



Health and Wellbeing: Our Offer

Physical Health

- Support from your Personal Adviser and Intensive Support Worker with booking and attending health appointments, and claiming free prescriptions
- Help with bus passes for appointments (needs to be agreed beforehand)
- Specialist Children Cared For/Care Leavers Nurse for advice and support up to 25 years
- Health Passports and Care Leavers Health Summaries provided at 18 years
- Free prescriptions for all care leavers up to age 25 years
- Free gym passes with Life Leisure – plus one so you can take a friend (you need to register their details)
- Free museum passes with Heritage & Culture
- Links with health partners e.g. Sex and Relationships Education Team
- Links with Mosaic (young people's substance misuse service) and health promotion
- Access to Locala (locala.org.uk/services/sexual-health/stockport) young people's health clinic including Outreach Service.
- Sexual health support available at the Leaving Care Team office for care leavers needing extra support to access community services.
- Regular Activities run through Pure Insight (Stockport | Pure Insight)

Emotional Wellbeing and Mental Health

- Psychological Wellbeing Worker for direct work and to support young people into community mental health and counselling services
- Mental Health Hub specifically for care experienced young people



For more information about the services we offer, please visit our website: www.stockport.gov.uk/showcase/care-leavers



- Access to Emotional Wellbeing Tools
- Access to Self Help Books and Online Courses (e.g. Cognitive Behavioural Therapy CBT)
- Fast track access to Beacon Counselling
- Pure Insight Mentoring Scheme ([Stockport | Pure Insight](#))
- Free To Bee drop in café on Wednesday evenings
- LGBT Group in Stockport

General – Parents

- Personal Advisers offer advice and support and links with parenting services
- Family Nurse Partnership offer to care leavers extended to 21 years
- Parenting Worker offer through Pure Insight ([Stockport | Pure Insight](#))
- Personal Advisers offer support and advocacy for care leaver parents at Core Group meetings and Conferences
- Pure Insight offer “Team of Angels” supporting new mothers in partnership with the Local Authority, alongside mentor scheme
- Parenting Emotional Wellbeing Worker and alternative therapies for parents in proceedings or who no longer care for their children – Comma Project
- Caring Dad’s Programme



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STOCKPORT
METROPOLITAN BOROUGH COUNCIL