

Free courses for carers!

Signpost Stockport for Carers works to improve the quality of life of carers through all of the services we offer. Through our Carers Connect project, we are excited to be working with a range of partners to offer a number of free information and interest courses and events for those caring for a friend, neighbour or relative in Stockport. Booking is essential for all sessions—Call Catherine or Julia on 0161 442 0442.

- **Caring for someone that has had a stroke** - In partnership with Stroke Association
Thursday, 11th May, 1pm—3.30pm @ Heatons Centre, Heaton Moor, SK4 3LD
- **First Aid for Carers** - In partnership with the British Red Cross
Wednesday 24th May, 10am—12noon @ Quaker Meeting House, SK1 3QL
- **Wellbeing workshops** - looking at confidence, resilience and managing change
Choice of 3 dates—Thursday 11th May OR Thursday 18th May OR Thursday 25th May.
All sessions 10am—12.30pm @Parish Centre, Hazel Grove, SK7 4EA
- **Afternoon tea and Fashion Show for carers** - in partnership with M&S Stockport
Monday 5th June, 1.30pm—3.30pm @ Heatons Centre, Heaton Moor, SK4 3LD
- **IT for absolute beginners (carers only)** - delivered by Stockport Continuing Education
A short course of four weekly sessions, starting on Monday 5th June, 6.30pm—8.30pm
@ Stopford Open Learning Centre, Hardman St, Stockport.
- **Community coffee morning at The Cellars**- in partnership with M&S Stockport
Tuesday 6th June, 10.30am—12.30pm @ Heatons Centre, Heaton Moor, SK4 3LD
- **Carers Network Meeting and Wellbeing day (for carers and professionals)**
Wednesday 28th June, 10.30am—3.30pm @ Alma Lodge Hotel
- **Fascinating Flowers and Beautiful Bugs**
Wednesday 19th July, 10am—2pm @ Chadkirk Chapel
- **Fabulous Fungi**
Wednesday 27th September, 10am—2pm @ Etherow Country Park

To book a place on any session, please email catherine@signpostforcarers.org.uk or call us on 442 0442.

If you are interested but unavailable on these dates, please let us know and we will keep you informed of upcoming events.

Carers Week – 12th – 18th June 2017

What's on in Stockport?

Signpost believes that caring shouldn't be a barrier to leading a fulfilling life, and the work of our staff and volunteers throughout the year is based around supporting Stockport carers in their vital role. Carers week is an opportunity to encourage people to talk about caring, to celebrate the role of carers and also encourage carers to take some time for themselves. To this end, we have worked with our partners to put on a number of sessions throughout Carers Week, which we hope you will find interesting and enjoyable – and a great opportunity to get together with other carers!

We've also included some things that have not been organised by Signpost, but that we thought you would you might enjoy.

All events are free, booking is essential.

**To book, please contact Catherine or Julia at Signpost on 0161 442 0442
or email Catherine@signpostforcarers.org.uk.**

12 th June – Seated Tai Chi @The Heatons Centre	PM, 30 min sessions	20 spaces
13 th June – New Horizons Canal Boat trip, Marple	10am – 12.30pm	10 places
13 th June – Colouring for mindfulness, Stockport Art Gallery	1.30pm – 3.30pm	20 places
14 th June – Looking after your back, Heatons Centre	10.30am – 12 noon	15 places
14 th June – Stress Management Taster session, Heatons Centre	1.30pm – 3.30pm	15 places
14 th June – Introduction to Block Printing, ARC in Reddish	1pm – 3pm	15 places
15 th June – New Horizons Canal Boat trip, Marple	6pm – 8.30pm	10 places

Keep an eye on our website and Facebook page

for any late additions!

*****CONTACT SIGNPOST ON 0161 442 0442 FOR MORE INFO*****