



Holiday Activities & Food (HAF) Programme

A guide to **Support Services** available in Stockport



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

stockport.gov.uk

Introduction

Welcome to the Stockport Holiday, Activities and Food Programme information booklet.

As part of the HAF programme, we want you to have easy access to any supportive services in your local area. This booklet is designed to give you the stepping stone to finding where you can go to seek support in the place where you live.

You can also speak to the staff at your child's holiday club to seek advice on where you can find local community groups, supportive services, charities and advice and guidance.

The HAF Programme:

The HAF programme is funded by the Department for Education (DfE) and coordinated by Stockport Council to provide families on income-based free school meals, access to holiday activities and food provision during the school holidays. The HAF programme in Stockport has been active since 2021 to address the needs of local people by local providers.

HAF is for primary and secondary school pupils, eligible for free school meals. Sessions include a variety of fun activities including sports, music, arts and other exciting opportunities to learn, develop new skills and meet new friends, alongside a nutritious meal each day.

We hope you find this information useful and your child has a fantastic time at their HAF provision this year.

MASSH – Including Early Help support

Sometimes we all need a little extra support. Stockport Family can put you in touch with the right person so that you can find help that best suits you and your family.

A child's biggest influence is their family. With many different services now working together as part of Stockport Family you will not have to tell your story to lots of people and it will be easier for you to find the support you need, when you need it.

When there's an issue affecting a child or young person or family member (and it's safe and appropriate to do so), we'll work with you and your family to plan the support you need so that you're able to improve the situation.

Wider family members, like grandparents or even friends can often provide help and encouragement. We'll respect your views and listen carefully to what your family needs.



If you or your family need help then we're here to assist you. Please get in touch by telephone on **0161 217 6028** or email: **cyp@stockport.gov.uk**

School health advice line:

Did you know that Stockport has a dedicated health visiting and school nurse helpline number? You can ring this number for advice and support regarding all aspects of children's health, child development, parenting support, speech and communication, management of minor illnesses, behaviour, immunisations, general emotional wellbeing, toilet training and SEND. This advice line is open **Monday-Friday 09:00-17:00 - 0161 835 6789.**



To find out who is the nurse linked to your child's school, visit **www.stockport.nhs.uk/services**

The Early Help Assessment (EHA)

What is an EHA and when would Stockport Family undertake one?

This is a supportive assessment that is used to understand the whole family situation. It is undertaken when you feel that you need some support, to identify the needs of the children and adults in the family and to work together to help you to move forward.

They are usually undertaken by people that you already know, such as health visitors, teachers, school nurses, Stockport Family worker's that are connected to your local school.

It's a tool that looks at the strengths in the family and can be used by all practitioners to provide a joined up response so that families receive the support they need, when they need it.

The EHA always aims to:

- ★ be family and child friendly
- ★ be completed WITH the child and family
- ★ focus on what the family want to achieve
- ★ allow the family to decide which areas they need support with and where they may be struggling
- ★ always be consent based – we will ask you if you would like to be a part of this
- ★ be developed with the family and all agencies involved and regularly reviewed



Mental health support services:

If you or your child are feeling anxious, stressed or low, the following organisations can help for free:

Support for children under 18:

✓ **Kooth:** chat with a Counsellor and get advice 24/7 by signing up at www.kooth.com (ages 10-25)

✓ **NHS mental health phoneline:** the team at Pennine Care NHS Trust can be contacted 24/7 on **0800 014 9995** (all ages)

✓ **Childline:** talk to someone by calling 0800 1111 or visit the message boards on www.childline.org.uk. Both available 24/7 (ages 0-19)

✓ **Proud Trust:** Support for LGBT+ youth. Start a webchat with a Proud Trust youth worker by visiting www.theproudtrust.org/proud-connections (all ages)

✓ **BEAT (eating disorders):** talk to someone at BEAT by visiting www.beateatingdisorders.org.uk/support-services (all ages)

