



## **DO YOU CARE FOR AN ADULT ON THE AUTISTIC SPECTRUM AND LIVE IN SOUTH MANCHESTER?**

Carers Manchester did a questionnaire with Carers AND you told us there was a gap in services for carers of adults on the autistic spectrum and felt isolated from other carers.

Would you like to meet up and share your experiences and have some lunch?

We hope we can make you welcome and comfortable and help you to share the great work you do.

Did you know that 80% of carers say they have felt lonely? It's time you had a break...come and join us...

We want to support you as a Carer in developing this new group.

We will be meeting on the third Tuesday of every month. The next meeting will be Tuesday 15<sup>th</sup> February from 11.30am to 1pm held at the Dandelion Centre, Wythenshawe.

Future dates are:

Tuesday 15<sup>th</sup> March 2022: Tuesday 19<sup>th</sup> April 2022

Tuesday 17<sup>th</sup> May 2022: Tuesday 14<sup>th</sup> June 2022: Tuesday 19<sup>th</sup> July 2022.

If you are interested, or you have any questions then please contact:

[cms@manchestercarersforum.org.uk](mailto:cms@manchestercarersforum.org.uk) or call Steve on 07494097568.

The Team look forward to meeting you.