



Growing up in Stockport



Supporting young people to prepare
for adulthood



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

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Who is this booklet for?

This booklet is for young people, their families and carers, who might need a little bit of extra help and support as they grow up. The booklet aims to help young people get ready for becoming an adult. It is about helping you plan for the future.

This booklet is not a directory of services, and there will be lots of things that are not in it, but don't worry. There is space at the end of each section for you to jot down useful names, numbers and websites.

This booklet talks a lot about being independent. This does not mean having to do everything for yourself or doing things on your own. When we talk about being independent, this is about you doing as much for yourself as possible and learning new skills. Being independent is different for different people. To be independent we often need a lot of help and support from our family, friends and community.

There is lots of information in this booklet, so it might be helpful to ask someone to help you go through it. Lots of people will help you as you grow, including your family, friends, people at school, college and youth clubs. Talk to them about anything you are worried about.

The internet is very good for finding out information, but remember to stay safe and not to trust everything you read or everyone you meet online.

www.safetynetkids.org.uk/personal-safety/staying-safe-online/ is useful

Who to contact

PARENTS IN PARTNERSHIP STOCKPORT (PIPS)

 **0778 610 1072**

 info@pipstockport.org

 www.pipstockport.org/

Stockport parent/carers forum.

LOCAL OFFER

 www.sensupportstockport.uk

The Local Offer has information about what's happening for young people with SEN and disabilities in Stockport, including events, activities and services.

DISABILITY STOCKPORT

 www.disabilitystockport.co.uk

 **0161 480 7248**

Disability Stockport is a voluntary organisation which assists and supports people with physical disabilities and/or sensory loss or impairments.

STOCKPORT ACTION YOUTH SPEAKERS (SAYS)

 **0792 530 4653**

 info@StockportSAYS.co.uk

 <http://stockportsays.co.uk>

Supporting young people aged 15-25 with additional needs to have a voice.

LOCAL SERVICES

 www.stockport.gov.uk

The best place for local information for local services is the council website.

More contacts

CITIZENS ADVICE BUREAU

 **03444 111 444**

 www.stockportcab.org.uk

CAB offers information and advice on lots of areas including benefits, housing, employment and health and community.

STOCKPORT CARERS CENTRE

 www.signpostforcarers.org.uk

Stockport Carers Centre supports and advises carers, including groups for young carers.

STOCKPORT MIND

 www.stockportmind.org.uk

Stockport Mind offers support, advocacy and advice for people with mental health issues in Stockport.

Notes

Use these note spaces to jot down useful names, numbers and websites.

Preparation for adulthood

When you are 14, people will start to talk to you about what you want to do when you leave school and grow up. This is called **Transition Planning**. If you have an Education, Health and Care Plan (EHCP), planning will start in your Year 9 Transition Review at school and each year your transition plan will be updated. This will be arranged by your school/college.

There will be lots of changes happening in your life over the next few years. Some you will be happy with and some you will be sad about. This is all part of growing up and there are lots of people who can help you get ready and understand the changes.

Some of the things you might think about include:

- » **Education** – what do you want to learn?
- » **Job** – what job would you like? What do you need to do to get ready for work? How can other people help you get ready for work?
- » **Hobbies** - what do you want to do when you are not working?
- » **Living** - where will you live?
- » **Health and support** - what help do you need to stay healthy and safe?

You should visit places and groups that you are interested in joining. Ask questions and get information so you can make an **informed decision**. Lots of the groups and places will invite you to 'open days' where you can find out information.

Informed decision: When you have lots of information about a topic and you are supported to look at what is good and bad about it, you can make a decision.

Making decisions

When you are 16, the law says you have the right to make decisions about your life. It is important that family, carers, teachers and other people who are paid to help you give you information so that you can make an **informed decision**.

Sometimes people may not agree with the decision you make or think you have made a bad decision. If you have made an **informed decision**, this does not matter. It is your decision.

If people think that you are not able to make an informed decision even if you have as much information as possible, then a best interest meeting will make sure the right decision for you is made. Advocacy groups can help you gain the skills to make decisions.

The **Mental Capacity Act** is the law all about making decisions. See the link on the next page for more information.



Who to contact

STOCKPORT ADVOCACY

 www.stockportadvocacy.org.uk

 **0161 480 8979**

Stockport Advocacy provide advocacy support for adults over 16 with identified learning difficulties/disabilities.

