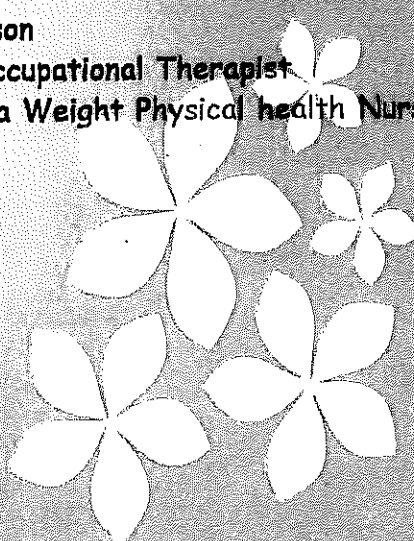


AGENDA for carers event Thursday 13th June (this is subject to change – times are approximate)

- 12.00 - Meet and Greet
 - 12.15 - "Who is a carer" - Karen Healey Carers Liaison
 - Roles within the CMHT - Sarah Tritton Occupational Therapist
 - How stress affects physical health - Emma Weight Physical health Nurse
 - 13.00 - Lunch
 - 13.30 - FUN QUIZ
 - 13.45 - Connect Support
 - 14.15 - Raffle
 - 14.45 - Evaluation / Questions
 - 15.00 - Close
- 

There will be opportunities to mingle with other carers support agencies, learn how to relax using mindfulness activities with Paul's origami master class and have a physical health check with our physical health nurse Emma.

The information station will provide carers with advice on to get connected with support services and raise awareness of daytime activities available in the local area.

Carers will have to opportunity to meet others who fully understand the implications of caring for someone and how this complex and demanding role can affect the carer's health and wellbeing.

The Trust is committed to safeguarding children, young people and vulnerable adults and requires all staff and volunteers to share this commitment.

Greater Manchester Mental Health NHS Foundation Trust, The Curve, Bury New Road,
Prestwich, Manchester M25 3BL Tel: 0161 773 9121.

North Mersey CMHT
Unit 1 Francis Road
Withington
Manchester
M20 4XP
tel 0161- 271-0291
13th May 2019

Invitation

to attend carers event to mark Carers Week UK

"Because You Care"

Dear Carer

To celebrate carers week our Community Mental Health Services are inviting you to a carers event @ THE PARRSWOOD - corner of Parrswood Road / School Lane
12.00 - 15.00pm

Buffet Lunch

Information station to get connected

Guest Speakers

Free Raffle

Quiz

Chat / Share / Support

Origami master class

We have complete admiration for the work carers do and recognise that our services are enhanced by your expert knowledge about the person you care for.

We would like to acknowledge this within National Carers Week by supporting you in your caring role at this event

Hope to see you there

Kind Regards

Community Mental Health Services Kingslea House

For further information please contact Karen Healey / Chinedu Osuji

RSVP – we would appreciate your reply for catering purposes

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