

# SignPost

WELLBEING FOR CARERS

SignPost  
STOCKPORT FOR CARERS

You might think of yourself as 'just a mum, dad, daughter, son, sister, brother, friend' or 'just being a good neighbour' but if you are caring for somebody who is ill, frail, has a condition or addiction which means they could not manage without your support then you ARE a carer. Signpost Stockport for Carers is a local charity that has been supporting carers and former carers for more than 30 years.



This edition of Activity Link is designed to give you an idea of what's going on as you navigate life as a carer or former carer. Most activities are free or very low cost to you. We sincerely hope there will be something you would find interesting, useful and enjoyable.

We recognise that it can be extremely hard to find time for you, but it is so important. We hope to see you soon!

## Activity Link



## What's on at Signpost

January-March

2022



The Heatons Centre

Thornfield Road

Stockport SK4 3LD

Tel: 0161 442 0442

carersconnect@signpostforcarers.org.uk

**Did you know?** We understand that caring can restrict your finances as well as your time. If transport to and from activities is an issue, our Take a Break service (opposite) includes a small amount of money for this purpose so please get in touch on 0161 442 0442 or email [carersconnect@signpostforcarers.org.uk](mailto:carersconnect@signpostforcarers.org.uk) and ask about our Take a Break service to find out if that would make a difference to you.

**Medical appointments**

**Social occasions**

**Self-care**

**Life admin**

**Life events**

**Signpost activities**

**Hobbies**

**Shopping**

**TAKE A BREAK SERVICE - FOR CARERS**

Short periods of paid care\* for the people you care for, giving you time for the things you most need to do.  
Contact Signpost on 0161 442 0442 or carersconnect@signpostforcarers.org.uk to find out more... (\*conditions apply)

Sign Post for carers

When	What	Time & Place
Friday 7th January	<b>FREE Walk and Talk</b> For former carers only. Run in conjunction with The Memory Clinic, these monthly sessions will take place in a different location each time. Enjoy a comfortable stroll and the opportunity to chat to others in a similar situation. Booking essential.	10.30am-12:30pm <b>Gatley Carrs car park</b> <b>Brookside Road,</b> <b>Gatley, SK8 4BG</b>
Friday 7th January	<b>CareFree</b> For former carers and those that have placed someone into full-time care. Run by Sue and/or Changing Times volunteers, this is an easy going and informal meet up. <b>Donations welcomed for refreshments.</b>	11am-1pm <b>High Lane Library,</b> <b>Buxton Road, High Lane, SK6 8DX</b>
Friday 7th January	<b>FREE Recycled Paper Art</b> For carers and former carers. These guided sessions create beautiful art from what others may 'throw away'. Though not necessary, you can attend all six sessions. Booking essential.	11am-1pm <b>The Heatons Centre, or via Zoom</b>
Monday 10th January	<b>FREE Walk to Fitness</b> For carers and former carers. These walks will focus on raising your heart rate and improving your fitness. All you will need is a comfortable pair of shoes, a drink and a rain mac (just in case!).	10.30am-12.30pm <b>Meeting at High Lane Medical Centre,</b> <b>Buxton Road, SK6 8DR</b>
Tuesday 11th January	<b>Former Carers' Meet Up</b> For former carers and those that have placed someone into full-time care. Attended by Natalie and/or Changing Times volunteers, this is an easy-going, informal meet up. <b>Refreshments can be bought from the café.</b>	11am-1pm <b>Berretto Lounge,</b> <b>Redrock, Stockport,</b> <b>SK1 1SA</b>
Tuesday 11th January	<b>Time for a Pint</b> For male carers and former carers to meet others in a similar situation over a pint or a coffee. <b>Refreshments can be bought from the bar.</b>	1pm-3pm <b>The Hind's Head Pub,</b> <b>Heaton Chapel, SK4 2RB</b>

