



May 2019

Welcome to Signpost's monthly e-bulletin for May.

This is just one of the ways that you can stay up to date with what's going on at Signpost and the world of carers and caring in Stockport and beyond. Don't forget to visit our website regularly and follow us on social media too. This bulletin is available electronically or printed upon request, and we would encourage you to share it far and wide to anyone that would find it useful.

Signpost team news

We are a small (but perfectly formed!) team at Signpost. We have two telephone numbers and, wherever possible, a real person to answer! Our team are often out and about across Stockport, and there are occasions when you may need to leave a voicemail. Rest assured that the answerphone is checked for messages every day and we **will** get back to you.

Adults team and core functions – 0161 442 0442, info@signpostforcarers.org.uk

- Jennie –WIN Carer support
- Paula and Celia – Moneywise team (budgeting, debt, benefit information and support for carers)
- Natalie – Changing Times Carer Support (for carers experiencing changes in their caring role including bereavement)
- Catherine – Social media, activities, website and room bookings
- Claire – Connecting Carers Card, wellbeing events and database management
- Gayner – Counselling and life after loss courses
- Janet and Julia- Director and deputy director
- Andrew and Wendy – Finance and business team

Young Carers team – 0161 947 4690, katy@signpostforcarers.org.uk

- Katy – Manager
- Jen and Hannah – Schools' workers
- Jude and Janette – Family support workers
- Dave – Administrator

What's on for Stockport carers in May 2019?

For more information about any of the sessions below, and to book a place, please ring 0161 442 0442 or email carersconnect@signpostforcarers.org.uk. Free to attend, with free light refreshments (a brew and a biscuit or two), unless specified otherwise.

What	When	Where
Carers' art and craft group (£5 per session for all materials. Group is led by a professional artist).	10am – 12noon every Wednesday	The Heatons Centre
SMILE gentle exercise class (open to all. Free for carers, £3 for non carers).	1.30pm – 2.30pm, every Wednesday	The Heatons Centre
Complimentary therapy sessions with Elsie Lamb (carers only, £8 for 30 mins)	Sessions every Tuesday, from 10am – 3pm	The Heatons Centre
Carers' drop in	Thursday 9 th May, 10am – 1pm	Heald Green Village Hall
Creative Writing for Carers A fun and informal drop-in group for carers with an interest in writing. Guided by our volunteer Jayne.	Thursdays 9 th and 23 rd May, 2pm – 4pm	The Heatons Centre
Gardening for carers - Potting on and planting out	Monday 13 th May, 10.30am -12 noon.	Woodbank nursery, Offerton
World Mental Health Awareness Week Make the Invisible Visible- see page 4.	Wednesday, 15 th May, 12noon- 1pm	Stockport Town Hall
Greater Manchester Carers Summit – BOOK VIA https://www.eventbrite.co.uk/o/greater-manchester-health-and-social-care-partnership-11479342822	Friday 17 th May, 11am – 3pm. Organised by Greater Manchester Health and Social Care Partnership	Stockport Homes Conference Rooms, Cornerstone, Central Stockport (opposite Town Hall)
Life after loss – support to understand the grief process, explore emotions and consider coping strategies for the weeks ahead.	Monday 20 th May, 10am – 12.30pm	The Heatons Centre
Dementia Action Week Cheadle Dementia Showcase event For people looking for groups and services supporting those living with dementia, and those that would like to volunteer to support others.	Thursday, 23 rd May. 2pm – 4pm and repeated at 7pm – 9pm. Drop in, organised by collective of organisations.	Moseley Room, Upper Room Café, Back Massie St, Cheadle village (next to Tesco Express), SK8 1DW

Signpost Services - Connecting Carers Card

Have you got your Connecting Carers Card yet?

As you may remember, last year Signpost received some money from the Equity Foundation and Stockport Local Fund for developing the Connecting Carers Card, a Carers Passport for Stockport. These cards are designed to encourage carers to think about their contingency plans (what would happen if they were no longer able to care for their loved one), and also to raise the profile of carers and caring across Stockport. They can be shown as 'evidence' that you have a caring role and demonstrate that, by registering as a carer with Signpost, you are one of the 32,000 people living in our borough supporting someone that couldn't manage without you.

