



INFORMATION SHEET 1

ADVICE & SUPPORT

CARERS HELPLINE - 0161 456 2808

Our Carers Helpline is open from 8.30 am - 4 pm Monday to Friday. Outside these times an ansaphones service is in operation, and your call will be returned as soon as possible.

You can write to us at 'The Torkington Centre, Torkington Road, Hazel Grove, Stockport SK7 4PY', or email us on 'signpoststockport@tiscali.co.uk'. Carers are welcome to call in to the above address, but we recommend you telephone us on the above number in advance to make sure that somebody will be available to see you.

We have a telephone Counselling service, where you can talk over your situation or just let off steam! Phone the above number to take advantage of this free and confidential service.

HOME VISITING

Home visits by our Carers Liaison team are available for help in completing benefit forms (Carers Allowance, Disability Living Allowance, Attendance Allowance etc). The team are usually very busy and it may be several days before they have a free appointment. We recommend that you telephone for an appointment as soon as possible if you need assistance with one of these forms.

INFORMATION

We have leaflets available on many services and organisations in Stockport and the surrounding area for both carers and cared-for. All our information is free and confidential. We regularly publish a free magazine, 'Carelink', which has information and advice for carers. If you wish to go on the mailing list, please telephone us on the above number.

We can also provide you with a free copy of the 'Find Out Guide', which lists most of the services available in the Stockport area.