## January 2022 continued...

When	What	Time & Place
<b>Wednesday 12th January</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Wednesday 12th January</b>	<b>LGBTQIA+ Carer Support Drop In</b> This meet-up is an opportunity for LGBTQIA+ carers to meet other carers, share peer support and discuss any challenges you may be facing in your caring role. <b>Refreshments can be purchased at the café.</b>	2pm-4pm <b>Central Stockport, Please call/email for more info</b>
<b>Thursday 13th January</b>	<b>FREE Heald Green Carers' Drop In</b> For carers and former carers. Join Signpost's Jennie and volunteers for a warm welcome, a lovely cup of tea or coffee, and the chance to chat.	10am-12:30pm <b>Heald Green Village Hall, Outwood Road, SK8 3JL</b>
<b>Friday 14th January</b>	<b>FREE Recycled Paper Art</b> For carers and former carers. These guided sessions create beautiful art from what others may 'throw away'. Though not necessary, you can attend all six sessions. Booking essential.	11am-1pm <b>The Heatons Centre, or via Zoom</b>
<b>Sunday 16th January</b>	<b>Sunday Brunch Club</b> For working carers. This monthly meet-up is aimed at carers who are currently juggling their caring role alongside a paid job. Join us for a drink (plus food if you wish!) and the chance to chat with other working carers. <b>Food and drinks can be purchased at the venue.</b>	10:30am-12:30pm <b>Brezo Lounge, 30 High St, Cheadle, SK8 1AL</b>
<b>Monday 17th January</b>	<b>FREE Brew Monday</b> For carers and their cared for. Beat the January blues by coming to our winter warmer where you can enjoy a hot drink and a chat with Signpost staff and other carers.	11am-2pm <b>The Heatons Centre</b>
<b>Monday 17th January</b>	<b>FREE Woolly Crafters</b> For carers and former carers. An informal knitting, crochet and wool craft group. Bring a project and chat whilst you take some time for you!	2pm-4pm <b>The Heatons Centre</b>

## January 2022 continued...

When	What	Time & Place
<b>Tuesday 18th January</b>	<b>FREE Your NEW Digital Resource for Carers</b> For current carers. Carers UK's Digital Resource for Carers is going to be made free to all carers across England. The online platform includes e-learning, guides and comprehensive signposting, access to MyBackUp, a simple contingency planning tool for what might happen in an emergency, and Jointly, Carers UK's care co-ordination app. Join Natalie and Rebecca for a run-through of all the available resources, how to use them and how to access them for free.	2pm-4pm <b>Online Zoom session. See our website for details on how to register</b>
<b>Wednesday 19th January</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Wednesday 19th January</b>	<b>Working &amp; Caring Monthly Meet Up</b> For working carers. A drop in for carers currently combining paid work alongside a caring role. Join us for a drink and a chat in a relaxed atmosphere. <b>Refreshments can be purchased at the café.</b>	5pm-8pm <b>Berretto Lounge, Redrock, Stockport, SK1 1SA</b>
<b>Thursday 20th January</b>	<b>FREE Community Champions Training</b> Open to all! The Community Champions scheme will help improve health and wellbeing for everyone in Stockport by making sure that accurate and up to date information is circulated.  Community Champions will help us to reach groups of people who are most at risk of COVID-19, such as:  <ul style="list-style-type: none"> <li>• older people</li> <li>• disabled people</li> <li>• ethnic minorities</li> <li>• people who are digitally excluded</li> </ul>	10am-1pm <b>The Heatons Centre</b>

# Health & Wellbeing



**Life After Loss** For bereaved carers. This informal get together at The Heatons Centre aims to help people understand the grief process and their own response to their loss. It is a supportive way to explore emotions and think about what coping strategies might be helpful in the weeks and months ahead. There are three sessions spread over three months. To show interest in the next round of sessions (dates TBC), call 0161 442 0442 and ask to speak to Victoria or Natalie.

**HEALTHY MINDS**  
Got something on your mind?



Signpost is working in collaboration with Healthy Minds to hold a series of FREE workshops for carers. These will focus on some of the most pressing issues that we hear from you on a daily basis in order to support you with the things that you have said are having the biggest impact on your wellbeing.

**Improving Sleep** Tuesday 14th December, 10.00am-12.00pm

**Anxiety and Stress** Monday 20th January until Thursday 24th February, 12:30–14:00pm for 6 consecutive weeks

Places are limited so book early to avoid disappointment.

