Carers have the opportunity to discuss any caring related issues and listen to the experiences of others who have faced similar day-to-day challenges.



The next Forum Meeting will take place on Monday 2nd March because the February meeting falls on the same date as our Annual General Meeting on the 2nd February.

The guest speakers for the March meeting will be Karen Kennedy from Care and Repair and we will also have a speaker from Local Link.

Free Legal Advice

Manchester Carers Forum runs a free legal advice clinic on the last Friday of the month with Touch Solicitors. The sessions are 30 minutes of free legal advice and we have 4 slots valuable from 10.30 – 12.30 and are held at our offices at Gaddum House, 6 Great Jackson Street, M15 4AX.

Would you like legal advice on the following;

- Wills and Probate
- Lasting Powers of Attorney
- Care Home Advice
- Court Protection
- Intestacy
- Tax Planning
- Contested Probate
- Inheritance (Provision for Family and Dependents) Act 1975 Claims

If so please ring the office on 819 226.



To book a consultation at Manchester Carers Forum, please contact
0161 819 2226

Touch Solicitors are working in association with Manchester Carers Forum to provide a free 30 minute legal consultation at the forum in the following areas:

- Wills and Probate
- Lasting Powers of Attorney
- Care Home advice
- Court of Protection
- Intestacy
- Tax planning
- Contested Probate
- Inheritance (Provision for family and dependents) Act 1975 claims

If you would like to see us at a time different to the clinic dates, please contact us directly: 0161 241 9400 or email us: info@touchsolicitors.co.uk

Free consultation does not apply to home visits.

www.touchsolicitors.co.uk

touch solicitors are authorised and regulated by the Solicitors Regulation Authority (SRA Number: 563021)

UK Carers News

I'm a Child carer

Lili shops, cooks, cleans and helps to look after her disabled mother, and her younger brother and sister. Lili is a bright, creative eight year old girl, who is one thousands of Britain's young carer. [Click here to read Lilis story](#)

Caring and isolation in the workplace survey

One in nine employees look after an older, disabled or ill loved one, yet caring still remains a relatively hidden issue in the workplace.

Through Employers for Carers we're carrying out a survey to find out why carers feel isolated or lonely in the workplace, and to find practical ways to help.

There are all sorts of reasons why we may feel isolated and unable to talk about caring in our workplace.

If you're juggling work and care, we want to know more about your experiences.

The survey is now open, if you spare a few minutes to either complete the survey or share this post with any working carers you know.

[Click here to start the survey](#)

Free First Aid Training

First aid training at Manchester Communications Academy on Monday 9th February. This one day course will run from 10am – 3.30pm and on successful completion you will gain a Level 2 Award in Emergency First Aid at work.

Places are on a first come, first served basis. Please contact Sarah Richardson at MCA to book a place or for more information on s.richardson2@mca.manchester.sch.uk or call 0161 202 0161.

Further courses are also booked in for Monday 30th March and Monday 1st June.