STOCKPORT DISABILITY FORUM

 **0161 480 7248**

 www.disabilitystockport.co.uk

STOCKPORT MIND

 **0161 480 7393**

 www.stockportmind.org.uk

MENTAL CAPACITY ACT

 www.stockport.gov.uk/mental-capacity-act-2005

Notes

Use these note spaces to jot down useful names, numbers and websites.

Education and training

The transition meeting and transition plan you complete at school will help you decide what education, training or employment would suit you, once you leave school.

You might decide to:

- » Stay on at school (if the school has a sixth form)
- » Go to a college
- » Start an apprenticeship
- » Go on a traineeship
- » Go to another independent school or college
- » Go on a Supported Internship

As you get ready to leave school, the school will help you look at the different options. Colleges might invite you to come for the day and see if you like it. You might have a number of visits to get you ready for the move. If you are worried about moving on from school, it's good to talk to your teachers or head of year who can support you to get the advice and guidance you need.

Most colleges will offer extra support for students with disabilities or additional needs. It is best to apply early to give the college time to arrange the extra support.

If you are on a Education, Health and Care Plan, you will be able to discuss choices with your **Education and Careers Advice Worker**.

Transport to and from school

Just because you used transport to and from school before, does not automatically mean you will get transport when you are 16. When you are 14, think about how you can get to school or college independently – by yourself.

Find out what help you can get with transport to school or college at **Stockport's Local Offer** Transport Section which can be found at: goo.gl/BesVr1

Money for going to college

Depending on your situation, you may be entitled to help with the cost of college. Speak to your college about this to find out more information and see if you are eligible. You can also speak to your **Education and Careers Advice Worker**. Most colleges are free for you to access until the age of 19. After this, some colleges may charge additional fees.



Who to contact

EDUCATION AND CAREERS ADVICE SERVICE

-  48-52 Wellington Road South, Stockport. SK1 3SS
-  **0161 474 2300**
-  educationandcareers@stockport.gov.uk

APPRENTICESHIPS STORE

-  Stockport Exchange, Wellington Road South, Stockport. SK1 3TA
-  **0161 474 2350**
-  Apprenticeships@stockport.gov.uk
-  www.stockport.gov.uk/groups/the-apprenticeships-store

KIDS - SEND INFORMATION ADVICE AND SUPPORT SERVICES (IASS) STOCKPORT (PREVIOUSLY KNOWN AS PARENT PARTNERSHIP)

-  **0161 480 3189**
-  stockport@kids.org.uk
-  www.kids.org.uk

Impartial, confidential advice and information for families and on special educational needs and disabilities (SEND) around Education, Health and Care.

Notes

Use these note spaces to jot down useful names, numbers and websites.

PURE INNOVATIONS

-  5 Rhino Court, Station View, Bramhall Moor Lane, Hazel Grove, Stockport. SK7 5ER
-  **0161 474 5900**
-  hello@pureinnovations.co.uk

EDGE INCLUSION PARTNERS

-  is@edgeinc.co.uk
-  **0794 710 0727**
-  www.edgeinc.co.uk

Independent advice for young people and families going through the EHC process.

Where you live

One of the first things you need to think about as you grow up, is where you will live as an adult. Many young people choose to stay at home. There are lots of good reasons to stay living at home: you get support from family and carers; it is cheaper to live at home; you don't want to move.

This can be good, but you still need to think about developing your independence at home.

Talk to your family or whoever supports you about learning how to cook simple meals, learning to tidy up and use the equipment in the house. If you are disabled, there are lots of equipment and ways where you live can be changed so that you can be more independent at home.

As you get older you may want to start spending some time in your home alone. This may sound scary at first but there is lots of equipment, such as sensors that can monitor your home and let someone know if you might need help, or alarms to detect if there is a problem such as smoke, gas and flood detectors. The **Stockport Centre for Independent Living** at **Disability Stockport** can tell you more about this.



Moving into your own place

You may want to think about where you want to live in the future, or decide that you are ready to live independently. If you want to rent your own home then the first thing you need to do is sign up to 'Homechoice' through **Stockport Homes**, so you can bid for a property. You can also consider renting privately.