## January 2022 continued...

When	What	Time & Place
<b>Thursday 20th January</b>	<b>Dementia Friendly Screening of 'Guys and Dolls'</b> For anyone! These screenings are open to the public and available to everyone, but have been carefully adapted to support those who may find traditional screenings more difficult. <b>FREE tea and coffee available from the venue.</b>	2:30pm <b>The Savoy Cinema, 105 Heaton Moor Lane, Heaton Moor, SK4 4HY</b>
<b>Friday 21st January</b>	<b>CareFree</b> For former carers and those that have placed someone into full-time care. Run by Sue and/or Changing Times volunteers, this is an easy going and informal meet up. <b>Donations welcomed for refreshments.</b>	11am-1pm <b>High Lane Library, Buxton Road, High Lane, SK6 8DX</b>
<b>Friday 21st January</b>	<b>FREE Recycled Paper Art</b> For carers and former carers. These guided sessions create beautiful art from what others may 'throw away'. Though not necessary, you can attend all six sessions. <b>Booking essential.</b>	11am-1pm <b>The Heatons Centre, or via Zoom</b>
<b>Tuesday 25th January</b>	<b>Former Carers' Meet Up</b> For former carers and those that have placed someone into full-time care. Attended by Natalie and/or Changing Times volunteers, this is an easy going and informal meet up. <b>Refreshments can be bought from the café.</b>	11am-1pm <b>Berretto Lounge, Redrock, Stockport, SK1 1SA</b>
<b>Wednesday 26th January</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Pete Kelly from Art Stop is running this relaxing and therapeutic creative session which helps you to create a mini installation from your own photographs.  Four photos will need to be emailed or dropped in in prior to the session, so <b>booking is essential.</b>	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>

## January 2022 continued...

When	What	Time & Place
<b>Wednesday 26th January</b>	<b>Time for a Pint</b> For male carers and former carers to meet others in a similar situation over a pint or a coffee. <b>Refreshments can be bought from the bar.</b>	1pm-3pm <b>Ashlea, 14 Manchester Rd, Cheadle, SK8 2NP</b>
<b>Thursday 27th January</b>	<b>FREE Caring &amp; Careers Monthly Meet Up (Online)</b> For carers and former carers. A monthly online peer support group for those looking to return to paid work or to change jobs.	11am-12pm <b>Online Zoom session. See our website for details on how to register</b>
<b>Friday 28th January</b>	<b>FREE Recycled Paper Art</b> For carers and former carers. These guided sessions create beautiful art from what others may 'throw away'. Though not necessary, you can attend all six sessions. Booking essential.	11am-1pm <b>The Heatons Centre, or via Zoom</b>

## February 2022

When	What	Time & Place
<b>Wednesday 2nd February</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Friday 4th February</b>	<b>FREE Walk and Talk</b> For former carers only. Run in conjunction with The Memory Clinic, these monthly sessions will take place in a different location each time. Enjoy a comfortable stroll and the opportunity to chat to others in a similar situation. Booking essential.	10.30am-12:30pm <b>Etherow Park (meet outside café in car park)</b> <b>Compstall, SK6 5JD</b>
<b>Friday 4th February</b>	<b>CareFree</b> For former carers and those that have placed someone into full-time care. Run by Sue and/or Changing Times volunteers, this is an easy going and informal meet up. <b>Donations welcomed for refreshments.</b>	11am-1pm <b>High Lane Library, Buxton Road, High Lane, SK6 8DX</b>

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<b>Thursday 10th February</b>	<b>FREE Heald Green Carers' Drop In</b> For carers and former carers. Join Signpost's Jennie and volunteers for a warm welcome, a lovely cup of tea or coffee, and the chance to chat.	10am-12:30pm <b>Heald Green Village Hall, Outwood Road, SK8 3JL</b>



## Stockport Mind Carers Choir

As well as their carer support services for those dealing with poor mental health, Mind are also proud to offer Stockport's only Carer's Choir. If you are a Carer supporting someone who could not manage without your help, and would like to get involved and be part of this exciting new group, why not join us? Drop-in, no need to book, though for more information before attending, please get in touch.

**Where?** Stockport Masonic Guildhall, 169-171 Wellington Rd S, Stockport SK1 3UA

**When?** Every Thursday, 11:30am-1:00pm. First session on 18/11/21. Car park on site costs £1.50 and the 192 bus stops are right outside.



### SMILE gentle exercise - 1pm-2pm, The Heatons Centre

Delivered by Life Leisure, SMILE is a fun and gentle exercise session open to all; take part seated or standing at a pace that is right for you. This is a very friendly low-key group with a cup of tea to finish! FREE for current carers, £3 for non-carers.

