

June 2019

Welcome to Signpost's monthly e-bulletin for June.

This is just one of the ways that you can stay up to date with what's going on at Signpost and the world of carers and caring in Stockport and beyond. Don't forget to visit our website regularly and follow us on social media too. This bulletin is available electronically or printed upon request, and we would encourage you to share it far and wide to anyone that would find it useful.

Signpost team news – Celebrating our volunteers!



National volunteers week is from the 1st – 7th June, and we want to use this opportunity to thank everyone that volunteers for Signpost, (and has done during the last year) for their time and enthusiasm. Together you've clocked up more than 130 hours since January!

Our Board of Trustees - Tony (chair), Kamran, Norma, Paul, Barry, Stuart & Carol. Also Pam and Les who no longer volunteer with us, but were trustees for many years.

Our Office Volunteers (also often seen at wellbeing days and events) - Anna, Jane & Val. We're also grateful to Patsy, Lama and Samir who gave many hours of their time in 2018.

Our Garden Volunteer, Dave (and the Goodgym team who have visited us twice to help spruce up the Heaton's Centre).

Our creative writing group leader, Jayne

Our Changing Times Peer Mentors

Our benefits information volunteer, Pat (we're hanging on to her as long as we can!)

Our baking volunteer, Paula.





All of our volunteer fundraisers.

THANK YOU TO EVERYONE.

We couldn't be who we are without you.

What's on for Stockport carers in June 2019?

For more information about any of the sessions below, and to book a place, please ring 0161 442 0442 or email carersconnect@signpostforcarers.org.uk. Free to attend, with free light refreshments (a brew and a biscuit or two), unless specified otherwise.

What	When	Where
Carers' art and craft group (£5 per session for all materials. Group is led by a professional artist).	10am – 12noon every Wednesday	The Heatons Centre
SMILE gentle exercise class (open to all. Free for carers, £3 for non carers).	1.30pm – 2.30pm, every Wednesday	The Heatons Centre
Complimentary therapy sessions with Elsie Lamb (carers only, £8 for 30 mins)	Sessions every Tuesday, from 10am – 3pm	The Heatons Centre
Gardening for carers	Monday, 3 rd June, 10.30am – 12noon	Woodbank nursery, Offerton
 		
Wellbeing Workshop For carers and ex-carers, this one-off workshop will explore the skills you need to help you maximise your own wellbeing.	Monday 10th June. 11am-1.30pm	The Heatons Centre
Carers Supper Club For carers and ex-carers. Join some of the Signpost team for a simple two course meal with soft drinks and coffee (if you'd like something stronger, please bring your own!) £5 suggested contribution	Monday 10th June Arrival from 6.30pm with a supper 7pm – 9pm	The Heatons Centre
Canal Boat Trip For current carers and those they care for (maximum 3 places per household). Enjoy a picnic tea on this tranquil evening sail along the Macclesfield Canal. £3 per person	Tuesday 11th June, 5.30-8.00pm	New Horizons Wharf, Marple, SK6 6BW

<p>Carers Network Meeting</p> <p>A more formal meeting looking at your experience of being a carer in Stockport with some of our local service commissioners.</p>	<p>Wednesday 12th June</p> <p>Lunch at 1pm, meeting 1.30- 3.30pm.</p>	<p>The Heatons Centre</p>
<p>Heald Green Carers Drop In</p> <p>For carers and ex-carers. Join Jennie from Signpost for a warm welcome, a lovely cup of tea or coffee, and the chance to chat.</p>	<p>Thursday 13th June.</p> <p>10.00am-1.00pm</p>	<p>Heald Green Village Hall, Outwood Road, SK8 3JL</p>
<p>Canal Boat Trip</p> <p>For current carers only. A relaxing morning sailing down the Macclesfield Canal. £3 per person. Refreshments provided</p>	<p>Thursday 13th June,</p> <p>10.00am-12.30pm</p>	<p>New Horizons Wharf, Marple, SK6 6NW</p>
<p>Creative Writing for All</p> <p>Relaxed and light-hearted, this is a special one-off session for carers and cared for to attend together if they want to</p>	<p>Thursday 13th June, 2pm – 4pm</p> <p>ALSO on 27th June (Carers only)</p>	<p>The Heatons Centre</p>
<p>'Fish and Chips Friday'</p> <p>For carers and ex-carers. Join us for a special 'chippy' lunch in honour of Carers Week. Outdoors under the trees if we have sunny skies! Suggested contribution £2.</p>	<p>Friday 14th June, 11am-1pm</p>	<p>The Heatons Centre</p>
<p>Carer Fest – See poster on p5!</p>	<p>Saturday 15th June,</p>	<p>People's History Museum, Manchester</p>
<p>'Bugs, Blooms and Birds'</p> <p>Nature walk for ex-carers, current carers and those they care for. Scheduled on a Sunday, this is a great opportunity for working carers to experience the wonder of one of Dave's nature walks! Good mobility is required</p>	<p>Sunday 16th June,</p> <p>11.30am-1.30pm (walk) followed by 1.30-2.30pm (refreshments)</p>	<p>Roman Lakes, Lakes Road, Marple, SK6 7HB</p>
 		

Have your say...

Celebrating Carers and Caring in Stockport

This carers week, and beyond, Signpost are inviting anyone with a caring role in Stockport to tell us what they think about our service & carer services in general. We're also encouraging carers to share who they are in addition to their caring role, and what impact being a carer has on them and on our wider community. We are putting forward four statements (below with example answers) and all responses will go on some lovely bunting that will be put up in the Heatons Centre from now until October for all to see!

- **This is me. I am a carer. I am also...**
(a brother...a poet... a train enthusiast... a fan of koalas...)
- **I am a carer. My role means that...**
(my timekeeping is amazing... I'm always multi-tasking... my husband is still at home...)
- **I am a carer. I value Signpost because...**
(they answer the phone... the walks are relaxing...)
- **I am a carer. I need carer services that...**
(are responsive... give me a break... listen to me...)

Carers can choose to respond to any or all of the above statements. If you would like to participate, please contact us at info@signpostforcarers.org.uk for a piece of bunting, or email us your responses and we will write it on for you (saving postage and time!).

There is more information in our forthcoming newsletter and we'll keep you updated!

Coming up ...

Cooking for Carers - A five week course for current carers and those who are no longer caring, held at Woodbank nurseries and led by the Kindling Trust. Learn some new recipes, and take some home, along with a tasty veg bag. Fridays in July/Aug starting on 12th July.

*****Summer Wellbeing Day – Tuesday 16th July!!!*****



Thank you for reading this edition of the Signpost monthly bulletin. We hope it is interesting and useful. If you have something that you would like to be included for future months, please call us on 0161 442 0442 or email carersconnect@signpostforcarers.org.uk.

Please also get in touch with any comments and feedback.

This bulletin has been produced by Signpost Stockport for Carers, registered charity 1085727. Registered address: The Heatons Centre, Thornfield Rd, Heaton Moor, Stockport, SK4 3JD. <http://www.signpostforcarers.org.uk>