

SignPost

STOCKPORT FOR CARERS

Signpost Carers Bulletin – No.3, July 22

What's new for Signpost?

On the 21st June, Signpost held its first Open Evening at the Heatons Centre. We were so pleased that so many carers, local residents and colleagues came along and loved showing off our beautiful building, and the amazing creativity of our carers. The readings from Carers Kaleidoscope, our Creative Writing group's published anthology, was most definitely a highlight as were Rebecca's guided tours.

We are planning to hold more events like this in the future. Please keep an eye on our social media and website so that you can be the first to know!

What's on at Signpost over the summer

Canal Boat trips – last spaces remaining!
Stockport Gin Tour for working carers
Young Carers residentials and activities
Time for You – a new social get together
Annie's Cafe – Open to everyone!

Details of dates and how to book can be found on the website or contacting the team on 0161 442 0442.

We look forward to seeing you sometime!



"Your counselling service was absolutely fantastic. Honestly, you have all been so important to me and made life that little bit easier." MH

**This is what we're here for.
Find out more about the support we offer to Stockport's carers.**

Visit our website at www.signpostforcarers.org.uk, and find us on all social media channels.

Signpost Shortlisted for Stockport Business Award

We are absolutely delighted to share that Signpost Stockport for Carers has been shortlisted in the not-for-profit category at the Stockport Business Awards.

This is really important to us as it raises the profile of carers and caring across a wide audience, opening up what can be a difficult conversation. It is also a wonderful celebration of all the work that the Signpost team do- well done everyone!

STOCKPORT
BUSINESS
AWARDS

Celebrating business
excellence in 2022



SHORTLISTED

BEST NOT FOR PROFIT
ORGANISATION

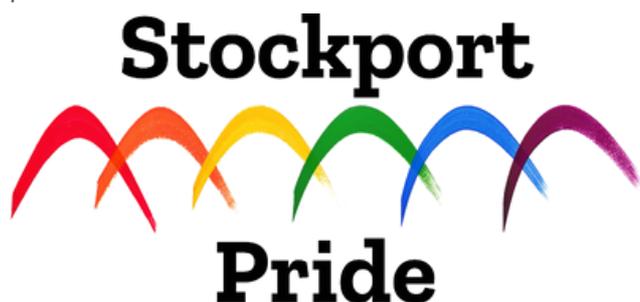
AWARDED BY CLARKE | NICKLIN

Don't forget...We offer specialist support to those juggling paid work and a caring responsibility. Contact rebecca@signpostforcarers.org.uk for more information.

Signpost Out and About

Signpost is committed to supporting all those with an unpaid caring role in Stockport. We know that we can be harder to access or approach for some carers for various reasons, and are keen to learn what we can do better or differently, so please tell us what would make a difference to you.

We would love you to come and say hello when we're out and about. Why not find us at Stockport Pride in the Town Centre on **31st July**? We're also planning on coming to a library or community event near you soon, as we're really keen to meet carers right across the borough and hear what you think. Watch this space to find out where we'll be and when.



Fun fact...We registered 288 new adult carers in the last 3 months alone! Please keep telling people about what we do, it's so important.

Caring and Communication



The Signpost Adult Carers Team recently attended some excellent training, delivered by our friends at Walthew House. Natalie, Kevin and Thea are pictured above, taking part in an enlightening exercise helping us to experience what living with sight loss is like. We learnt about the support that Walthew offer including the resource centre, groups and volunteer opportunities. If you care for someone with sensory loss, contact Walthew on 0161 480 2612. You'll be amazed!

Contact us

Signpost supports carers regardless of the age or condition of the carer or the cared for. We have a wide range of support and services available. Get in touch through social media, call us on 0161 442 0442 or by email - info@signpostforcarers.org.uk.