Hopeline: If you need urgent help with suicidal thoughts: call Hopeline, available between 9am and midnight every day on **0800 068 4141** (ages 0-35)

✓ **Emotional Wellbeing Hub (parents only):** the Stockport Emotional Wellbeing Hub can provide support for parents of anyone up to age 25. Call **0161 217 6028**, available 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday

✓ **Papyrus guide (parents only):** read the guide if you're concerned about self harm or suicide by visiting www.papyrus-uk.org/papyrus-launch-new-guide-for-parents

Support for over 18s

✓ **Open Door:** Open Door has a mental health helpline for anyone who is struggling to cope, or feels overwhelmingly low. Call **0800 138 7276** any day, any time. They also provide a mental health daytime safe haven at 72-74 Prince's Street, SK1 1RJ. Drop in Monday to Friday 10am to 8pm, Saturday to Sunday 12pm to 8pm.

✓ **Qwell:** Qwell is a website and message board offering anonymous support to those over 26, 24 hours a day, 7 days a week. Join by visiting **www.qwell.io**

✓ **Contact your GP:** talk about other options, or ask to be referred to the **Viaduct Wellbeing Service**



If you need **urgent help** with **suicidal thoughts:** call **Samaritans** on **116 123**



Special Education Needs and Disability (SEND) Support services:

There are a range of services available to support families who have children with additional needs and disabilities.

Your child does not have to have a diagnosis for you to access some of the support available, or to request an assessment. If you feel worried about how your child is doing in school or if they are struggling and you think they need some extra support, you can contact the **MASSH** on **0161 217 6028** to ask for advice or speak to your school **SENCO** about how to get an assessment.

The Stockport SEND Local Offer website has information on what is going on in Stockport (coffee mornings, activities for children, parents groups, conferences, family support, newsletters, leisure activities and exhibitions, benefits checks and advice and guidance for families). Please note that the Local Offer is currently being updated so it might be hard to find the information you are looking for. If you are struggling to find helpful information then please email **SEND-IP@stockport.gov.uk** and someone will be able to help you.

There are a number of parent carer groups that you can join for advice and support from other families who are in similar situations: **PACTS, Stockport SEND Families, SPACE** and **Autisk** are just a few of the parent carer forums which a lot of people find very helpful. You can find their group information on Facebook. **Stockport Council SEND Facebook** is also a large group where people share activities and information which you and your child can access. If you require further support please contact **0161 474 2525** to access your local SEND support service.

Community based groups and charities for SEND support:

✓ **Autisk** For children with autism - www.autisk.co.uk or Facebook: **Autisk**

✓ **The Seashell Trust** Learning disability and autism charity – **0161 610 0100**
www.seashelltrust.org.uk

✓ **PACTS** Parents and Carers Together Stockport – www.pactsstockport.co.uk

✓ **SAYS** Stockport, Action, Youth, Speakers – aged 15-25 participation forum for young people with SEND. www.stockportsays.co.uk

✓ **Young People's Special Needs and Disabilities Active Wednesday group** aged 15-25 years, meets every Wednesday at Woodbank Youth Centre, Offerton SK1 4BN. Contact Nadia **0161 480 3189** nadia.ali@kids.org.uk

✓ **Pure Innovations Young Person's social group** aged 16-25, meets every Thursday evening 6-8pm at Adswood Young people's Centre, Neston Grove SK3 8PH. Contact Sarah Whittington on **07740 753812** sarah.whittington@pureinnovations.co.uk



Foodbanks

You can access a range of foodbanks across the borough if you are in need of help with food.

Stockport has two main foodbank services, Stockport Foodbank (Trussell Trust) and Chelwood Foodbank Plus, that operate in multiple locations across Stockport. Typically, each foodbank operates on a referral basis and offers a food parcel containing 3 days' supply of food for a household that can be accessed 3 times in a 13-week period. In addition, the foodbanks can also provide toilet rolls and other personal hygiene items, as well as nappies and baby wipes for those who need these items.

