

## 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

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www.signpostforcarers.org.uk
@Signpost Stockport For Carers



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## SignPost

**Wellbeing for Carers** 

Do you look after a relative, friend or neighbour who cannot manage without your support?

Then let US support YOU.

For information advice and support call

0161 442 0442

www.signpostforcarers.org.uk

# Signpost Stockport for Carers

Provides independent, confidential support to those living and caring for someone in Stockport.

We are often asked "How can

#### Who is a carer?

A lot of people do not regard themselves as carers; they are simply trying to manage the best they can whilst caring for someone.

If you care for someone who can't manage on their own because of illness, addiction or disability, then you are a carer and we are here for you. Signpost support me in my caring role?" Here at Signpost, we are proud

role?" Here at Signpost, we are proud to be able to offer a wide range of information and services for carers. From counselling to nature walks, we aim to provide support that is varied, interesting and appropriate for you, whatever stage of the caring journey you might be at.

Please do not hesitate to contact us if you have any issues or questions regarding your caring role. We will use our extensive knowledge of services to talk about the different strategies that may help you to manage your caring role. There may not always be an answer to your problem, but we are here to listen and support you as much as we can.

#### **Work With Us**

Supporting carers who juggle paid work and care, creating carer friendly workplaces.

#### Advice & Guidance

Housing options, transport, planning for the future and so much more.

#### **Benefits Advice**

Helping carers to maximise their income including applying for benefits & allowances.

#### **Online Support & information**

Through our website and social media channels.

#### **Young Carers**

Supporting young people (age 6-25) with a caring role. Direct Line: **0161 947 4690.** 

## How does Signpost support Carers?

### Activities, Workshops & Support Groups

Take time for you and meet other carers in a relaxed and informal environment.

#### **Carer Assessments**

A chance to talk about your caring role. You maybe eligible for a small carers budget.

#### Peer Skills & Support

Use your lived experience to support others.

#### **Face to Face Support**

Appointments at The Heatons Centre and across Stockport.

#### Counselling

A service just for carers, delivered by qualified and student counsellors.