

ONESTOCKPORT Family Hubs

One Stockport Family Hubs are here to support all parents / carers of children 0-19 (25 SEND), whatever the issue or problem, no matter how big or how small

You can find One Stockport Family Hubs online or at:

- Garners Lane, Adswold, SK3 8QW
- Abingdon Road, Reddish, SK5 7EU
- Westmorland Drive, Brinnington, SK5 8HH



Dad Matters

A support service tailored to the needs of Dads, dedicated to helping fathers who are expecting, adjusting to life with a new baby, or who have experienced baby loss.

Providing assistance with:

- Attachment and bonding with their baby
- Mental Health and Wellbeing
- Guidance on accessing appropriate services
- Improved coping mechanisms and fostering positive family relationships

Support for you - Stockport Council



DigiKnow

Find out how to get online for the first time and improve your digital skills.

You can borrow devices or data and get support from Digital Champions and group classes

Help getting online - Stockport Council



Early Years and Childcare

Changes to childcare support mean you might now be eligible for more help than ever before. Support from Childcare Choices can give your child a great start while giving you work choices, helping you make the juggle of family life a little easier. **Call into a Family Hubs site if you would like more information.**

Early years and childcare - Stockport Council



Family Hubs App

Download our **FREE** Family Hubs app for support for every step of your parenting journey.

Receive information and notifications directly from the Family Hubs teams from pregnancy to teenage years and get information about groups and services to support your family. Available in 75 languages.

One Stockport Family Hubs app - Stockport Council



One Stockport Family Hubs form a vital part of Stockport Live Well, which is bringing together early help and support making it easier for our local communities to help themselves, their families, and those they care for in places close to them.

**STOCKPORT
LIVE WELL**

Activities for children and families

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) with any aspect of family life.

To discover more about what's on offer for families, check out our online directory of services.

Children and families directory - Stockport Council



Domestic Abuse support

Everyone has the right to live their life free from fear, violence and abuse, if this isn't you, there is help available.

Where you see this logo, you can also ask for help



Domestic Abuse Stockport



Food Banks

The cost of living is affecting everyone, support is available from local foodbanks. To find one closest to you, visit: Food banks - Stockport Council You can also request a voucher from your local Family Hubs.



Cost of Living

If you are struggling with money or paying bills and need a helping hand with cost of living support, **call the Residents Advice Line team on 0161 474 2140.**

Cost of living support - Stockport Council



Early Help

Family Help teams support the delivery of early help to children and families by working with you to complete an Early Help Assessment (EHA) and a plan, covering all the strengths and needs of the children and adults in your family.

With consent, families can be referred here: Contacting the MASSH - Stockport Council



HAF

The Holiday Activity and Food (HAF) programme offers families in receipt of income-based free school meals access to funded holiday activities and a nutritious meal" during the Easter, Summer and Christmas school holidays. Holiday Activities and Food (HAF) programme - Stockport Council



Can't find what you are looking for on our website? Unable to get to a Family Hub? Try our online enquiry form by visiting this website
Get support or information from Family Hubs - Stockport Council



Healthy relationships

There are different ways that parents and carers can work to both manage the conflict between themselves, and to reduce the impact of conflict on their children.

[Healthy Relationships – Stockport Council](#)



Infant Feeding Support

Our infant feeding team are available to help support you to breastfeed your baby. They are available for advice and feeding assessment appointments in the community.

We have peer support groups running across Stockport.

To find out more, contact the **Stockport Breastfeeding Helpline**

07767 870506 or visit

[Practical support - Stockport Council](#)



Keeping Well and Healthy

Find information, resources and support to help you take care of and protect your health and mental wellbeing now and in the future. Access free and confidential local support services to help you make positive lifestyle changes. **Find out more about long term health conditions and what you can do to take care of yourself.**

[Welcome to Healthy Stockport](#)



Mental Health services

We need to look after our mental health as much as our physical health, support can be found via your GP or from the variety of services available for children, young people and adults.

[Mental health and wellbeing - Healthy Stockport](#)



Midwifery and Maternity

For all things pregnancy related please speak to your named Midwife, via your GP.

If you want to get your partner/ co-parent more involved in your pregnancy journey, sign up to our Family Foundations course and discover together how to be the best parents you can be.

[Pregnancy to birth - Stockport Council](#)



Parent-Infant relationships

Secure parent infant relationships are a vital ingredient for happiness and all aspects of development. Parent-infant relationships begin from pregnancy so it's never too early to start connecting. If you are worried about the connection between you and your baby or young child, please speak to your health visitor, midwife or GP as we want to support you.

[Your Baby and You - Pennine Care NHS Foundation Trust](#)



Parenting Support

Being a parent or carer is amazing but it's not always easy. There can be many challenges, and so we have a range of resources that can help. Stockport has a variety of support available from pregnancy through to the teenage years, online and face-to-face, to help you understand your child and strengthen your relationship.

[Parenting support - Stockport Council](#)



SEND support services

The Local Offer provides information about the support available for children and young people with special educational needs or disabilities (SEND), their families and carers.

[About the SEND Local Offer - Stockport Council](#)



In Our Place

For free online parenting support please visit: [Free wellbeing online courses in Stockport – In Our Place](#)

Complete the courses most relevant to you in your own time.



Supporting your child's development

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together with your child are building their brain.

For more information and ideas on how you can support your child's development check out Tiny Happy People or visit here for top tips!

[Greater Manchester \(GM\) 10 Top Tips - Greater Manchester Combined Authority](#)



Start Well

Start Well brings together early childhood services with a shared focus of supporting children from pregnancy through to starting reception year at primary school. The Start Well team work together with families and communities to ensure children have the best start in life, be ready for school and become lifelong learners. For more information call 0161 835 6789 or visit: [Introduction to Start Well Stockport - Stockport Council](#)



Substance misuse support... (Alcohol/Drugs)

We support anyone up to the age of 26 who's experiencing issues with drug or alcohol use. We also support children and young people affected by a parent or caregiver who is using substances. We work with these parents and carers to help them understand the impact of their drug or alcohol use on their children.

[Mosaic drug and alcohol services - Stockport Council](#)



Youth Services

R Time network provides engaging, free, fun activities and allows young people to have a voice and shape provision across the borough. Each week, the R Time team can be found in the community on outreach, or delivering weekly sessions across several venues.

[R Time - Stockport Council](#)

