

SignPost

STOCKPORT FOR CARERS

Carers Bulletin - No.1, Apr 22



Some of what's on for carers in May

Menopause Yoga
Art and Paper Craft session
Walk to Fitness
Basic First Aid
Heald Green Drop in
Nutrition and hydration
Dementia-friendly screening of
Downton Abbey at the Savoy
Cinema
Time For A Pint at 2 new venues!

Coming up in June

Carers Week 6 - 12th
Heatons Open Gardens
Legal Rights Workshops
Cheese & Wine evening

We have a wide variety of events, groups, support and activities for carers and former carers. Download our Activity Link brochure and book online at www.signpostforcarers.org.uk/events

What's new at Signpost?

Signpost Stockport for Carers is delighted to be part of the new Stockport Support Hub, delivering Carers Support, alongside Stockport & District Mind's Carers Service.

We started delivering on the contract on 1st April and, while there haven't been any big changes yet, we've got lots of exciting plans in the pipeline - watch this space!

Don't forget!



Signpost is a registered charity (Charity number 1085727), that supports anyone with an unpaid caring role, where the cared for person and/or the carer lives in Stockport.

If you know someone who would benefit from knowing more about us, please share our details! Anyone can self refer (contact info on page 2) through our website or over the phone.

Find out more about all our services at www.signpostforcarers.org.uk

Focus on...



Signpost's support for those who work and care

Signpost Stockport for Carers has a National Lottery Funded project focussed on supporting those who are juggling paid employment with a caring role. Rebecca, our Work With Us project lead, delivers a wide range of support to carers and employers - all designed to ensure that caring is not a barrier to working, and vice versa. There are evening meet-ups and Sunday brunches for carers to meet each other, as well as training and learning events. Our next exciting events for working carers include the Berretto Lounge evening meet-up on Wednesday 11th May (drop in between 5pm - 8pm) and the Sunday Brunch Club on Sunday 22nd May.

To find out more about the project, our events and support available, please visit our website or email rebecca@signpostforcarers.org.uk

Room for respite!

Our Maple Room is a lovely calming space just waiting for carers to come and relax in it!

Available to book 24/7, we encourage you to come and read a book, do some colouring or meet some friends. With a coffee machine, mini fridge and iPad available, it's there for your 'me time'.

Combine with our Take A Break fund to take a few hours out for you. It's free to use (donations welcome) and booking is essential.

Just get in touch to book!

Contact Us

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0161 442 0442

Putting Signpost faces to names

Some carers at April's knitting group suggested that we share some staff mugshots, so you can put a face to a name. Here are some of the most usual suspects - more to come in the next edition of the newsletter!



Jennie

Dementia lead, works with The Memory Assessment Service. Leads the Heald Green Support group and is a fabulous minibus driver!



Rebecca

Carers in Employment lead (as featured above) - looking forward to the summer's boat trip!



Kevin

Moneywise officer. If he's not supporting with carer finances he'll be on a nature stroll.



Briony

Activities and Groups lead with green fingers and a love of the outdoors and being active.



Natalie

Carer Support Team Leader, and a master of card making. Always happy to talk about cats and Carer's Assessments!



Thea

Leads on our Connecting Carers Cards and therapy days. Does a lovely hand massage too!