To register interest, please call Gareth Ball on 07800 764 879

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Sunday 13th February	<b>Sunday Brunch Club</b> For working carers. This monthly meet-up is aimed at carers who are currently juggling their caring role alongside a paid job. Join us for a drink (plus food if you wish!) and the chance to chat with other working carers. <b>Food and drinks can be purchased at the venue.</b>	10:30am-12:30pm <b>Juniper, 5 Woodford Road, Bramhall, SK7 1JN</b>
Monday 14th February	<b>FREE Show the Love for Carers</b> For carers and their cared for. Come to The Heatons Centre to show your love for all carers. View our 'dedications' and then enjoy a hot drink and conversation with other carers and Signpost staff.	11am-2pm <b>The Heatons Centre</b>

**Before our Share the Love event, dedicate a 'heart' to a carer, the person you care for or even a caring person you know. We will decorate the Heatons Centre with your dedications. Dedications can be made by downloading a heart template and posting back to us. You can also call up to collect one, or have us write one for you.**



## February 2022 continued...

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<b>Wednesday 16th February</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuiness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Wednesday 16th February</b>	<b>Working &amp; Caring Monthly Meet Up</b> For working carers. A drop in for carers currently combining paid work alongside a caring role. Join us for a drink and a chat in a relaxed atmosphere. <b>Refreshments can be purchased at the café.</b>	5pm-8pm <b>Berretto Lounge, Redrock, Stockport, SK1 1SA</b>
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<b>Monday 21st February</b>	<b>FREE Woolly Crafters</b> For carers and former carers. An informal knitting, crochet and wool craft group. Bring a project and chat whilst you take some time for you!	2pm-4pm <b>The Heatons Centre</b>
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<b>Wednesday 23rd February</b>	<b>Time for a Pint</b> For male carers and former carers to meet others in a similar situation over a pint or a coffee. <b>Refreshments can be bought from the bar.</b>	1pm-3pm <b>Ashlea, 14 Manchester Rd, Cheadle, SK8 2NP</b>

## February 2022 continued...

When	What	Time & Place
<b>Thursday 24th February</b>	<b>FREE Caring &amp; Careers Monthly Meet Up</b> For carers and former carers. A monthly online peer support group for those looking to return to paid work or to change jobs.	11am-12pm <b>Online Zoom session. See our website for details on how to register</b>
<b>Monday 28th February</b>	<b>FREE Community Champions Training</b> Open to all! The Community Champions scheme will help improve health and wellbeing for everyone in Stockport by making sure that accurate and up to date information is circulated.  Community Champions will help us to reach groups of people who are most at risk of COVID-19, such as: <ul style="list-style-type: none"> <li>• older people</li> <li>• disabled people</li> <li>• ethnic minorities</li> <li>• people who are digitally excluded</li> </ul>	10:30am-1:30pm <b>The Heatons Centre</b>

*"I was taken by the power that savouring a simple cup of coffee can have to connect people and create community." – Howard Schultz*

**STOCKPORT COMMUNITY!**  
*Champions!*

Stockport Community Champions are volunteers who help their communities recover from the impact of coronavirus (COVID-19) as well as helping to improve people's health and wellbeing through sharing the latest information from Public Health and other partners.

Would you like to be a Community Champion? Sign up for either of our training sessions on Thursday 20th January or Monday 28th February.

