

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

### September – First Aid Training

Places must be booked by Friday 30  
August 2019

- Monday 2 September  
10:00am-12:00 noon  
Heywood Magic, Heywood Indoor  
Market, OL10 1LT
- Tuesday 3 September  
10:00am-12:00 noon  
St. George's House, Bury Road, Rochdale,  
OL11 4ED
- Tuesday 3 September  
12.30-2.30pm  
Khubsurat House, Castlemere Street,  
Rochdale, OL11 3SE
- Wednesday 4 September  
10:00am-12:00 noon  
Coach House, Lodge Street,  
Littleborough, OL15 9AE
- Thursday 5 September  
10:00am-12:00 noon  
Lighthouse Project, 2nd Floor  
Middleton Arndale, M24 4EL

### October – Pamper Sessions

Places must be booked by Friday 27  
September 2019

- Monday 7 October  
10:00am-12:00 noon  
Heywood Magic, Heywood Indoor  
Market, OL10 1LT
- Tuesday 8 October  
10:00am-12:00 noon  
St. George's House, Bury Road,  
Rochdale, OL11 4ED
- Tuesday 8 October  
10:00am-12:00 noon  
Khubsurat House, Castlemere Street,  
Rochdale, OL11 3SE
- Wednesday 9 October  
10:00am-12:00 noon  
Coach House, Lodge Street,  
Littleborough, OL15 9AE
- Thursday 10 October  
10:00am-12:00 noon  
Lighthouse Project, 2nd Floor  
Middleton Arndale, M24 4EL

## November – Wonderful Craft Session – Decoupage

Places must be booked by Friday 25 October

- Monday 4 November  
10:00am-12:00 noon  
Heywood Magic,  
Heywood Indoor Market, OL10 1LT
- Tuesday 5 November  
10:00am-12:00 noon  
St. George's House, Bury Road,  
Rochdale, OL11 4ED
- Tuesday 5 November  
10:00am-12:00 noon  
Khursurat House, Castlemere Street,  
Rochdale, OL11 3SE
- Wednesday 6 November  
10:00am-12:00 noon  
Coach House, Lodge Street,  
Littleborough, OL15 9AE
- Thursday 7 November  
10:00am-12:00 noon  
Lighthouse Project, 2nd Floor  
Middleton Arndale, M24 4EL

Please let us know if you are attending National Carers Rights Day

- Thursday 21 November at  
Rochdale Football Club

Please let us know if you are interested in coming along to the **FREE** taster session in Golf

- Friday 30 August  
at Marland Golf Club

Please let us know if you are interested in coming along to the **FREE** session to see the Solicitor regarding Wills / Living Wills / Power of Attorney

- Tuesday 3 September  
10-30-11.30am

Please let us know if you are interested in the **FREE** draw for 3-month membership for Norton Grange

- YES     NO

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
- I am interested in Using Sitting in Service
- I am interested in receiving a weekly phone call from a Volunteer