



#FRIENDSFORFAMILIES

Parent carer information marketplace

A chance to drop in and speak to a range of services on a one-to-one basis.
For all parents and carers of a disabled child.

Friday 28th January

5.30-7.30pm

Visyon, Fellowship House,
Park Road, Congleton, CW12 1DP

Tuesday 8th February

1.30-4.30pm

Morton Hall Community Centre,
Union Road, Macclesfield, SK11 7BN

Take some time out for you and learn about self care and mindfulness with therapist Rebecca Kinnear.

Virtual mindfulness zoom session



Wednesday 12th January
6.30-8pm

Book your place by contacting
Friends for Leisure

01260 275333

hannah@friendsforleisure.org.uk