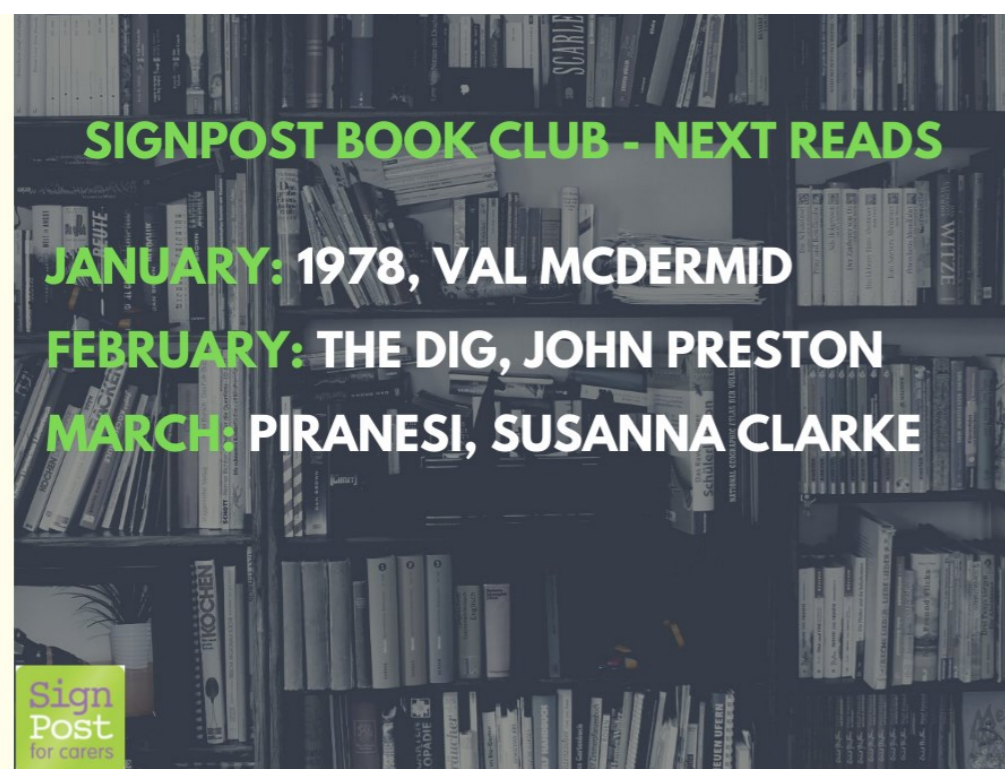
## March 2022

We are delighted to have partnered up with The Savoy Cinema in Heaton Moor to host accessible film screenings. Open to all, the events have been specially adapted to support those that may find traditional cinema trips more difficult:



- Lights and volume will be left on low throughout the film and you are free to move around or sing along!
- There will be extra signage and dementia friends staff/Signpost for Carers volunteers to help you on the day.
- There will be a 15 minute interval and there is also a quiet area in the foyer for you to relax if a break is needed from the film.
- There will be reduced capacity to give you plenty of space in the auditorium.

One carer can attend for free per booking. Please bring either your CEA card or Signpost's Connecting Carers Card with you on the day.



To participate in the book club, send a request to join our closed Facebook group 'Signpost Stockport for Carers Group'. Here, you will also find a safe space to talk to other carers; sharing advice, stories or even the latest football results!

When	What	Time & Place
<b>Tuesday 1st March</b>	<b>Pancake Day at Signpost</b> For carers and their cared for. Come and join Signpost staff for a flippin' good time and a chance to enjoy a hot drink and a pancake. <b>Donations welcomed.</b>	11am-2pm <b>The Heatons Centre</b>
<b>Wednesday 2nd March</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Friday 4th March</b>	<b>FREE Walk and Talk</b> For former carers only. Run in conjunction with The Memory Clinic, these monthly sessions will take place in a different location each time. Enjoy a comfortable stroll and the opportunity to chat to others in a similar situation. Booking essential.	10.30am-12:30pm <b>Bruntwood Park, Cheadle, SK8 1HX (meeting near 'The Shack' café near the playground)</b>
<b>Monday 7th March</b>	<b>FREE Walk to Fitness</b> For carers and former carers. These walks will focus on raising your heart rate and improving your fitness. All you will need is a comfortable pair of shoes, a drink and a rain mac (just in case!).	10.30am-12.30pm <b>Meeting at High Lane Medical Centre, Buxton Road, SK6 8DR</b>
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<b>Tuesday 8th March</b>	<b>Time for a Pint</b> For male carers and former carers to meet others in a similar situation over a pint or a coffee. <b>Refreshments can be bought from the bar.</b>	1pm-3pm <b>The Hind's Head Pub, Heaton Chapel, SK4 2RB</b>
<b>Wednesday 9th March</b>	<b>FREE Marple Canal and Lock Walk</b> For carers and former carers. A historic guided walk of the locks and canals in Marple, led by one of our wonderful, knowledgeable carers.	10am-1pm <b>Pound 9 Warehouse, St Martin's Road, Marple, SK6 7BY</b>