If you are planning to move into your own home, it is important that you have the following:

- » Your own bank account
- » Benefits in place
- » Photo identification eg, passport

We know that living with other people can be difficult. Sometimes people may end up being asked to leave. If you are going to become homeless the important thing is to try and do this in a planned way and the **Mediation Scheme** can help. You will need to contact **Housing Support**. Information for this can be found at www.stockporthomes.org/advice-and-support/support-in-the-home/housing-support/

The housing options team will be able to tell you about help and support for you to find a home and manage your tenancy. If you need extra support they will contact someone to help you. If you have a transitions social worker you can talk to them about it.

You can also contact **Shelter** or **Centrepont** for homelessness and housing problems.

Who to contact

DISABILITY STOCKPORT

 22 High Street
Stockport,
Sk1 1EG

 **0161 480 7248**

 email@disabilitystockport.org.uk

 www.disabilitystockport.co.uk

Supports people with physical disabilities
and/or sensory loss or impairments

STOCKPORT CENTRE FOR INDEPENDENT LIVING

Promotes choice and supports disabled
people to develop independence and
wellbeing based at Disability Stockport.

Contact details above.

CENTREPOINT

 **0161 436 5432**

SHELTER

 **0161 474 2300**

 www.shelter.org.uk

DISABLED LIVING FOUNDATION

Helpline  **0300 999 0004**

 www.dlf.org.uk

HOUSING OPTIONS ADVICE LINE

 **0161 217 6016**

STOCKPORT HOMES RESETTLEMENT TEAM

 **0161 474 3772**

 [www.stockporthomes.org/
advice-and-support/support-
in-the-home/housing-
support/](http://www.stockporthomes.org/advice-and-support/support-in-the-home/housing-support/)

Notes

Use these note spaces to jot down useful names, numbers and websites.



Money

Money is very important. As you get older you need to think about how you get money and what you do with your money.

Getting a job

The best way for young people to earn money is by getting job. The earlier you start to think about getting a job the better.

There are lots of different ways to find a job:

- » Tell friends and family you are looking for a job and they may know someone who can help
- » Go to local shops and businesses, ask them if they have any jobs and give them your CV
- » Use the newspaper or internet to look for jobs
- » Speak to your college tutors or training centre as they can help you get ready for work, and give you the skills to look for and keep a job
- » Visit your local job centre which has an up to date list of available jobs and people who can help you. Ask for a disability employment officer
- » Think about volunteering to get some experience

There are **job centres in Stockport** - to find out more information:

www.stockport.gov.uk/job-vacancies/job-centre-plus

They have job coaches who can help you look for, find and keep a job.

Benefits

When you are 16, you will be asked if you want to receive benefits in your own right. You may be able to get new benefits as well, even if you are still in education.

If you are worried about looking after your own money, you can ask someone to help you manage it - this is called an appointee. The **Department of Work and Pensions (DWP)** will visit you and your appointee to explain how it works and to make sure they are happy with it. The money is still yours and you can still go in your bank. If you have an appointee, they can fill in forms or talk to people about your money for you. **Stockport Direct Centres** can tell you what benefits you and your family are entitled to, or you can go directly to the **Benefits Agency**.

Borrowing money

You need to be 18 to borrow money. If you need to borrow money, **Stockport Credit Union** is a good place to go. You can also ask your bank. Payday loans are a very expensive way to borrow money. You will always have to pay back much more than you borrow. Even just looking on the internet for payday loans can cost you money. Do not give payday loan websites your personal information.

Saving

If you ever have money leftover after you have paid for all your living costs, you can save it for something nice. **Stockport Credit Union** or your Bank can help with this. You may even get a bit extra from your savings provider, this is called 'interest'.



Worried about money?

If you are worried about money, ask for advice before you get into difficulty. You can contact the **Stockport Debt Advice** team. They have qualified debt advisers who can help on a range of queries and can help you to manage your money.

You can also visit the **Money Advice Service** or the **Citizens Advice Bureau**, which are free and trustworthy services.

MoneySavingExpert has lots of advice for saving money, vouchers, calculators, guides and price comparison tables. There are also many discussion forums including 'disability and dosh'. It can be found here:
www.forums.moneysavingexpert.com/forumdisplay.php?f=155

What to do with money

As you're getting older, you will get more money either through work or benefits. This money is not just for spending on nice clothes, music and computer games. Your money is to help you pay for all your living costs including:

- » Bills for electricity, gas and water you use
- » Clothes
- » Food
- » Hobbies and interests
- » Council tax
- » Travelling around
- » Rent
- » Mobile phone
- » TV License/broadband

You also need to think about:

- » If you are living at home with family, do you have to pay something to help out with the costs of the home. If so, how much will this be each week?
- » If you are living on your own or living with other people, what is your share of the bills?
- » How much do your hobbies and interests cost? Can you afford to do all of them?