Stockport Food Bank:

To access support from Stockport Food Bank, you will need a referral from either Stockport Citizens Advice, Stockport Support Hub, Stockport Homes, or your social worker. If you have a difficulty obtaining a referral from these organisations, call **07483 115349** (Mon - Fri).

Stockport Food Bank vouchers can be used at the following centres:

✓ Hazel Grove Baptist Church:

Station Street,
Hazel Grove SK7 4EX
Monday 12:30-14:30
Wednesday 10:30-12:30
Friday 11:30-14:30

✓ St Mark's Church:

Redhouse Lane, Bredbury SK6 1BX
Tuesday 12:30-14:30

✓ St Martin's Church:

112 Crecent Park,
Stockport SK4 2JE
Monday 13:00-15:00
Thursday 13:00-15:00

✓ Bairstow Centre Reddish:

Rupert Street,
Reddish SK5 7AP
Thursday 10:30-12:30
Saturday 10:30-12:30

✓ Trinity Church:

Massie Street, Cheadle SK8 1DU
Friday 10:00-12:00

✓ St Phillips Offerton

Half Moon Lane,
Offerton SK2 5LB
Thursday 11:00-12:00

✓ Salvation Army Cheadle Heath:

121 Stockport Road,
Cheadle Heath SK3 0JE
Tuesday 13:00-15:00
Friday 14:00-16:00

Chelwood Food Bank

Chelwood Food Bank have a digital self-referral route for anybody that wishes to refer themselves, without the need of going via another agency, such as the Citizens Advice, Housing Officers, Social Workers etc. To self refer, visit

**[www.chelwoodfoodbankplus.org/
self-referral-register](http://www.chelwoodfoodbankplus.org/self-referral-register)**

Please note that evidence of financial hardship must be provided at the foodbank alongside ID with your name and address (a bankcard is not acceptable).

Chelwood Food Bank operate food banks from the following centres:

✓ Chelwood Baptist Church:

Adswood Road, Cheadle SK8 5QA
Tue 10:00 – 12:00
Weds 10:00 – 12:00
Thu 12:00 – 14:00

✓ Brinnington Community Church:

Northumberland Road,
Brinnington SK5 8LS
Weds 13:00 – 15:00

✓ The Olive Branch:

2 Castle Street, Edgeley SK3 9AB
Wed 10:00 – 12:00

There are additional foodbanks in Stockport that can be accessed directly. Please note that these foodbanks are small-scale and can be only accessed by those living in the local community.

✓ Gatley foodbank:

100 Church Road, Gatley,
Stockport SK8 4NQ
Mon 13:30 – 15:00, Wed 13:30 – 15:00
Sat 09:30 – 12:00



If you have a referral but require more information you can contact -
Stockport Food Bank: **07483115349**
foodbank@stockportfoodbank.org.uk

Citizens Advice:

citizens
advice

Citizens Advice Stockport offers free, confidential, independent and impartial advice and information. You can speak to someone privately, about money and debts, welfare benefits, housing, employment and relationships and family.

You can choose to go into Fred Perry House to speak to someone face to face or you can speak to someone online, or call their phone line.



Fred Perry House, Edward Street, Stockport SK1 3XE

0808 278 7803 (Stockport)

0800 144 8848 (National advice line)

Face to face drop in Monday - Friday 9.30am-4pm

Benefits advice – Visit the Citizens Advice website

www.casort.org or call **0808 278 7803**. There are also drop in's available in various venues across Stockport

Asdwood and Bridgehall Library - Thursday 9:30-16:30

Bredbury Library - Tuesday 10:00-16:30

Brinnington Library - Monday and Friday 09:30-16:30

Fred Perry House - Monday to Friday 09:30-16:00

Financial Support:

Times are hard and debt is easily mounted up when you are on a low income to begin with. You may wish to seek specialist support to manage your debt but aren't sure who to turn to?

