Manchester Carers Centre
Bridge 5 Mill
22a Beswick Street
Manchester
M4 &HR

By Bus – You can take the 216 or 231 buses from Piccadilly Gardens. These stop at Holt Town tram stop, then it’s a 5 minute walk to Bridge 5 Mill. Alternatively, the 76 bus stops at Old Mill Street, also a 5 minute walk to Bridge 5 Mill.

By Train/Tram - The Ashton-under-Lyne Tram Service stops at ‘Holt Town,’ which is two stops from Piccadilly Train Station (approx. 5 to 10 minutes). We are 20 minutes walk from Piccadilly Train Station.

Walking – from ‘Holt Town’ tram and bus stop, turn right on to Beswick Street. Bridge 5 Mill is located on the other side of the street, just before you reach the bridge which crosses the canal below. The building has distinctive iron gates and a small canal-side garden area.

Parking — There is on-street parking surrounding Bridge 5 Mill. Car-parks are located at New Islington tram stop and on Malta Street (at a cost of £2 for 12 hours). There is secure pay & display parking on Old Mill Street, near the New Islington Medical Practice which costs £2. All car parks are 5 to 10 minutes walk from Bridge 5 Mill.

Rethink Contact:
Website: www.rmcia.blogspot.com

Registered in England as a Company Limited by Guarantee No. 3530606.
Registered Charity No. 1075020

Rethink: Manchester Carers In Action
Are you, or someone you know, affected by Mental Health Problems?
Providing Information, Support and More...
What Is Rethink?

We believe a better life is possible for millions of people affected by mental illness.

Over 40 years ago, one man bravely spoke about his family’s experiences of mental illness in a letter to the Times and in the process brought together hundreds to talk about their experiences of mental illness and support each other.

Today we directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. And we change attitudes and policy for millions.

Rethink Provide support Nationally by providing:

- Advice and Information
- Services and Groups
- Campaigning for Change within Mental Health

Rethink: Manchester Carers In Action

Who Are We?

Rethink Manchester Carers in Action provides information and a support group for anyone in Manchester who is affected by mental health problems, as a carer or service user.

We provide help and support to each other, get actively involved in improving services locally and try to change attitudes towards mental health.

We meet once a month at Manchester Carers Centre to discuss matters of concern both locally and nationally, and often invite speakers to our meetings to provide an expert opinion.

In addition, we hold occasional social and fundraising events where we can relax and enjoy ourselves.

We love to welcome new members. Anyone with an interest in mental health whether as a carer or service user can come along to our group meetings. Do call ahead just to check that we are meeting at our usual venue and time.

The group meets at:

Manchester Carers Centre, Bridge 5 Mill, 22a Beswick Street, Ancoats, Manchester M4 7HR

www.manchestercarers.org.uk admin@manchestercarers.org.uk

We meet on the second Wednesday of every month from 6-7.30pm.

For more information please contact Marry Patel, Chair on Email: rethinkmanchester@gmail.com

Or call Manchester Carers Centre on 0161 27 27 27 0 for more information on the services provided for carers.

Visit our website for regular updates www.rmcia.blogspot.com