If you do not pay your rent, bills etc, you can get into lots of trouble. It is important that you learn to budget so you don't end up owing lots of money. There are lots of people who can help you learn to budget, including school, college and **Money Advice Service**. See the following site for more information-
www.moneyadvice.service.org.uk

Bank accounts

It can be difficult to apply for a bank account when you're over 18 so it is important that you get one when you are 16. The document 'opening a bank account' can help you think about what you need to do to open a bank account. See the **Money Advice Service** above for more info.

To get a Post Office card account set up, you'll need to contact the government department that pays your pension, benefits or tax credits. Let them know you'd like to open a card account. -

www.postoffice.co.uk/post-office-card-account

Who to contact

Support with Employment

STOCKPORT DIRECT CENTRE

-  Fred Perry House,
Edward Street,
Stockport.
SK1 3UR

For contact nearer home, look up
your Local centres.

STOCKPORT JOB CENTRE PLUS

-  Heron House,
Wellington Street,
Stockport.
SK1 3BE

 **0845 604 3719**

 www.stockport.gov.uk/job-vacancies/

INDEED

 www.indeed.co.uk

Indeed enables you to easily search jobs posted on thousands of websites. Employers also post jobs directly on Indeed.

ACCESS TO WORK FUNDING

 www.gov.uk/access-to-work

If the help you need at work isn't covered by your employer making reasonable adjustments, you may be able to get help from Access to Work.

Local Support with Money

STOCKPORT CREDIT UNION

 www.stockportcu.com

 **0161 430 5808**

CITIZENS ADVICE STOCKPORT

 www.stockportcab.org.uk/

 **0344 411 1444**

STOCKPORT WELFARE RIGHTS

 www.stockport.gov.uk/benefit-appeals-help

 **0161 217 6003**

STOCKPORT DEBT ADVICE TEAM

 www.stockport.gov.uk/debtadvice

MONEY ADVICE SERVICE

 www.moneyadvice.service.org.uk

 **0800 138 7777**

Web chat available

Notes

Use these note spaces to jot down useful names, numbers and websites.

Friendships and relationships



Staying in touch with friends

Young people often tell us that the most important thing to them is keeping in touch and having places to go to with their friends. There are lots of ways you can keep in touch with your friends, including swapping **phone numbers**, using **social media** sites such as Facebook, Instagram, Twitter, Snapchat, using Skype or Online Multi-Player Gaming. If you want to see your friends, you may want to **go to each other's houses**, or **go out to places** like the cinema, a restaurant, clubs, bars or a local pub.

If it is difficult to organise getting together, ask your family or college tutor if they can help you to arrange to meet up. It can be easier for you to remember if you arrange to meet at the same time and same day each week or month, or you can write it in a diary. You can 'Google' for **disabled access nightclubs or bars in the Greater Manchester area**.

Remember:

When using social media sites, it's important to keep yourself safe – if you feel worried or are getting bullied, tell your parents, tutors or carers.

Falling in love

As you get older you may start to fancy someone, and want to be their girlfriend/boyfriend. This can be exciting but you might be worried about whether the person likes you or how to go about asking the person out. Talk to someone you trust, who can give you help and advice. If you are thinking about having sex with your partner, **Central Youth** can give you all the information and advice you need.

Understanding your emotions and sexuality can be difficult. If you are, or think you are gay, lesbian, bisexual or transgender, you might want to speak to someone from **LGBT+ groups**.

Missing someone

Sometimes people you love may leave you. This can be because you have fallen out with each other, they have moved home or they may have died. It's normal to feel anger, guilt, fear and sadness. This is called grief. If you feel grief, it is important to talk to someone you trust. You could speak to **Cruse bereavement**. If you are always feeling sad and angry you may need to speak to a counsellor who can help you manage your feelings. If you want to speak to someone about how you feel, confidentially call the **Samaritans**.

Being bullied?

