

To reserve a place on any of the courses or activities below please tick the box below next to the course or activity, complete your details below and return this form by post to:

**FREEPOST: THE CARERS HUB ROCHDALE**

## My details

Name ..... Telephone number .....

Address including postcode .....

## FREE Activities

### Pamper April

Places must be booked by Friday 12 April 2019

- Monday 15 April 10-12.00 noon  
Heywood Magic,  
Heywood Indoor Market
- Tuesday 16 April 10-12.00 noon  
St. George's Hall, Rochdale
- Tuesday 16 April 10-12.00 noon  
Khubsurat House, Castlemere St, Rochdale
- Wednesday 17 April 10-12.00 noon  
Coach House, Lodge St, Littleborough
- Thursday 18 April 10-12.00 noon  
Lighthouse Project, Middleton Arndale

### Crafty May

Places must be booked by Friday 26 April 2019

- Tuesday 7 May 10-12.00 noon  
St. George's Hall, Rochdale
- Tuesday 7 May 10-12.00 noon  
Khubsurat House, Rochdale
- Wednesday 8 May 10-12.00 noon  
Coach House, Littleborough
- Thursday 9 May 10-12.00 noon  
Lighthouse Project, Middleton Arndale
- Monday 13 May 10-12.00 noon  
Heywood Magic,  
Heywood Indoor Market

Please tick the box below to indicate your preference

- I would like to receive the newsletter by email and my email address is: .....
- I would like to receive the newsletter by post
- I would no longer like to receive the newsletter and know I can read it if I visit [www.ncompassnorthwest.co.uk/news-events](http://www.ncompassnorthwest.co.uk/news-events)

Please tick the box below to be contacted by The Carers' Hub Rochdale

- I am interested in Volunteering for the Sitting In Service
- I am interested in Volunteering for the Carers Help And Talk (CHAT) Line