

# Carers Week 2025

MONDAY 9<sup>TH</sup> - SUNDAY 15<sup>TH</sup> JUNE

Do you look after a partner, relative or friend due to their physical or mental illness, frailty or addiction?

Join us this Carers Week to get support and have fun at over 16 FREE events!

Mon	Tues	Weds	Thurs	Fri
Celebration of Chinese older carers & lunch	Celebration with food, support & activities	Central Manchester walking tour	Trip to FC United & lunch	Welfare rights drop in
Drop in with pampering, crafts, drums, and lunch	Walk at Heaton Park	Picnic with accessible bikes at Alexandra Park	Afternoon tea	Music session, refreshments & benefits advice
Movement session	Pampering session & dinner	Selfcare event	Bingo and Family Fortunes	
	Social meal for young adult carers	Webinar on carers' support, rights & equality		



For full details and eligibility:  
[carersmanchester.org.uk/events](https://carersmanchester.org.uk/events)





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day	time		organiser	location	book your FREE place
Mon 9 <sup>th</sup> June	10.30am -1.30pm	<b>'No Choice But To Care'</b> Enjoy hot lunch with Chinese older carers and celebrate their unique contributions.	Wai Yin Society	Sheung Lok Wellbeing Centre, M13 9UB	<a href="mailto:sou_ha@waiyin.org.uk">sou_ha@waiyin.org.uk</a>
Mon 9 <sup>th</sup> June	11am	<b>Carers movement session</b>	African Caribbean Care Group	Claremont Resource Centre, M15 5FS	<a href="mailto:cmc@accg.org.uk">cmc@accg.org.uk</a> or 0161 226 6334
Mon 9 <sup>th</sup> June	11am -4pm	<b>Lifted drop in</b> Featuring a hot lunch, guest speaker, pampering, crafts, drumming and more.	Lifted	Dandelion Community, M22 1AH, corner of Oatland Rd	<a href="mailto:kate@liftedmcr.org.uk">kate@liftedmcr.org.uk</a>
Tues 10 <sup>th</sup> June	10am	<b>Walk and picnic at Heaton Park</b>	African Caribbean Care Group	Meeting point shared upon registration	<a href="mailto:cmc@accg.org.uk">cmc@accg.org.uk</a> or 0161 226 6334
Tues 10 <sup>th</sup> June	12.30pm -2.30pm	<b>Hopewell Carers Week celebration</b> with activities, support and refreshments.	Hopewell/ CM North	Woodville Sure Start Centre, Shirley Road, M8 0NE	<a href="mailto:arifa@hopewellmcr.org.uk">arifa@hopewellmcr.org.uk</a> or 07716170331
Tues 10 <sup>th</sup> June	5.30pm- 7.30pm	<b>Young adult carer social meal</b> For carers aged 16-25.	Manchester Carers Centre	Venue to be shared upon registration	<a href="mailto:admin@manchestercarers.org.uk">admin@manchestercarers.org.uk</a> - subject line 'YOUNG ADULT CARER SOCIAL'
Tues 10 <sup>th</sup> June	6pm- 8pm	<b>Pampering session</b> Enjoy a free, relaxing massage from HR Massage Therapies. Food included.	Carers Manchester South	Dandelion Community, M22 1AH, corner of Oatland Rd	<a href="mailto:paula@togetherdementiasupport.org">paula@together dementiasupport.org</a> or 07763565160



Weds 11 <sup>th</sup> June	11am -1pm	<b>Discover Manchester guided tour</b> Learn about the city centre's history, architecture and culture.	Manchester Carers Forum	Meet at Central Library, St Peter's Square	<a href="mailto:karen@manchester-carersforum.org.uk">karen@manchester-carersforum.org.uk</a> or 07903 685 435
Weds 11 <sup>th</sup> June	11am	<b>Self care day</b>	African Caribbean Care Group	Claremont Resource Centre, M15 5FS	<a href="mailto:cmc@accg.org.uk">cmc@accg.org.uk</a> or 0161 226 6334
Weds 11 <sup>th</sup> June	11am- 1.30pm	<b>Picnic and accessible bike rides</b> Drop by anytime, no booking required.	Together Dementia Support	Alexandra Park	<a href="mailto:beth@together-dementiasupport.org">beth@together-dementiasupport.org</a> or 0161 2267186
Weds 11 <sup>th</sup> June	7pm- 8.30pm	<b>Webinar</b> 'Supporting Carers: Your Rights, Wellbeing and Future'	CM Lived Experience Panel	Online (Zoom)	SupportingCarers. Eventbrite.co.uk
Thurs 12 <sup>th</sup> June	11.30am- 1.30pm	<b>Afternoon tea for adult carers</b>	Manchester Carers Centre	Venue to be shared upon registration	<a href="mailto:admin@manchestercarers.org.uk">admin@manchestercarers.org.uk</a> with subject line 'AFTERNOON TEA'
Thurs 12 <sup>th</sup> June	Approx 1pm (TBC)	<b>Trip to FC United</b> Join other carers at FC United's community day and enjoy a free lunch.	Carers Manchester North	Broadhurst Park, M40 0FJ	<a href="mailto:holly@together-dementiasupport.org">holly@together-dementiasupport.org</a> or 0161 226 7186
Thurs 12 <sup>th</sup> June	1pm	<b>Games afternoon</b> Get to know other carers with games of bingo and Family Fortunes.	African Caribbean Care Group	Claremont Resource Centre, M15 5FS	<a href="mailto:cmc@accg.org.uk">cmc@accg.org.uk</a> or 0161 226 6334
Fri 13 <sup>th</sup> June	10am- 12pm	<b>Music session with String of Hearts</b> Make some music then enjoy afternoon tea and benefits advice.	Carers Manchester South	Amani Centre, M16 7DG	<a href="mailto:sue@manchester-carersforum.org.uk">sue@manchester-carersforum.org.uk</a> or 07384784262
Fri 13 <sup>th</sup> June	10am -3pm	<b>Welfare rights drop in</b> Receive advice on benefits, housing and other welfare issues.	African Caribbean Care Group	Claremont Resource Centre, M15 5FS	<a href="mailto:cmc@accg.org.uk">cmc@accg.org.uk</a> or 0161 226 6334