Bullying can be things like name-calling, hitting, happy-slapping or stealing. Bullying can happen anywhere, including at school, college, on social media sites, or at work and it can make you feel sad and scared.

There are lots of reasons why people get bullied including because of their clothes, the music they like or because of their disability. It is not your fault but it is really important that you tell someone you trust such as a family member, college tutor or carer.

If someone is bullying you because of your disability, sexuality, culture or religion, this is called a **hate crime** and is very serious. If you think you have been victim of a hate crime it is important that you report it.

Peer pressure

Sometimes you may feel under pressure to do things because your friends and the people you know are doing them. This is called **peer pressure** and it can be difficult to say **No**. Some people may pretend to be your friend and then make you do things you do not want to do, such as spend your money, smoke, drink or even have sex. You may get into trouble because of these friends. It's normal to want to fit in but it's important that you learn to make your own choices and become friends with people who like you for who you are.

Peer pressure:
When your friends
and people you
know try to make
you do something
because they are
doing it.

Abuse

Bullying and being picked on can also happen in your home. If your boyfriend/girlfriend hurts you, this is domestic abuse.

It may be that someone:

- » hurts you physically (e.g. hits you)
- » is sexually abusive (e.g. touches your private parts without your permission)
- » is financially abusive (e.g. takes your money without asking)
- » is emotionally abusive (e.g. always being horrid to you)
- » neglects you (e.g. where someone does not give you enough food, clothes or keeps you warm)

None of this is OK and you must tell someone you trust who will help you to get the support you need. You can tell **Childline** if you are under 18 or contact the **domestic abuse** helplines on the next page or contact **Greater Manchester Police**.

Who to contact

CHILDLINE

 **0800 1111**

 www.childline.org.uk

SAMARITANS

 Heaton Moor Centre,
Thornfield Road,
Stockport.
SK4 3LD

 **0161 432 1221**
116 123 (national number, free to call)

 www.samaritans.org/branches/samaritans-stockport

CENTRAL YOUTH

 1 St Peters Square,
Stockport.
SK1 1NZ

 **0161 204 5888**

 www.centralyouth.org.uk

They provide free and confidential advice, information, counselling and sexual health services for young people aged 11 up to 24.

GREATER MANCHESTER POLICE HATE CRIME REPORTING

 **0800 555 111**

 www.gmp.police.uk

LESBIAN, GAY, BISEXUAL AND TRANSGENDER INFORMATION

 www.stockportplus.org

THE PROUD TRUST LGBT YOUTH GROUP

 www.theproudtrust.org/for-young-people/list-of-youth-groups/wednesdays/

CRUSE BEREAVEMENT

 **0808 808 1677**

 www.cruse.org.uk

STOCKPORT WITHOUT ABUSE

Help and support for women, men and children affected by domestic violence.

 **0161 477 4271**

 info@stockportwithoutabuse.org.uk

 www.stockportwithoutabuse.org.uk

NATIONAL DOMESTIC ABUSE HELPLINE

 **0808 200 0247**

STOCKPORT ALLIANCE FOR POSITIVE RELATIONSHIPS

Support for those experiencing domestic abuse or other relationship problems

 www.stockportapr.org

Notes

Use these note spaces to jot down useful names, numbers and websites.

Getting around

There are different ways to travel to places including, getting a lift, walking, cycling, or using taxis, buses, trains and trams. Your family, school and college can help you learn the skills you need to travel on your own or with friends. This is called **travel training**.

Tips for travelling to somewhere new:

- » Plan the easiest route.
- » Only learn one new route at a time – start with walking to the local shop.
- » Do the route with someone else a few times first.
- » Plan with someone you trust what to do if something goes wrong.
- » Ensure your mobile phone has credit or enough data, calls & texts, so you can phone someone if you get stuck.
- » Your phone may have a GPS in it. Make sure someone you trust has your phone number and password so they can find you if you get lost. Sometimes it is called 'find my phone'.

Pure innovations offer travel training in Bolton, Bury, Stockport, Tameside, Oldham and Rochdale. If you're interested in receiving Travel Training, see the link below or talk to your school or college - www.pureinnovations.co.uk/what-we-offer/travel-training/



Public transport

Disabled people (including those with mental health problems) may be entitled to reduced fare or free public transport. However, just because you had a free bus pass once, does not mean you will automatically get one for life. You will have to reapply when you are 16 and 18 for a bus pass and it will depend on the eligibility criteria.

