

# LEAVING CARE TEAM

## Post 25 Offer for Care Leavers

### Introduction:

Stockport Council's Leaving Care Team recognizes that once you leave care, anyone, at any age, might need extra support at some point in life. We want to be there for you, should you ever need our help and advice, no matter how long ago you left care. So, if you are ever stuck, need some advice, or you just want to have a chat with someone from the team, please get in touch.

### Emergency advice, guidance and assistance:

The Leaving Care Team will continue to be a point of contact for you at any age, if you need any advice and help in a crisis and you want to find out where you can get help, who to speak to, any changes to your entitlements etc. Please note that the Leaving Care Team phone number is only monitored Monday to Thursday 9am-5pm and Friday 9am-4.30pm. You can either ring and ask to speak to the Leaving Care duty worker, or if you prefer, you can send an email, and we will get back to you as soon as we can. Here is the email address:

- [leavingcareduty@stockport.gov.uk](mailto:leavingcareduty@stockport.gov.uk)

However, if it is within office hours and you need a quicker response, it's always best to ring so you know exactly what's going on and you have the information you need. Here is the phone number:

- **0161 475 6700 (office hours only)**

### Pure Insight:

Pure Insight also have a range of services for care leavers in Stockport, these services are open to young people up to the age of 28 years and some beyond that too. Some of their services include: a drop-in café, mentor scheme, support workers for Education, Training and Employment, support workers for psychological and wellbeing support, trauma counselling, parent support and peer support groups.

Please see their website for more info:

- [www.pure-insight.org.uk](http://www.pure-insight.org.uk)

## **More information about support and services available in Stockport:**

Stockport Council Communities Page:

- [www.stockport.gov.uk/showcase-communities](http://www.stockport.gov.uk/showcase-communities)

The Prevention Alliance (TPA) provides advice and support around health and wellbeing, as well as relationships, finance, education and employment and housing:

- <https://stockportpa.co.uk/>

Financial support/advice:

- <https://www.stockport.gov.uk/topic/benefits-support-and-advice>

Mental Health drop in in Stockport town centre:

- <https://makingspace.co.uk/services/centres/open-door>

Other mental health and wellbeing services:

- <https://www.penninecare.nhs.uk/>
- <https://www.beacon-counselling.org.uk/>
- <https://talklistenchange.org.uk/>
- <http://www.samaritans.org/branches/samaritans-stockport>
- <https://www.selfhelpservices.org.uk/>

**Other websites with information about local community services and groups:**

- <https://www.locallife.co.uk/stockport/community-services-groups.asp>

Stockport Homes:

- <https://www.stockporthomes.org/> - as well as housing advice, there are services including money advice, education and employment support, and also food pantries on:
- <https://www.stockporthomes.org/stockporthomes/pantries/>

**Care Leaver websites offering further support and grants:**

- <https://www.reesfoundation.org/>
- <https://www.careleavers.com/>
- <http://www.thecareleaversfoundation.org/>
- <https://www.becomecharity.org.uk/>
- <https://www.glasspool.org.uk/>
- <https://coramvoice.org.uk/>