## March 2022 continued...

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<b>Wednesday 9th March</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Wednesday 9th March</b>	<b>LGBTQIA+ Carer Support Drop In</b> This meet-up is an opportunity for LGBTQIA+ carers to meet other carers, share peer support and discuss any challenges you may be facing in your caring role. <b>Refreshments can be purchased at the café.</b>	2pm-4pm <b>Central Stockport, Please call/email for more info</b>
<b>Thursday 10th March</b>	<b>FREE Heald Green Carers' Drop In</b> For carers and former-carers. Join Signpost's Jennie and volunteers for a warm welcome, a lovely cup of tea or coffee, and the chance to chat.	10am-12:30pm <b>Heald Green Village Hall, Outwood Road, SK8 3JL</b>
<b>Thursday 10th March</b>	<b>FREE Garden Club</b> For carers and former carers. Come and use your green fingers to help us keep our gardens beautiful!	10am-1pm <b>The Heatons Centre</b>
<b>Sunday 13th March</b>	<b>Sunday Brunch Club</b> For working carers. This monthly meet-up is aimed at carers who are currently juggling their caring role alongside a paid job. Join us for a drink (plus food if you wish!) and the chance to chat with other working carers. <b>Food and drinks can be purchased at the venue.</b>	10:30am-12:30pm <b>The Locks, 13-15 Derby Way, Marple, SK6 7AH</b>
<b>Wednesday 16th March</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
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<b>Thursday 24th March</b>	<b>FREE Garden Club</b> For carers and former carers. Come and use your green fingers to help us keep our gardens beautiful!	10am-1pm <b>The Heatons Centre</b>
<b>Wednesday 30th March</b>	<b>FREE Art Stop</b> For carers and former carers. The talented Tracy McGuinness-Kelly from Art Stop is running these relaxing and therapeutic creative sessions. Come and try something new!	11am-2pm <b>Art Stop Studio, 5th Floor, Goyt Mill, Marple, SK6 7HX</b>
<b>Wednesday 30th March</b>	<b>Time for a Pint</b> For male carers and former carers to meet others in a similar situation over a pint or a coffee. <b>Refreshments can be bought from the bar.</b>	1pm-3pm <b>Ashlea, 14 Manchester Rd, Cheadle, SK8 2NP</b>
<b>Thursday 31st March</b>	<b>FREE Caring &amp; Careers Monthly Meet Up (Online)</b> For carers and former carers. A monthly online peer support group for those looking to return to paid work or to change jobs.	11am-12pm <b>Online Zoom session. See our website for details on how to register</b>

To book your place on any session or for more information call

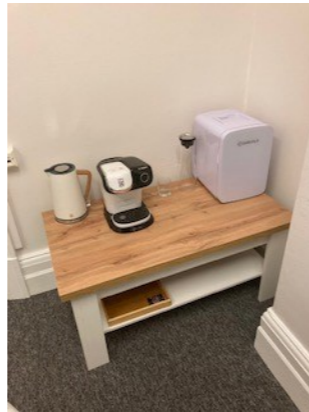
0161 442 0442 or email

[carersconnect@signpostforcarers.org.uk](mailto:carersconnect@signpostforcarers.org.uk)

For a long time we have been wanting to create a space for carers to come and relax in. FINALLY we are excited to reveal our new respite room for carers.



Equipped with a mini fridge, posh coffee machine and generous (comfy!) furnishings, you can book yourself some time to come and relax if you have the opportunity. Remember, you can always use our Take a Break service if you need help to make some time like this for yourself.



For more information, please give us a call or pop in to have a nosy!



We want to be able to support all of our carers and are always welcoming new ideas. We have heard from some Asian carers that they are feeling quite isolated and unsupported in their caring role, so we have listened and are proud to announce the launch of our new Asian Carer Support Group.

**Our first session will be held on Thursday 17th March, 10am-12pm in the lovely basement area in the Heatons Centre**

**Don't forget to keep your eyes out on our website for any extra surprises that may pop up and for further details:**

**[www.signpostforcarers.org.uk/events](http://www.signpostforcarers.org.uk/events)**

# SignPost

Signpost Stockport for Carers is an independent charity. We receive funding from grant making trusts and other charitable sources and are supported by Stockport Council and Stockport CCG. We also welcome donations from businesses, groups and individuals. You can make a donation by scanning this QR code with your mobile phone.



Stockport Clinical Commissioning Group

**Signpost Stockport for Carers**

The Heatons Centre  
Thornfield Road  
Heaton Moor  
Stockport  
SK4 3LD

**Adult Carer Service Tel:** 0161 442 0442

**Young Carer Service Tel:** 0161 947 4690

**Email:** [info@signpostforcarers.org.uk](mailto:info@signpostforcarers.org.uk)

**[www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk)**



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