Debt advice

Stockport Council's Debt advice team can help with specialist free debt advice, including advice, advocacy and representation at court if things have gone further. They can negotiate with creditors and help with insolvency options such as Debt Relief Orders and bankruptcy.



Phone: **0161 217 6003** or email:

debt.advice@stockport.gov.uk or book a telephone call by visiting **www.stockport.gov.uk/debt-advice**
(Open Monday - Friday 09:30 - 17:00).

Citizens advice (**contact information on page 11**) can also help if you are struggling with debt

Get free help from National Debtline Freephone **0808 808 4000**,
www.nationaldebtline.org

Welfare Rights

Stockport Council have a dedicated team of experienced welfare rights advisers that can represent you at benefits appeals or if you have a problem with your benefits. For more information, visit **www.stockport.gov.uk/help-with-benefit-appeals**. If you need any help completing the form, you can contact the Welfare Rights Team by email at **welfare.rights@stockport.gov.uk** or by calling **0161 217 6003**.

Help with secondary school uniforms:

Support is available to help families obtain secondary school uniforms through the council's Secondary School Uniform Grant. The grant is for children in years 7 to year 11 at secondary school who receive free school meals. (Children that attend Stockport Academy are not eligible because the school have their own school uniform policy).

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Paying bills

✓ **Citizens advice** (contact information on pge 11) can help if you are struggling to pay your bills.

If you're struggling to pay your energy bills you may be able to get support to reduce your bills, apply for a warm home discount, or access other grants. Contact National Energy Action/NEA on **0800 304 7159**

✓ To see if there is one-off financial support available to you, contact the **Stockport Support Funds** team Phone: **0161 2176046** Email: supportfund@stockport.gov.uk Visit: www.stockport.gov.uk/financial-support-in-a-crisis

✓ **Council Tax support** - Check you are in receipt of the correct benefits support that you are entitled to, apply for council tax support or apply for a discretionary hardship **payment. council.tax@stockport.gov.uk**

✓ **Stockport Credit Union** - SCU provide affordable loans to residents who are struggling with the extra cost of gas, electric and shopping. **0161 430 5808**
mail@stockportcu.com

Local charities and community groups:

✓ **Stockport Support Hub** – A group of organisations that can help with connecting you with your community, providing practical support to live safely and independently in your own home and get out and about, supporting you in any caring roles you might have, making any healthy changes to your life, or supporting you with domestic abuse situations. Visit <https://www.stockportsupport.com/> or call 0161 474 1042.

✓ **DigiKnow** help to get you online, borrow equipment and improve your digital skills and confidence. Call our DigiKnow Helpline for free telephone support from community Digital Champions and face to face or online group classes with other learners from Stockport **0772 421 7888**

If you're already online but want to improve your digital skills, you'll find lots of useful information and links to further learning on our webpages:

If you don't have access to the internet public computers are available in libraries for essential online activities. Call 0161 217 6009 to book a slot. You may be able to borrow a device and data from the Digital Device Library or purchase a lower cost refurbished device from an approved scheme.
stockport.gov.uk/digiknow

✓ **Friendly Fridays** a community space open to all ages on Fridays, from 10am to 3pm at the Rose Walker Community Centre, Edgeley. Visitors can expect refreshments, board games, art and craft supplies, a library area, a children's play area, comfy armchairs, and a garden area at the back. Drop in, or visit **<https://friendlyfridaysuk.wordpress.com/>** for more information.



✓ **The Cherry Tree Project** (Romiley) – Youth led community group that offers weekly activity sessions and holiday provision. Supports young people on the Cherry Tree estate and surrounding areas to get involved in community work, provides activities, has connections with the local Morrisons to supply fruit and veg and encourages young people to keep fit. Find them on Facebook “**The Cherry Tree Project**” or phone **0161 511 9148**.

