



SUPPORT IN STOCKPORT OVER CHRISTMAS

SERVICES OPEN CHRISTMAS EVE

Handy Ladies - Meals Delivered on Christmas Eve

St Cuthberts Church, SK8 2DT

Opening Times

Christmas Eve

Contact: 07895 435232 for more details

Limit Spaces left please contact as early as possible

The Wellspring

Support for people experiencing homelessness

The Wellspring, Harvey Street, Stockport, SK1 1YD

Opening Times

Christmas Eve 10am-2pm

Christmas Day 10am-2pm

Contact: 0161 477 6344

Providing Christmas Dinner on Christmas Day

SERVICES OPEN CHRISTMAS DAY

Open Door - Mental Health Crisis Drop in Service

72-74 Princes St, Stockport SK1 1RS

Drop in Service Number: 0161 549 9717

Opening Times

Christmas Day 10am - 5:30pm

Mental Health Helpline can be accessed 24/7 :
0800 138 7276

Hazel Grove Methodist Church

Free Christmas Day Community Lunch

Hazel Grove Methodist Church, Wesley Street, SK7 4JW

Opening Times

Christmas Day 12 noon - 4:00pm

Contact Marion: 07731840466 or email
bookings@hazelgrovemethodists.co.uk

Please book early ideally by the 16th December

Support This Winter in Stockport

Financial support

Cost of Living Support

Cost of Living Advice line: 0161 474 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 prepaid meters, help paying your Council Tax, payment of a shortfall in rent, help to apply to a charity or trust fund.

Citizens Advice

Call: 0808 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

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

01612498290

<https://viaductcare.org.uk/referals/social-prescribing-referral/> 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 Stepping Hill Hospital)
- The Samaritans on 116 123
- The NHS on 111 (option 2) for urgent mental health advice

Helplines

Pennine Care Mental Health Helpline: 0800 014 9995

Open Door Stockport Mental health crisis recovery support 18+ : 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 4161

Text: 88247

BSL: <https://connect.interpreters.co.uk/papyrus>

Open Door

Mental Health Crisis Drop in Service

72-74 Princes St, Stockport SK1 1RS

0161 549 9717

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 470 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
- Allotment 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-parentscarers>

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/our-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 217 6029

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 477 4294

Stockport Women's Centre: 0161 355 4455

National Association for People Abused in Childhood: 0808 801 0331

Childline: 0800111

Support This Winter in Stockport

Local Foodbanks

If you might rely on food banks over the winter period please ensure you check whether there are changes to opening hours due to the holiday period/bank holidays.



Trussell Trust / Stockport Foodbank

Trussell Trust foodbanks can be accessed by a food bank voucher. Your foodbank voucher will be exchanged for three days of emergency food.
<https://stockport.foodbank.org.uk/get-help/visiting-a-foodbank/>

Contact Number: 07483 115349

Tiviot Dale

Tiviot Dale Methodist Church, Tiviot Dale, Stockport, SK1 1TA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	14.30 - 18.30	Closed	Closed	Closed	Closed

St Philips

St Philips RC Church, Half Moon Lane, Offerton, Stockport, SK2 5LB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	11:00 - 13:00	Closed	Closed	Closed

Salvation Army

Salvation Army Church, 121 Stockport Road, Cheadle Heath, Stockport SK3 0JE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	12:00 - 18:00	Closed	Closed	14:00 - 18:00	Closed	Closed

St Martin's

St Martin's Church, 112 Crescent Park, Stockport, SK4 2JE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00 - 16:00	Closed	Closed	13:00 - 18:00	Closed	Closed	Closed

Bairstow Centre

Bairstow Centre, Rupert Street, Reddish, Stockport, SK5 7AP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	10:30 - 12:30	Closed	10:30 - 12:30	Closed

Saint Marks

Address: St Mark's Church, Redhouse Lane, Bredbury, Stockport, SK6 1BX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	12:30 - 14:30	Closed	Closed	Closed	Closed	Closed

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 prepaid meters, help paying your Council Tax, payment of a shortfall in rent, help to apply to a charity or trust fund.

<https://www.stockport.gov.uk/financial-support-in-a-crisis>

Chelswood Foodbank Plus

Chelswood Foodbank Plus foodbanks can be accessed by a food bank voucher or a self referral via their website. Your foodbank voucher/ referral will be exchanged for three days of emergency food.
<https://chelswoodfoodbankplus.org/>

Brinnington Community Church

2d Castle Street, Edgeley, SK5 9AB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 18:00	Closed	10:00 - 12:00	Closed	Closed	Closed	Closed

Chelwood Baptist Church

The Lighthouse Centre, Northumberland Road, Brinnington, SK5 6LS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	13:00 - 16:00	Closed	Closed	Closed	Closed

Chelswood Community Hub

Adjacent new portacabins, Adswood Road, Cheadle Hulme SK8 5QA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	10:00 - 12:00	10:00 - 12:05	13:00 - 14:00	Closed	Closed	Closed

Hazel Grove Baptist Church

Address: Hazel Grove Baptist Church, Station Street, Hazel Grove, Stockport, SK7 4EX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30 - 14:30	Closed	10:30 - 12:30	Closed	11:30 - 13:30	Closed	Closed

Trinity Church

Trinity Church, Massie Street, Cheadle, Stockport, SK8 1DU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Closed	10:00 - 12:00	Closed	Closed

Your Local Pantry <https://www.yourlocalpantry.co.uk/pantry-listings/>

For just £4.50 each week local residents can join up as members and access a whole range of benefits. You'll be able to choose a guaranteed 10 items from a huge variety of groceries, fresh fruit and veg plus all the usual store cupboard favourites.

