



Join us for
carers
RIGHTS DAY

Thursday 23rd
November 2023
10.30am - 3.30pm

Join us at the Heatons Centre to find out more about support available to unpaid carers, with a focus on the cost of living:

11am - 11.30am: Tax, Care and Toy Boys from Co-op Estates Planning

12pm - 12.30pm: Signpost Stockport for Carers' counselling service

1pm - 1.30pm: Digital inclusion on a budget with Starting Point

2:30pm - 3.00pm: Energy Advice with CASORT (CAB)

Pop by anytime for a brew and a chat with Signpost staff and other carers.

Signpost stalls will include information on counselling, finance and benefits and the Household Support Fund. Starting Point, Healthwatch Stockport, Talk About Money and Age UK Stockport will also be hosting information stalls.

There will be opportunities to have your say on hospital discharge, carer's assessments and what YOU think should go in to Stockport's new carers strategy. Wellbeing gift packs will be available thanks to Stockport's Spend Well, Live Well fund. An art session will also take place from 1pm.



The Heatons Centre
Thornfield Road
Heaton Moor
Stockport
SK4 3LD



Please let us know you're coming by booking at
www.signpostforcarers.org.uk/signpost-events



0161 442 0442



bookings@signpostforcarers.org.uk

