



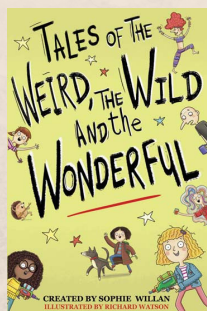
STOCKPORT CARE LEAVERS EXPRESS

CAFE ZEST

Open Every Wednesday between 5-8pm

Café Zest is a drop in café for all care leavers. The café is located in Stockport town centre. We run every Wednesday evening from 5pm till 8pm. Each week we make a freshly cooked meal, run activities like arts and crafts, fun games, team challenges and invite guest speakers from different services. Café Zest has been running for over 3 years now and has around 15 members who come every week. We love seeing new members, even if you just pop in every now and then. We're all a lovely bunch so please come along and join us for any more information please contact

Janine 07711017391 or on **Facebook Janine Insight**



Sophie Willan launched her book 'Tales of the Weird, the Wild and the Wonderful' this month. The stories were written by care leavers. One of these care leavers was a young person who comes to Cafe Zest; her name is Chelsea.

Chelsea wrote a story called 'Being Franny Georgette Tinkleboom'. We are really proud of you Chelsea x

Pure Insight

We are a local charity setup to support care leavers.

We have created many different projects that care leavers can get involved with. Do you want to know more or want to get involved?

Contact me on **Facebook Janine Insight** or call / text me on **07711017391**

I'm Ali I'm a Worker from the SRE (sex and relationships) team at central youth. Every afternoon I work at Central Youth at the drop in. I go along to Café Zest once a fortnight to offer advice about sexual health, contraception, relationships, I give out condoms and can do RUClear tests. We often do activities about positive relationships and I can help you access Central Youth services. I love going to the cafe, it's such a great place with a lovely nurturing atmosphere , and the staff and young people are brilliant!! Check out The Central Youth web site and Facebook and twitter for more info. www.Centrallyouth.org..



An interview with Janine Hall from Pure-Isight.

Hi Janine what is your job?

Hi I am the youth engagement worker here at pure insight. This means that I work with young people who are care leavers and need support in any area of their life by engaging with them to access what they need. This also involves listening to the issues young people face and feeding this information back to the local authority to try and make changes that will improve the life of Stockport care leavers.

What brings you to this job?

I am a Stockport care leaver. I left care to live independently when I was only 16 years old. I was pregnant at 18 with my 1st child. I had no family connections and very little reliable friends and found life as a care leaver very difficult at this time. I always wanted to work in a children's home growing up because I wanted to do something good for people who lived how I lived, but then I thought about the older young people, the people who had left care and like me was struggling to live independently.

How long have you worked for Pure-Insight?

In 2012 I went to collage and studied youth and community work and then in 2013 I became a volunteer at a very new charity that was set up to support care leaversPure-Insight. I have been with pure-Insight for 4 years now and have met some incredible young people along my journey, I love working with Stockport care leavers and look forward to continuing to support care leavers any way I can.

What stuff can you help me with?

I can help you share your views on things that matter to you, to the people who can help make a difference. I can help you meet other care leavers through different projects and activities we run. I can help you achieve the goals you have. I can help you get involved in pieces of work to make changes to services that will benefit other care leavers in the future. I can come to meetings with services to support you through it. There are many things I can help with but its unique to each young person what support they need. I will always try my best to help anyway I can.

Do you remember how you felt on your first day?

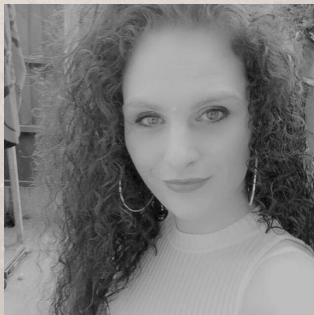
I do indeed I was very excited and couldn't wait to get out meeting young people, it was a very nerve racking day as I didn't know what to expect. When I started there was only 3 people who worked at the charity so it was a very small team which was good for me because it wasn't overwhelming for me to become part of the team. Everyone welcomed me and was really kind and helpful.

What is your favourite thing to do outside work?

