



January 2019

Welcome to 2019, and Signpost's first monthly bulletin!

We know how much our carers and partners love Carelink (Signpost's newsletter) but due to the cost and time taken to create and distribute such a wonderful publication, we can't feasibly produce it more than twice a year. There are so many things going on that we want to want to share with you that we thought we'd trial a shorter **monthly** bulletin, available electronically or printed upon request, so that you can stay up to date with what's going on at Signpost and in the world of carers and caring in Stockport, and beyond.

Signpost team news

- Pat Wood, Signpost's very own benefits legend, began her retirement from the organisation on 1st January. We are delighted that she will continue to support us as a volunteer and wish her the very best with all that free time!
- Would you, or someone you know, be interested in joining the fabulous team here at Signpost? We are currently recruiting for a full time position, to lead our new Moneywise project. Full details can be found on our website [here](#).
- Can you help to promote Signpost? We are currently recruiting volunteers from across Stockport to help us distribute publicity material such as our leaflets and posters, to enable us to reach more carers. Contact Claire on 0161 442 0442 for more information.

Have your say

There are several consultations and surveys that might be of interest to carers, including Greater Manchester's Big Alcohol Conversation (where you can raise money for Signpost too - see the last page of the bulletin!). Click on the links to access the consultations.

[Signpost's survey for carers in employment](#)

[Carers UK consultation on Carers Breaks](#)

[Stockport Council School Bus Pass Consultation](#) (closes 25/1/19). This proposes changes that will affect some families in receipt of working tax credits.

[Stockport Council Metroshuttle Consultation](#) (closes 18/1/19). This proposes to stop the free bus that operates in and around Stockport Town Centre with effect from April 2019.

What's on for Stockport carers in January 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 minutes).	Sessions every Tuesday, from 10am – 3pm	The Heatons Centre
Gardening for carers – potatoes in containers	Monday 7 th January, 10.30am-12 noon.	Woodbank nursery, Offerton
Heart to heart – a friendly, sociable group for carers and cared for.	Wednesday 9 th January, 2pm – 4pm	Salvation Army church, Cheadle Heath
Carers drop in	Thursday 10 th January, 10am – 1pm	Heald Green Village Hall
Mindfulness for carers – The Breathing Club (4 week course)	Saturdays (12th, 19th, 26 th Jan) 10.30-12.30pm	The Heatons Centre
Everyday First Aid for Carers	Tuesday 15 th January, 10.30 – 12.30pm	The Friends Meeting House, SK1 3DW
Creative Writing for Carers	Thursday 17 th and 31 st January, 2pm – 4pm	The Heatons Centre
Carers' Coffee Morning	Friday 18 th January, 10.30am – 12noon	The Heatons Centre
Life After Loss – for carers who have experienced the loss of a loved one.	Monday 21 st January, 10am – 12.30pm	The Heatons Centre
Carers Network Meeting – Speaker: Christine Morgan, independent chair for the Greater Manchester strategic carers group.	Monday 21 st January, 1pm – 3pm (light buffet at 1pm, speaker to start at 1.30pm)	The Heatons Centre
Avro heritage museum tour. Free for carers, £12 for non carers.	Tuesday 29 th January, 10.30am – 12.30pm	Woodford Aerodrome
Carers' supper club. A simple 2 course dinner with soft drinks and coffee. Current carers only.	Tuesday 29 th January, arrival from 6.30pm with dinner from 7pm – 9pm	The Heatons Centre (basement)
Time for a pint – male carers and ex-carers only.	Wednesday 30 th January, 1pm – 3pm	The Ashlea pub, Cheadle village

An easy way to raise funds for Signpost –

Take part in Greater Manchester's Big Alcohol Conversation.

If you haven't done so already, please get involved with Greater Manchester's Big Alcohol Conversation. Your anonymous results will be pulled together with respondents from right across Greater Manchester to paint a picture of the current situation of alcohol use in our communities, and look at where we would like it to be in the future. The best news is that you can support Signpost at the same time as we will receive funding from Greater Manchester for helping them with this work! There are 3 ways that you can get involved -

Complete the survey via this link only–

<https://www.thebigalcoholconversation.org/GMCVO-survey> Signpost receives £10 per survey for up to 60 surveys completed with 'Signpost Stockport for Carers' named as the organisation that told you about it (the first question).

Have a telephone or face to face conversation with one of our Signpost team about your views on alcohol in your community. We will use the online survey and collect some extra information in the 'tell us more' boxes. This should take no more than 15 minutes. We have been asked to speak to 20 of our carers, and we will receive £25 for every conversation that we have. We would like to pass on some of this goodwill and thank you with a £5 voucher for your time. Please email carersconnect@signpostforcarers.org.uk to book a time for a chat.

Come to our focus group. Date, time and location are still to be arranged. Again, you will be thanked for your participation, this time with a £10 voucher of your choice. To express an interest in being involved with the focus group please email Julia@signpostforcarers.org.uk

Please let us know what you think about the bulletin, as an idea – (is it useful and informative or just another thing cluttering up your inbox?) and how we can improve it to better meet your needs. Please contact us if you do not want to receive future bulletins. Simply ring us on 0161 442 0442 or email carersconnect@signpostforcarers.org.uk .

Coming up ...Thursday 14th February - Thursday 14th March –

Cooking for Male Carers: a 5 week course (funded by Awards for All), The Kindling Trust, Woodbank Old Nursery. Men only at this course – sorry, ladies! Learn new skills and recipes with a free take home veg bag every week. To book your place, just get in touch!