There are different types of bus passes which you can find out about at www.tfgm.com and search for 'low fares for disabled people'. Door-to-door transport, such as [Ring and Ride](#), also available to use.

Taxis

If you cannot use any public transport, [Transport for Greater Manchester](#) provides a travel voucher scheme, which can pay for taxis and door-to-door services.

Taxis can be expensive, so speak to friends and family who are going to the same place as you to see if they can share the taxi and split the fare. There are some taxi firms who specialise in supporting people with disabilities and/or additional needs. Always make sure that you check the taxi has the accessibility requirements you need – e.g. can fit a wheelchair, allows guide dogs, etc.

Learning to drive

At 17 you can learn to drive. You can find out about learning to drive at www.gov.uk and typing in 'learning to drive'. You can find information about driving if you have a disability. You can also find information at -

www.disabledtraveladvice.co.uk

There are some conditions which mean you will not be able to drive, such as if your eyesight isn't good enough or if you have epilepsy which is unmanaged.

Private transport

Passengers, as well as car drivers, can have a blue badge, depending on their disability.

The badge allows the car you are in to park closer to where you need to go.

You may also be able to pay for a dropped kerb and a disabled parking bay on the road outside your home.

Who to contact

DISABILITY STOCKPORT

 email@disabilitystockport.org.uk

 **0161 480 7248**

OWNFONE MOBILE

 www.myownfone.com

 **0800 699 6699**

OwnFone Mobile is an easy to use telecare/mobile phone that works inside and outside the home – wherever you are.

BLUE BADGES

Blue Badges Information and application – see My Care, My Choice website.

 www.stockport.gov.uk/blue-badges

EASY GO COMMUNITY TRANSPORT

 www.easygocit.org

 info@easygocit.org.uk

 **0161 419 3580**

Provides community transport for people with mobility difficulties or disabilities.

MOTABILITY

 www.motability.co.uk

 **0845 456 4566**

TRANSPORT FOR GREATER MANCHESTER

 www.tfgm.com

 **0161 244 1000**

RING AND RIDE

 www.tfgm.com/public-transport/ring-and-ride-minibuses

 **0845 688 4933 or 0161 200 6011**

STOCKPORT CAR SCHEME

 www.stockportcarscheme.org.uk

 info@stockportcarscheme.org.uk

 **0161 476 2812**

Provides volunteer drivers to help people who struggle to use public transport including disabled people and their carers.

Notes

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Support for hobbies, interests and a social life

Stockport Advocacy has produced a list of activities aimed at young adults and adults with a disability aged 16+.

If you do not feel confident about going to a group by yourself, ask a friend to come with you.

When you finish college you may have a lot of free time. Taking part in activities or having hobbies and interests outside of the home can help you meet new people, keep fit, stay active and be happy.

Community centres, leisure centres, many churches, and other religious centres also have events that you could join.

There are lots of clubs and groups. Some are especially for young people with additional needs and others are open to everyone.

The **Local Offer** has lots of information about activities in Stockport. You can find the **Local offer** at www.sensupportstockport.uk

Who to contact

LOCAL OFFER

The Local Offer website has a list of activities to do listed in the 'What's going on' and 'short breaks and activities' sections.

 www.sensupportstockport.uk

STOCKPORT ADVOCACY

Stockport Advocacy provide a list of activities of everything from clubs to events that are both accessible and disability friendly.

 www.stockportadvocacy.org.uk/wp-content/uploads/2016/08/leisure-activities-2016.pdf



Staying healthy

How can you improve your wellbeing?

Exercise classes and groups for all ages and abilities take place across the borough in leisure centres, community centres, church halls and other venues.

If you need help with getting started, our health improvement service, **Healthy Stockport**, or Leisure Life Centres can help you get healthier. This might include healthy eating, cookery or gardening.

Sometimes when we grow up we may try things that are not good for us, such as smoking, drinking or drugs, which can lead to having an addiction. If you think you have an addiction to drinking or harmful drugs you can contact **MOSAIC** who are a specialist Drug and Alcohol team for 16-25 year olds, they can offer help and advice on how to stop or manage your addiction or contact your GP.