✓ **Starting Point** (Woodley) - Community based project that supports both adults and young people to enhance their skills and thrive as part of a united community. Offering courses, community drop in's, poetry and arts and crafts evening's, breakfast and holiday clubs for local schools and free basic skills training for adults. **0161 217 0062**
www.startpoint.org.uk

✓ **RTime** (Across Stockport)– Project for young people living in Stockport that provides positive, fun activities and gives young people a voice to shape provision across the project. Free weekly sessions across various venues in Stockport of varying activities and a youth panel that meets regularly to have their voice heard. R Time timetable of activities can be found at **www.lifeleisure.net/activecommunities-team/rtime**



✔ **Heaton Norris Pavilion**

Community centre offering a range of activities to local people including a community café, adults and toddlers music sessions, coffee, spill and chill, art and crafts for young people, older girls (10-17) youth club and more. Have a look at their Facebook page “Heaton Norris Community Centre Pavillion” for more info on when sessions are being ran. **0161 477 6105.**

✔ **Active Communities Experiences A.C.E**

(Bridgehall, Adswood & Cheadle Heath) – Community based programme offering activities and opportunities to children, young people and adults in their local area. Largely based in Bridgehall, Adswood and Cheadle Heath, A.C.E

look to deliver a programme of activities that benefit the residents of that community. Their monthly membership fee is £10 and you can access as many classes/activities as you wish, which include football, parent and toddler groups, musical theatre, youth clubs, gymnastics, cheerleading, yoga, singing and more. For more information contact Steve Cuningham **steve@activece.co.uk** **www.activece.co.uk**

✔ **Foundations** Stockport Homes – Variety of community activities to get young people and residents involved in. For more information contact Molly Bradley **0161 218 1091** **customer.engagement@stockporthomes.org**



What else does Stockport have to offer?

✔ **Stockport Events:** For a full list of weekly groups, activities and events (many of them free), visit www.stockport.gov.uk/events

✔ **Volunteer Hub:** To find out more about volunteering opportunities in Stockport, visit <https://stockportvolunteerhub.org.uk>

✔ **Stockport Support Hub:** If you want help getting involved with community activities fill out the form at www.stockportsupport.com or call 0161 474 1042.

✔ **Libraries:** Stockport libraries are often holding events during the holidays, take a look at the libraries section of Stockport council's website for information on what's being held in your local area – www.stockport.gov.uk/libraries



Housing Support:

Homelessness - Are you at risk of becoming homeless? Please contact Stockport Homes for further support **0161 217 6016**. If outside of working hours please call **0161 474 2818**.

✓ **Stockport Homes** are able to help with a number of things you may be struggling with – access to furniture and white goods, gas and electricity top up's, help to apply to a fund through a charity, food bank referrals and general advice and guidance around paying your rent and council tax 0161 217 6016 www.stockporthomes.org.



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Support with work and employment:

✓ **Stockport Jobcentre Plus** can help you find work that is suitable for you. This could be full time, part time, permanent or temporary work. They can also advise on benefits and what help, and support is available if you cannot work. Mon-Tues 9-5, Weds 10-5, Thurs-Fri 9-5.
0800 169 0190.

✓ **Stockport Jobs Match and SK Employment Hub** provides access to temporary and permanent job opportunities across all sectors. They also offer free CV templates, online interview coaching and more
www.stockport-jobsmatch.co.uk
0161 808 0400.

✓ **Work clubs** can support you with job searching, CV writing and online applications, interview skills and training opportunities.
adminSOLC@stockport.gov.uk
07800618439.

✓ **Motiv8** supports people aged 25 and over who are not in employment or training and need support to get their lives back on track - whether they are experiencing issues with health, alcohol, drugs, domestic violence, debt, homelessness or other challenges. To self refer, fill in the form online here -
www.motiv8mcr.org or by calling
0161 331 2048.

