

SignPost

Providing independent, confidential support to carers of all ages who care for someone in Stockport.

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 Heaton's Centre
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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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A Charitable Company Limited by Guarantee
Registered in England No. 4176004

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.

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.

We are often asked “How can Signpost support me in my caring 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.



Please note, most of our services are offered for free or on a donation basis, but charges may apply in some instances.