If you want to stop smoking contact **Healthy Stockport** at - www.healthystockport.co.uk

Looking after your own health

As you get older, you have to look after your own health. This includes going to hospital, dentist and optician appointments. It is good to talk to your family, carers or school or college about teaching you how to make sure you remember to go to health appointments and practice going to the surgeries etc.

If you have any worries about your health then go and see your doctor. If you had help from a health professional when you were younger and feel you still need support ask your doctor who can help you get in contact with someone who can help from the age of 18, your doctor will be responsible for your healthcare.

If you have had a Paediatrician (Children's Doctor), they will not see you once you are an adult. If you have a learning disability your doctor can provide a health check for you from the age of 14. Ask your doctor to go on the disability register. Having these health checks every year will help your doctor to know you better and understand the healthcare you need so that when you stop seeing your Paediatrician it will be easier for you.

Health Action Plans (HAPs)

These booklets can help you to understand your health. There are many different types of HAPs so you can choose the one that suits you best. The HAP can be used to record information about your health like allergies, medications and past operations and can also cover any health issues you have now. It can be taken to health appointments so that the health worker can understand more about you and your needs. The things discussed at the appointment can be added to your HAP so that it is up-to-date. If you want any further information about the HAPs (or want a copy for yourself) then ask your school nurse, teacher or your carer or support worker.



Understanding your long term conditions

Whether you have ADHD, Autism, diabetes, epilepsy or another long term condition, it is important that you know about it, understand the impact it can have on your life and how you can manage it. **Healthy Stockport** can give you help and advice and point you in the right direction of groups and services that can also help. Talk to your Paediatrician / doctor or nurse about this. Other people might include your parents/ careers, teacher, social worker or see the useful information in the 14-25 section of the Local Offer.

Feeling stressed?

The stuff that happens as you get older may make you feel anxious and stressed which can affect your health and well being. If you are anxious or stressed, you can feel sick, be unable to sleep, get snappy with people, feel bad about yourself. It can make you feel like you can't cope. If you feel like running away, hurting yourself, not wanting to get out of bed or taking your own life, it's important you talk to someone.

There are lots of people to help you:

- » family members
- » doctor/GP
- » school nurse
- » **Samaritans**
- » teacher

There are a range of self help books in the local library that can help provide a better understanding of your condition. These include ADHD, Autism and Asperger's, body image and eating disorders as well as general well being. Visit your local library to find out more.

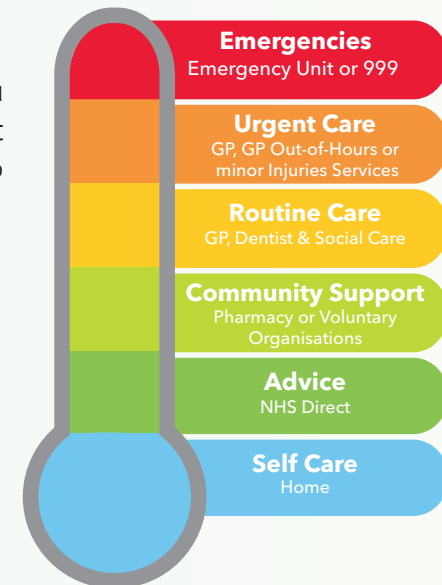
The **Healthy Minds** service is for people over the age of 16 years, who are registered with a Doctor in the Stockport area. They offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks.

If you need to contact or find more information on **Stockport Healthy Minds**, then go to - www.penninecare.nhs.uk/healthyminds/
If you're under 16 then go to - www.healthyyoungminds.nhs.uk

Knowing where to turn

Your pharmacist (chemist) can give you some advice if you are feeling ill but not very bad. If you are feeling very bad try to see your doctor.

If you have a bad accident or you need to see a doctor straight away, go to Accident and Emergency or phone 999 (the nearest Accident and Emergency department is at **Stepping Hill hospital**. If you are not sure you can phone 111). If you want to find your nearest health service (doctor, dentist, optician, pharmacist etc.) go to www.nhs.uk



Who to contact

STEPPING HILL HOSPITAL

 0161 483 1010

HEALTHY STOCKPORT

 www.healthystockport.co.uk

LIFE LEISURE

 www.lifeleisure.net

STOCKPORT FAMILY INFORMATION HUB

 www.stockport.fsd.org.uk/kb5/stockport/fsd/home.page

HEALTHY YOUNG MINDS (UNDER 16)

 0161 716 5868

 www.healthyyoungminds.nhs.uk

HEALTHY MINDS STOCKPORT

 0161 419 5725

 www.penninecare.nhs.uk/healthyminds/

MOSAIC

Drug and alcohol support for young people aged 16-25 and their families.