I have 3 children so I spend most of my free time entertaining the kids I like to go for walks with our dog Layla. We like to take bus rides in to Manchester to see all the museums, and plenty of walks/bike rides to the park.

What is your favourite food?

Ohhh that's a hard one for me to answer because I absolutely love food. I don't think I can choose just one so my top 3 favourite foods have to be, a full English breakfast (black pudding too) one of my lovely Sunday roast dinners, I do make a mean roast J and BBQ pulled pork. Wow I'm now hungry and wanting to eat them all haha!



How can I contact you if I want to?

You can contact me by call/text/whatsapp on my phone 07711 017391 or if you have a facebook account you can add me Janine Insight. You can also email me at Janine@pure-insight.org.uk

Useful Information

Pure Insight

0161 474 5400

Sanderling Building, Bird hall Lane, Cheadle Heath, SK3 0RF

Stockport Family

0161474 2100/ 0161 474 2300

Children's rights

0161 474 2564

childrensrights@stockport.gov.uk

NHS HELP LINE

111

Medical advice line for NON-EMERGENCY advice

Samaritans

08457 90 90 90 (Freephone 116 123)

Thornfield Rd, Stockport SK4 3LD

FOOD BANKS

Reddish Bairstow Centre, Rupert Street, Reddish. SK5 6DL

Thursday 10.30am - 12.30pm

Saturday 10.30am - 12.30pm

Hazel Grove Baptist Church

Station Street, Hazel Grove. SK7 4EX

Monday 12.30pm - 2.30pm (excl Bank Holidays)

Wednesday 11.00am - 1.00pm

Friday 11.30am - 2.30pm

The Junction, Heaton Norris

17 Didsbury Road, Stockport. SK4 2BD

Monday 1.00pm - 3.00pm (excl Bank Holidays)

Thursday 1.00pm - 3.00pm

St Mark's Bredbury

Redhouse Lane, Stockport. SK6 1BX

Tuesday 12.30pm - 2.30pm

Chelwood Baptist Church

Adswood Road, Cheadle Hulme. SK8 5QA

Tue/Wed 10.30 - 12.00pm

Thursday 10.30 - 2.00pm

Wellbeing Independence Network (WIN)

Do you require support to find out what's going on in the Stockport community?

Are you over 18 and living in Stockport?

We are part of the **Wellbeing Independence Network (WIN)** and offer short-term practical support to help people with wellbeing in the community. We can help you access a wide variety of social, leisure, learning and employment support or volunteering opportunities.

We have supported people with creating and updating CV's, finding local lunch groups local, accessing leisure activity, reading, cross-stitch and bridge sessions and also referring people to other supported employment programmes and helping them apply for volunteering roles locally.

Get in touch and find out how we can help you!

Call WIN on

0161 474 5946

Have Your Say!

Would you like to get involved with focus groups to give your feedback on issues care leavers face? Have you had a good or bad experience with services such as housing, mental Health, youth offending etc. and want to share your experience to help improve services for care leavers? Get in touch with

Janine Insight on Facebook.

Need help looking for work?

Talent Match is an employment support programme for care leavers age 18-24. It provides 1:1 support to gain and sustain paid employment through Pure Innovations. To be Eligible you need to be NEET and not on the Work Programme

If you would like more info contact
Elaine Clayton
07860782484
or email: info@pure-insight.org.uk

Stockport Food / Fuel Banks

We're delighted to announce that clients coming to Stockport Foodbank now have the opportunity of applying for assistance with their gas and electric bills. A special fund organised by the Trussell Trust and other Corporate Institutions mean that those facing tough times in heating their homes or not having enough power to cook, can now make an application to this fund for support. Clients must be referred to the Foodbank initially for food, however once that has been met then an application for fuel help can be made too.

To find out more visit:

<https://stockport.foodbank.org.uk/news/>

DID YOU KNOW?

The leaving care team have joined with other services at central house.
What services will you find in central house?

Leaving Care Team
SFYP (Services for Young People)
MOSIAC (substance misuse service)
YOS (Youth Offending Service)
Social Workers
Health Visitors
School Nurses
Mental Health Drop in for Care Leavers