Getting a card is simple – just contact claire@signpostforcarers.org.uk (or call her on 0161 442 0442) and ask for a registration form. Complete and return this, along with a clear photograph and we'll get your card printed and sent to you, along with the information about where you can use it for a discount. If you are not already on our carer's database, we will ask you a few more questions and make sure that you know about all the other things we do to support Stockport's carers.

We are always on the look out for new businesses and services to sign up and support our scheme, and help to make Stockport a carer friendly community. If you or someone you know owns a business or works somewhere that would like to take part, please let us know!

Please also get in touch with us to share your experiences of using the card. We have heard from carers that have used their cards to gain reduced rates to the zoo, to get a decent discount on a pub lunch and, crucially, in an emergency situation. We would love to hear your stories.



Coming up ...

World Mental Health Awareness Week

Stockport User Friendly Fellowship, Stockport's Well-being Centre, Disability Stockport and Nexus network have interlinked to raise awareness during Mental Health week focusing on positive mental health and co-productively working together. On Wednesday May 15th from 12-12.30pm they will be taking action in an ambitious way: linking arms to form a visible human chain around Stockport Town Hall, **Making the Invisible Visible**. For more info email Aba Graham (aba.graham@disabilitystockport.org.uk). You are welcome to bring flags, mascots and banners too!

Greater Manchester Carers Summit – Friday 17th May, 11am – 3pm, Stockport Homes Conference Rooms, GM Health and Social Care Partnership.

This is a Greater Manchester Health and Social Care Partnership event to work with health and social care providers and commissioners, carers and broader stakeholders to develop a shared plan for the GM Support for Carers Programme. This afternoon event will review the commitments made in the GM Carers Charter and Commitment to Carers, and celebrate the journey so far. It will also encourage stakeholders to work together to develop priorities for action in 2019/20 and beyond that will be delivered with partners and coordinated through the GM Support for Carers Programme. To book go to <https://www.eventbrite.co.uk/o/greater-manchester-health-and-social-care-partnership-11479342822>.

We are fortunate that it is being held in Stockport, and it would be great to have our borough's carers well represented.

Carers Week 2019



Signpost and our partners have put together a range of meetings, activities and adventures as part of Carers Week 2019 (10th – 16th June 2019). Please contact us at carersconnect@signpostforcarers.org.uk for Signpost's programme. If you are putting on an event please let us know asap and we'll include that too.

Have your say!

- You may have heard about the proposed changes to the fire and rescue service across Greater Manchester. Read more about it, and make your views heard before 31/05/19 at www.gmconsult.org or programmeforchange@manchesterfire.gov.uk.
- Would you be interested in learning how to reduce, reuse and recycle plastic in our communities? Plastic Shed is a new social enterprise which aims to bring people together in Stockport to turn plastic waste into new useful things. They are designing sociable, inclusive and practical activities around the whole process; from collecting plastic waste; cleaning and sorting; all the way through to actually designing and making new, useful products using plastic waste as a raw material. Plastic Shed want to make sure that the activities they run suit a range of needs. They'd love to discuss ideas (and challenges) with carers to see how activities could be designed so that it's easy for them to get involved, along with their friend or family member that they care for. If this sounds like something you would be interested in, please visit www.plasticshed.org or get in touch with Rachel@plasticshed.org.
- What do you think Signpost Stockport for Carers does well? Why? What do you think we should be doing to better serve the unpaid carers of Stockport? With the support of our trustees, we are currently looking at the mission, values and objectives of our organisation to make sure that they truly reflect what we do, and why we do it. We are always interested to hear from our carers and partners about how they see us and would welcome any feedback! We will soon be doing this in a more formal way, but wanted to start the cogs whirring...Please have a look at our 'Who we are' pages on www.signpostforcarers.org.uk and email Julia@signpostforcarers.org.uk with any thoughts.

Thank you for reading this edition of the Signpost monthly bulletin. We hope it is interesting and useful. If you have something that you would like to be included for future months, please call us on 0161 442 0442 or email carersconnect@signpostforcarers.org.uk.

Please also get in touch with any comments and feedback.