

Places are free
but booking is
essential.

Trafford Carers Creative Health Training Programme

Support Unpaid Carers to Live Well Through Creative Health

Free training for groups and organisations in Trafford*

Join our training programme developed through the **Trafford Carers Creative Health Connector Project**, designed to support organisations understand the role of creativity in supporting health and wellbeing, particularly for older adults with caring responsibilities.

The Creative Health Connector at Trafford Carers helps link unpaid carers with creative, cultural and community opportunities that support wellbeing, connection and healthy ageing, while helping local organisations make their activities more inclusive and accessible. This project is supported by the Greater Manchester Creative Health Place Partnership. This training package reflects ongoing co-production and consultation with carers, communities and organisations across Trafford and beyond.

**Delivered in partnership with
Trafford Carers Centre and
GM Creative Health**
Supporting older adult carers to improve
wellbeing and brain health through
creative arts, culture and heritage.

Supporting Unpaid Carers Through Creative Health: A Practical Training Programme

An introduction to Creative Health in Greater Manchester

Explore how creative health connects health, care, culture and communities and contributes to Live Well and neighbourhood health priorities.

**Wed 30 September
9:30 AM – 12 PM
Stretford Public Hall**

Creating an Inclusive Creative Health Offer for Unpaid Carers

Develop your understanding of carers' experiences and learn practical ways to make your activities more welcoming and accessible.

**Thur 15 October
9:30 AM – 11:30 AM
Stretford Public Hall**

Creativity, Brain Health and Healthy Ageing

Understand the evidence linking creative participation, wellbeing and brain health.

**Wed 4 November
9:30 AM – 12 PM
Stretford Public Hall**

Trauma-Informed Practice

Build confidence in creating safe, inclusive and supportive creative environments.

**Wed 18 November
9 AM – 12 PM
Stretford Public Hall**

Who is it for?

- Museums, libraries and cultural venues.
- Creative practitioners, and community arts providers.
- Community arts and heritage groups.
- VCFSE sector organisations
- Anyone interested in developing and building a creative health offer, developing their existing practice or are looking for new ways to support older adults and carers.

Why take part and what will you learn?

By joining the programme, you will build confidence, gain practical tools and learn how to make creative activities more welcoming and supportive for unpaid carers.

- Understand how creative health supports wellbeing, prevention, brain health and healthy ageing
- Learn practical ways to make your organisation more welcoming and accessible for unpaid carers
- Recognise and respond to the needs and experiences of unpaid carers
- Use trauma-informed approaches to create safe and supportive activities
- Gain tools, resources and examples of good practice
- Connect with local partners and Trafford's growing creative health network

**Click here
to book**

*priority will be given to Trafford based organisations and practitioners or organisations that deliver activity in Trafford followed by other localities across GM.