



**10.30am—12 noon,
Friday 30 November 2018**

Did you know?

1 in 9 people in paid employment are also caring, unpaid, for someone who is older, disabled or seriously ill.

This Carers Rights Day, Signpost Stockport for Carers is offering a **free training event to employers**, businesses and anyone with a responsibility or interest in the wellbeing of their staff and colleagues.

This session will cover:

- Identifying and supporting carers in the workforce
- Signpost Stockport for Carers—how we support those with a caring role, and help employers too!
- The Greater Manchester Working Carer Toolkit for Employers

It will be held at Signpost Stockport for Carers, The Heatons Centre, Heaton Moor, SK4 3LD, from 10.30am—12noon on Friday 30th November.

If you, or someone you know, would be interested in attending please email carersconnect@signpostforcarers.org.uk or ring Julia on 0161 442 0442.

Carers Rights Day Cake and Coffee!

A bonus coffee morning in honour of Carers Rights Day. If you're supporting someone that couldn't manage without your help, call in to the Heatons Centre between 10.30am and 12noon. This is for all unpaid carers and is a chance to meet the Signpost team and each other.

We'd love to see you!



As this edition of Carelink went to press, we were still finalising a few dates and events... and we're pleased to be able to update you now!

To book on any of the sessions below, please email carersconnect@signpostforcarers.org.uk, or ring us on 0161 442 0442.

Thursday 29th November—Carers Visit to the Christmas Tree Festival, 11am, St George's Church, 28 Buxton Rd, SK2 6NU and afterwards at The Bamford Arms.

Come and see the many beautifully decorated trees (including Signpost's!) at this annual event. Afterwards, we will be popping over the road to the Bamford Arms for a drink and de-brief! Signpost will pay for entry for Carers to the festival but you will need to pay for your own drinks and/or food at the pub—sorry!



Friday 30th November—Carers Rights Day Coffee Morning—10.30am—12noon, The Heatons Centre (please see over the page for more info).

Saturday 8th December—Christmas Wreath Making, 11am—1pm, Simply Flowers, 2a Massie St, Cheadle, SK8 1BP.

Show your creative side with this fabulous workshop. Simply Flowers are providing this carers only session at a super generous rate, and Signpost is also able to subsidise through donations that we have received this year. Carers are asked to pay £10 per place (it's usually £40 per person!), payable on booking. Just 8 places available.

Monday 21st January 2019—Life After Loss, 10am - 12.30pm, The Heatons Centre

Thursday 28th March 2019—Life After Loss, 1pm – 3.30 pm, The Heatons Centre

An informal get together, designed to support people to understand something of the grief process and their response to loss. It will be a supportive way to explore emotions around loss and think about coping strategies for the time ahead.

Thursday 4th April 2019—The Manchester Police Museum, tour time confirmed as 11am.

For more information, or to book a place on any session, please email carersconnect@signpostforcarers.org.uk or ring us on 0161 442 0442.