✓ **Smartworks** (Female support) provides personalised styling session and a complete interview outfit free of charge. Call **020 7288 1770** or visit
smartworks.org.uk

Leading a healthy life:

✔ **Healthy Stockport:** Online information, advice, top tips and support to help you and your family stay fit and healthy including:

- **Healthy eating and weight**
- **Stopping smoking**
- **Drinking less**
- **Moving more**
- **Mental health and wellbeing**

Plus what you can do to live well with a long term health condition and support if you're struggling with long COVID www.healthystockport.co.uk

✔ **5 ways to feel good:**

There are a lot of things you can do to improve your mood. The five ways to wellbeing are worth keeping in mind every day:

- 1. Connect:** connecting is all about maintaining good relationships. This could be with friends, family, or people in the community. It can help you feel that you have a strong support system and that you belong.
- 2. Live a healthy life:** being active (however you can), getting enough sleep and having a healthy diet will all have a positive impact on how you feel. Also, binning bad habits like smoking and cutting down on alcohol and caffeine can have a positive effect on your mood.
- 3. Keep learning:** learning new skills can give you a sense of achievement and confidence. It can also help you meet and interact with new people.
- 4. Give to others:** small acts of kindness towards others can give you a sense of purpose and self-worth. It doesn't have to cost money!
- 5. Be mindful:** noticing your own thoughts, feelings, and the world around you in the present moment can positively change the way you feel about life. Sometimes this is known as being more mindful.

✓ **Food scanner:**



✓ **Change for life - eat well, move more, live longer:**

By joining you'll have access to recipes, games, competitions and ideas to help you make changes for a healthier future. Please visit www.registration.betterhealth-healthierfamilies.co.uk

✓ **Childhood vaccinations:**

Do you know which vaccinations children should have at different stages of their life? You can talk to your **GP, health visitor** or **school nurse** to find out about any upcoming vaccinations.



The best place to get all the vaccination information if you require more detail is the NHS pages www.nhs.uk/conditions/vaccinations

Healthy relationships:

Domestic abuse

Anyone can be a victim of domestic abuse. Different kinds of abuse can happen in different contexts. The most frequent type of domestic abuse occurs in relationships. If you feel you're at risk of abuse, it's important to remember that there is help and support available to you.

Visit the Stockport Council website to report domestic abuse, and to find local and national services that provide help and support.

✓ **Orange Umbrella Project** is a community based, volunteer led project dedicated to raising awareness of and signposting support for those experiencing domestic violence. Find them on Facebook "The Orange Umbrella Project" or locate someone in your local area wearing an orange umbrella badge to have a quick, confidential chat to.



Advice and Confidential Helplines:

24 Hour Domestic Abuse Helpline:
0808 2000 247

Greater Manchester Helpline
0161 636 7525

Stockport Without Abuse:
0739 447 4294

Owls Stockport:
0161425 6300

In an emergency Dial 999



Parenting Support

Stockport is now offering completely free online **Solihull Approach courses** around **pregnancy, parenting** and **understanding the children in your life**.

These courses are appropriate for anyone playing an active role in a child's life, up until they are 19 – this could be **mothers, fathers, partners, carers, professionals** of all kinds, **grandparents, other family** and **involved friends**.

The courses are available in multiple languages, and look at **brain development, play, styles of parenting, sleep, temper tantrums, communication** and more. Additional courses will be added as they become available.

They can be completed **in privacy** at **any time of day** – each course is delivered in **20 minute chunks**.

They are split into the following topics:

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby (0-12 months)
- Understanding your child (0-19 years)
- Understanding your child with additional needs (0-19 years)
- Understanding your teenager's brain (short course)
- Understanding your brain (course for teenagers)



The course usually costs **£39 per person**, however by following the steps below, you can **join for free**:

1. Visit the Our Place website
2. Use access code **'REDROCK'**
3. You will be asked to create an account so that you can resume the course where you last left off.
4. You will also be asked to verify your postcode to make sure that you're a Stockport resident. This personal information will remain private.



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