



Lifted Carers' Centre strives to make a positive difference and improve the health & wellbeing of carers using the service.

Our organisation is called "Lifted" because we aim to elevate parent-carers who have a child/adult with special educational needs and disabilities.

We offer 1-to-1 support, guidance & advocacy, and assistance with completing forms.

Also hosting special calendar events, lunches, days out, craft sessions, game days, and pamper sessions.

We can assist you with completing forms:

- DLA
- PIP
- Carer's Allowance
- Grants
- Appeals
- Tribunals

We also offer Local Offer support.

Here at Lifted, we are a user-led organisation displaying empathy, understanding and care for all those visiting our centre.

We look forward to meeting you with a warm welcome and a brew.

OPENING TIMES

Monday	1 - 3	1-to-1 Appointments
Tuesday	10 - 3	1-to-1 Appointments
	10:30 - 1:30	Craft Circle / Game Day
Wednesday	10 - 3	1-to-1 Appointments
Thursday	10 - 3	1-to-1 Appointments
Friday	10 - 2	Local Offer Support
Drop in any day, between 10 to 3 for a friendly chat and a brew.		

Alpha House, Rowlandsway
 Wythenshawe M22 5RG
 (Next door to Gala Bingo)

Tel: 0161 498 0312 | Mob: 0756 371 8558

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