

Support This Winter in Stockport

Financial support

Cost of Living Support

Cost of Living Advice line: 0161 424 2140.

<https://www.stockport.gov.uk/topic/cost-of-living-support>

Can help if you need: Benefit and debt advice, help with Energy bills, help to pay council tax, help accessing household support fund, support for business and employees, if you need help getting food in the holidays and advice on how to access financial support

Age UK Home Energy and Benefit Check

Call: 0161 480 1211

Free home energy & benefit checks available to older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. The Warm Homes programme can help you in two ways: 1. Help increase your income to pay for energy bills 2. Help make your home more energy efficient so you can stay warm in the winter.

Support Funds

Call: 0161 480 4949

<https://www.stockport.gov.uk/financial-support-in-a-crisis>
If you're a Stockport resident, you can apply to Support Funds for help in a financial crisis. Help could include: a food bank referral, gas and electricity top up for pre-paid meters, help paying your Council Tax, payment of a shortfall in rent, help to apply to a charity or trust fund.

Citizens Advice

Call: 0800 223 1133

<https://www.citizensadvice.org.uk/>

Face to Face Support in Stockport
<https://www.casort.org/citizens-advice-stockport/face-to-face>
Advice on finances, bills, benefits

Support for People Experiencing Abuse

If you, a child, or anyone else in your family are in immediate danger - call 999. If you are unable to speak when you dial 999, use 'The Silent Solution'. Wait for the operator to speak, then dial 55 on your keypad. This will alert the operator that you are in need of help, and the call will be dispatched to the police who will try to locate you. If the situation is not an emergency, but you still need the police, call 101.

Stockport Without Abuse: 0161 427 4294

Stockport Women's Centre : 0161 385 4455

National Association for People Abused in Childhood: 0800 801 0331
Childline: 0800111

Family Support

Family Hubs

<https://www.stockport.gov.uk/landing/family-hubs>

Family Hubs support families from pregnancy through to young people aged up to 19, or aged up to 25 with special educational needs and disabilities (SEND). Provide information and support on local services. Support for the development of children from pre-birth to 5 years, including early language, infant, feeding and getting ready for school. Access help and support for cost of living, including food, energy bills and fuel, money and our advice line.

Family Support Voucher

Vouchers to help with the cost of energy, utilities and other household essentials.

Eligible families will receive a family support voucher for **£90** for each eligible child.

You'll receive a voucher if you have:

- dependent children and receive local Council Tax Support
- school aged children who receive income-based free school meals in a Stockport school, or those in Early Years with equivalent eligibility

Holiday Activities and Food (HAF) programme

haf@stockport.gov.uk

<https://www.holidayactivities.com/>

To be eligible for a funded place, children must receive income-based free school meals.

Eligible children will be able to access up to 4, 4 hour sessions throughout the Christmas holidays with a nutritious meal

If you have any questions about the programme or if your child does not receive free school meals but you feel that you need to access a funded place

Viaduct Social Prescribing Service

016124 98290

<https://viaductcare.org.uk/external/social-prescribing-referral-service/>
service for people seeking advice or signposting for issues such as Long Term Conditions, mental wellbeing, housing problems, debt management and social isolation.

Mental Health Support

Emergency Support

If you or a loved one cannot keep themselves safe and need support please contact:

- In an emergency call 999
- Your /Their GP
- A&E (closest is Stopping Hill Hospital)
- The Samaritans on 116 123
- The NHS on 111 (option 2) for urgent mental health advice

Helplines

Remain Care Mental Health Helpline : 0800 014 9995

Open Door Stockport Mental health

crisis recovery support is - :24/7 helpline: 0800 138 7276

Samaritans : 116 123

Shout - is a 24/7 crisis text service: **Text: SHOUT to 85258**

Papyrus - Prevention of young suicide: **0800 068 4141**

Text: 08247

ESL: https://connect.interpreters.co.uk/papyrus

Open Door

Mental Health Crisis Drop in Service

72-74, Princes St, Stockport SK1 1RS

0161 549 9777

Open weekdays 10:00 - 5:30pm

Open Weekdays 12:00 - 4:30pm

Open Door provides immediate crisis management and emotional support, structured guided self-help and IAPT approved computerised CBT programmes, taking a person-centred approach to hearing your needs and creating an action plan.

Pure Innovations - Mental Health Network

<https://www.pureinnovations.co.uk/wellbeing/mentalhealthnetwork/>

0161 420 1227

The Mental Health Network has been designed specifically to overcome these barriers to recovery by providing people with opportunities to build relationships, confidence and engagement with social activities.

- 1:1 Support into community engagement
- Allocation space activities
- Peer support opportunities
- Access to volunteering, education and training
- Onward signposting and referral pathways
- Access to Talking Therapies (CBT)

Carer Support

Signpost for Carers

0161 442 0442

<https://signpostforcarers.org.uk/>

Signpost Stockport for Carers is an independent local charity who have been supporting carers for more than 30 years. Signpost offers support to Young and Adult Carers to find out more give them a call or visit their website

Together Trust

0161 442 0442

<https://www.togethertrust.org.uk/therapy-and-specialist-support-parentcarers>

At the Together Trust, we deliver individual care, support and education services across the North West. We care for and champion the rights, needs and ambitions of care-experienced children and people with disabilities, autism and mental health differences.

Age UK Stockport

<https://www.ageuk.org.uk/stockport/four-services/carers/>

info@ageukstockport.org.uk

0161 480 1211

By drop-in at The Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB
Thursdays 10 am to 1 pm - general drop in to find out more about Age UK Stockport support and services.

Respite for Carers - NHS

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-breaks-and-respite-care/>

Information on respite options for carers. Adult social care can give up to date information on day centres with availability.

<https://www.stockport.gov.uk/getting-care-and-support-adultsocialcare@stockport.gov.uk>

0161 317 6029