Email: pantry@stockporthomes.org Contact Number: 0161 474 4740

Stockport Mottram Street Pantry

1 Mottram Towers, Stockport, SK1 3NX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Closed	10:00 - 12:30	Closed	Closed

Pantry at Number 5

5 Cuddington Crescent, Bridgehall, Stockport, SK3 8LX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	14:00 - 18:00	Closed	Closed	Closed

Penny Lane Pantry

Hanover Towers, Lancashire Hill, Penny Lane, Stockport, SK5 7SD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	10:00 - 12:30	Closed	Closed	Closed	Closed

Brinnington Pantry

First House, 367 Brinnington Road, Brinnington, Stockport, SK5 5EN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	14:00 - 18:00	Closed	Closed	Closed	Closed

Stockport Woodley Pantry

Arthur Greenwood Centre, 9 Hopley Close, Bredbury

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	13:00 - 18:00	Closed	Closed	Closed	Closed	Closed

Emergency and urgent support services

Urgent Health and Social Support

Emergency services <i>Emergency Police / Fire / Ambulance</i>	Call: 999
Non-Emergency Police Services	Call: 101 Report Online: https://www.police.uk/pu/contact-the-police/report-a-crime-incident/ If you have a hearing or speech impairment, you can use the textphone service on 18001 101.
Crimestoppers <i>Anonymously report a crime or suspicious activity</i>	Call: 0800 555 111 Online: http://crimestoppers-uk.org/
Stockport Police – Cheadle Heath Police Station	Phone: 0161 856 9829 Address: Spectrum Way, Stockport SK3 0SA
Non-Emergency Health number	Call: 111 Online: https://111.nhs.uk/ Text relay - If you have a hearing problem Call: 18001 111 using the Relay UK app or a textphone. British sign language (BSL) Use signvideo.co.uk/nhs111
Stockport Adult Social Care	Call: 0161 217 6029 (out of hours 0161 718 2118) Email: adultsocialcare@stockport.gov.uk For More Information: https://www.stockport.gov.uk/topic/adult-social-care
Stockport Childrens Social Care	Call: 0161 217 6028 out of hours 0161 718 2118 For More Information: https://www.stockport.gov.uk/topic/keeping-children-safe
Greater Manchester Urgent Dental Care Service	Call: 0333 332 3800

Children's Support

NSPCC Child Protection	Call: 0800 800 5000, Email: help@NSPCC.org.uk Online form: https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/report-abuse-online/ Website: https://www.nspcc.org.uk/
Childline	Call: 0800 1111 Website: https://www.childline.org.uk/ 1-2-1 Counsellor Chat: https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/
Papyrus <i>Prevention of young suicide</i>	Call: 0800 068 4141 Text: 88247 BSL: https://connect.interpreterslive.co.uk/papyrus Website: https://www.papyrus-uk.org/

Mental Health and Wellbeing Support

Pennine Care Mental Health Helpline	Call: 0800 014 9995
111 (option two)	Call: 111 then select option 2
Open Door Stockport Mental health crisis recovery support 18+	Call: 24/7 helpline: 0800 138 7276
Samaritans	Call: 116 123
Shout - is a 24/7 crisis text service	Text: 'SHOUT' to 85258
SANEline <i>Offers specialist emotional support including family and carers support.</i>	Call: 0300 304 7000 (includes a call back service)
Mind <i>4 helplines open 9-6pm Monday - Friday (except bank holidays)</i>	Support line: 0300 102 1234 Infoline: 0300 123 3393 Welfare benefits line: 0300 222 5782 Legal line: 0300 466 6463
Silverline <i>Telephone service specifically for older people aged 55 + to help tackle the feelings of loneliness and isolation.</i>	Call: 0800 470 8090
Papyrus <i>Prevention of young suicide</i>	Call: 0800 068 4141 Text: 88247 BSL: https://connect.interpreterslive.co.uk/papyrus Website: https://www.papyrus-uk.org/

Support for People Who are Homeless

Stockport homes <i>Homelessness and Rough Sleeping</i>	Call: 0161 217 6016 Email: homelessnessprevention@stockporthomes.org Out of hours: 0161 474 2818
Shelter	Call: 0808 800 4444 Website: https://england.shelter.org.uk/
Wellspring <i>Local support for homeless people or people rough sleeping</i>	Call: 0161 477 6344 Email: info@thewellspring.co.uk Location: The Wellspring Harvey Street Stockport PO BOX 456 SK1 1YD
EGG <i>helping people off the streets, into their own homes and work or self- employment.</i>	Call: 07866985242 Email: Jonathan@egg.charity Website: https://egg.charity/contact-us