 0161 218 1100

 Central House,
Grand Central,
Stockport.
SK1 3TA

THE PREVENTION ALLIANCE (TPA)

Provides support to families and young adults over 17 if you are vulnerable due to health, wellbeing or situation.

 0161 474 1042

 info@stockportpa.co.uk

 www.stockportpa.co.uk

STOCKPORT WELLBEING AND INDEPENDENCE NETWORK (WIN)

 0161 474 5946

 www.stockport.gov.uk/services/socialcarehealth/adultsocialcare/workinginpartnership/preventativecommissioning/

DYSLEXIA ACTION

 01625 530158

 www.dyslexiaaction.org.uk

STOCKPORT PSYCHOLOGICAL WELLBEING SERVICE

 0161 480 2020

 www.stockportpws.org.uk

SHELF HELP

Books recommended by young people and health experts

 www.readinghack.org.uk/readingwell

Notes

Use these note spaces to jot down useful names, numbers and websites.

If you need more support

Sometimes you may need more support than you can arrange for yourself or that your friends, family or community can give you. This is when Stockport Council may be able to help.

If you are aged **under 18**, you need to telephone **MASSH (Stockport Multi-Agency Safeguarding and Support Hub)** on:

 **0161 217 6028**

If you or your family need help then **Stockport Family** are here to assist you on :

 **www.stockportfamily.uk**

If you are **18 or over** you need to contact the **adult social care contact** team:

 **0161 217 6029**

 **www.mycaremychoice.org.uk/home**

If you already have a support package from children's social services, they will tell adult services when you are 16. A Transition Social worker will then come out and speak to you and your parents/carers about whether you are able to have a support package once you are 18 and what this might look like.

Things you might need to know

Adult social care is all about promoting independence and will aim to make you as independent as possible. This means that just because you had a service in children's services, it does not mean you will get the same type of service in adult services. A transition assessment will be done to see if you are eligible.

Information about what support you can have can be found at-

www.mycaremychoice.org.uk/home

Once on the site, go to 'Get help and support' then to 'Get help from adult social care' and you'll find 'Check your eligibility and Finance' and follow the guidance from there. There may be a cost to you for the services you get. The greater the risk to your health, safety and independence, the more we can support you.

How can we help?

We can **assess** your situation to find out if you are entitled to social care support from us. We can put you in touch with other people who may be able to support you.

If you are not entitled to support, we will give you information and advice and suggest other groups and services, which can help.

Assess: This is where we talk with you, and anyone who helps you, about what you can do for yourself, what you need support with and the sort of support you might need.



Notes

Use these note spaces to jot down useful names, numbers and websites.



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



If you need help with this information, please telephone Stockport Interpreting Unit on 0161 477 9000, or email eds.admin@stockport.gov.uk

اگر آپکو ان معلومات میں مدد کی ضرورت ہو تو براہ مہربانی سٹاکپورٹ انٹریپریٹنگ یونٹ کو
0161 477 9000 پر فون کریں یا ای میل کریں eds.admin@stockport.gov.uk

إذا كنت بحاجة إلى المساعدة بخصوص هذه المعلومات، يرجى الاتصال هاتفيا على
وحدة الترجمة فنى ستوكبورت على الرقم: 0161 477 9000 أو على البري
الإلكتروني: eds.admin@stockport.gov.uk

اگر برای این آگاهی به کمک نیاز دارد لطفا با واحد مترجمی سٹکپورٹ به شماره
تلفن زیر تماس حاصل فرمائید: 01614779000 و یا به نشانی زیر ایمیل
بفرستید: eds.admin@stockport.gov.uk

Jeśli potrzebujesz pomocy w zrozumieniu zawartych tu informacji,
skontaktuj się z działem tłumaczeniowym Stockport Interpreting Unit
pod nr 0161 477 9000 lub wyślij email na adres:
eds.admin@stockport.gov.uk

如果您需要帮助来了解这些资料，请致电0161 477 9000或发电邮
至eds.admin@stockport.gov.uk向「斯托克波翻译小组」查询

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If amendments are needed, email to helen.hayes@stockport.gov.uk

