



## Creative Writing for Carers

Be kind to yourself. Take a break.

Caring for someone can be rewarding but it may also be a challenge. The needs of the person you care for may often come before your own and lead to limited time available to look after yourself. These creative writing sessions are for anyone with a care role for family members or friends.

**To make a referral please contact Daisy Strang,  
Arts for Health Programme Assistant.**

daisy.strang@manchester.ac.uk  
0161 275 8459

**Dates:**

Thursday 4 April  
Thursday 11 April  
Thursday 18 April  
Thursday 25 April

**Time:**

7-8.30pm

**Location:**

Manchester Museum,  
Sylvia's Space