

Spring Holidays are here!

And with the clocks going forward into spring our sleep patterns maybe disturbed, so take a look at the information below.

Sleep

The family fund have launched a sleep hub called Tired out www.tiredout.org.uk . They have tried to put together useful tips and guidance plus details of sleep services in the local area.

Carers Trust

Launch of new website and helpline number

Our new and improved website has regularly updated news and information for carers with a weekly blog, find us at

www.cheshireandwarringtoncarers.org

Our helpline number has now changed to **0300 102 0008**. This number is free of charge for those who have inclusive minutes on their mobile phones and charged at a local rate from a landline.

Visyon have plenty going on at the moment, take a look at their website.

Mondays

Photography, 5pm

Tool Kit, 6.30-7.30 pm

Tuesdays

Drop-in, 3.30pm

Peer Support (13+), 6pm

Peer Support (13-16 years) 5.30-7pm

Music Group, 5pm

Social Group, 6.15pm, Biddulph Youth Centre

Survivors & Supporters, a group for those affected by suicide, (18+ no upper age limit) 7-9pm

Wednesdays

LGBTQ Drop-in 3.30- 5pm

Gardening, All afternoon

Choir, 5-6pm

Arts & Crafts 6-7.30pm

Peer Support (11-13 years) 5-6.15pm

16+ group 6.30-8pm

Social Group (15-19 years), 6.30pm, at Macclesfield Medical Centre

Thursdays

Drop-in, 3.30- 5pm

Tool Kit, 6.30-7.30pm

Social Group, 4.30-6pm, Leek Fire Station

Events in orange take place at Fellowship House, Park Road, Congleton, events in black take place at Mill House, Brook Street, Crewe. Events in blue take place in the venue stated.

If you'd like any information on any of the groups or want to arrange to meet a member of staff before you commit to attending a group, give us a call on 01260 290000 and ask for Laura

**Have a great two weeks, fingers crossed the sun
shines.**

School reopens on Tuesday 18th April.

You can contact me then for information/advice.

Jill Brown 07795263425

