

Pure Insight - Signposting  
Updated - July 2017

Name	Category	Website	Phone	Email	Description
Mellor Country House	Holiday	<a href="http://www.mellorcountryhouse.co.uk">www.mellorcountryhouse.co.uk</a>	0161 4271893	<a href="mailto:mellorcountryhou@btconnect.com">mellorcountryhou@btconnect.com</a>	People in crisis are offered a short break / holiday
Christians Against Poverty (Reddish)	Debt Advice	<a href="http://capuk.org">capuk.org</a>	01274 760720	<a href="mailto:info@capuk.org">info@capuk.org</a>	It is a charity that will help people in debt, usually with a one off sum of money but very handy for our young people
Stockport Local Assistance Scheme	SMBC	<a href="https://www.stockport.gov.uk/stockport-local-assistance-scheme">https://www.stockport.gov.uk/stockport-local-assistance-scheme</a>	0161 474 2101	<a href="mailto:slas@stockport.gov.uk">slas@stockport.gov.uk</a>	The aim of the Stockport's Local Assistance Scheme is to: •provide a safety net in an emergency, when there is an immediate threat to health or safety •to help people to settle into new accommodation after for example, a stay in hospital or temporary accommodation •to help support people to continue to live independently when they are facing difficulties
Diversity Service	SMBC	<a href="https://www.stockport.gov.uk/stockport">https://www.stockport.gov.uk/stockport</a>	0161 477 9000	<a href="mailto:eds.admin@stockport.gov.uk">eds.admin@stockport.gov.uk</a>	Interpreters and advice
Rochdale Law Centre	Refugee / Migrant	<a href="http://www.rochdalelawcentre.org.uk/">http://www.rochdalelawcentre.org.uk/</a>	01706 657 850	<a href="mailto:admin@rochdalelawcentre.org.uk">admin@rochdalelawcentre.org.uk</a>	Free legal advice is provided in the areas of Housing, Asylum, Immigration and Employment
RAMDA	Refugee / Migrant	<a href="http://www.ramda.org.uk/">http://www.ramda.org.uk/</a>	0161 636 7592	<a href="mailto:info@ramda.org.uk">info@ramda.org.uk</a>	Refugee and Migrant support
Stockport Leaving Care Team	SMBC - LCT		0161 217 6028		LCT 9-5
Stockport Leaving Care Team	SMBC - LCT		0161 718 2118		LCT - out of hours
The Care Leavers Foundation	Care Leaver	<a href="http://www.thecareleaversfoundation.org">http://www.thecareleaversfoundation.org</a>	01678 540598	<a href="mailto:janet.rich@thecareleaversfoundation.org">janet.rich@thecareleaversfoundation.org</a>	The Care Leavers' Foundation provides much needed help to care leavers
Care Leavers Association	Care Leaver	<a href="http://www.careleavers.com/">http://www.careleavers.com/</a>	0161 637 5040	<a href="mailto:info@careleavers.com">info@careleavers.com</a>	The Care Leavers Association is a national user led charity aimed at improving the lives of care leavers of all ages. We bring together the voices and experiences of care leavers to support care leavers of all ages, improve the current care system and change for the better society's perception of people in care.
Stockport Homes - West	Housing	<a href="http://www.stockporthomes.org/">http://www.stockporthomes.org/</a>	0161 474 4371	<a href="mailto:west.area.housing@stockporthomes.org">west.area.housing@stockporthomes.org</a>	Manage the housing stock owned by Stockport Council - offices in Bridgehall
Stockport Homes - East	Housing	<a href="http://www.stockporthomes.org/">http://www.stockporthomes.org/</a>	0161 474 4372	<a href="mailto:east.area.housing@stockporthomes.org">east.area.housing@stockporthomes.org</a>	Manage the housing stock owned by Stockport Council - offices in Brinnington
Stockport Homes Housing Options	Housing	<a href="http://www.stockporthomes.org/">http://www.stockporthomes.org/</a>	0161 474 4237	<a href="mailto:homechoice@stockporthomes.org">homechoice@stockporthomes.org</a>	
Stockport Homes Resettlement Team	Housing	<a href="http://www.stockporthomes.org/">http://www.stockporthomes.org/</a>	0161 474 3774		
Stockport Homes Repairs	Housing	<a href="http://www.stockporthomes.org/">http://www.stockporthomes.org/</a>	0161 217 6016	<a href="mailto:housing.repairs@stockporthomes.org">housing.repairs@stockporthomes.org</a>	Housing repairs
Shelter Advice Line	Homelessness	<a href="http://england.shelter.org.uk/home">http://england.shelter.org.uk/home</a>	0808 800 4444	<a href="mailto:info@shelter.org.uk">info@shelter.org.uk</a>	Shelter helps millions of people every year struggling with bad housing or homelessness through our advice, support and legal services. And we campaign to make sure that one day, no one will have to turn to us for help.
Childrens Legal Centre	Legal		0808 802 0008		Child Law Advice Line
The Wellspring	Homelessness	<a href="https://www.thewellspring.co.uk/">https://www.thewellspring.co.uk/</a>	0161 477 6344	<a href="mailto:thewellspring@btconnect.com">thewellspring@btconnect.com</a>	The Wellspring is a resource centre for homeless and disadvantaged people. The project is on Harvey St, behind Robinsons brewery in the town centre of Stockport
Childrens Rights Alliance for England	Children	<a href="http://www.crae.org.uk/">http://www.crae.org.uk/</a>	020 3174 2279	<a href="mailto:info@crae.org.uk">info@crae.org.uk</a>	CRAE is a membership body for organisations and individuals committed to our vision: a society where the human rights of all children are recognised and realised
National Youth Advocacy Service	Children	<a href="https://www.nyas.net/">https://www.nyas.net/</a>	0808 808 1001	<a href="mailto:help@nyas.net">help@nyas.net</a>	NYAS provides advocacy and legal representation to children and vulnerable adults when important decisions are being made about them. The children and young people NYAS work with might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating
NACRO	Ex-criminal Support	<a href="https://www.nacro.org.uk/">https://www.nacro.org.uk/</a>	0300 123 1889	<a href="mailto:helpline@nacro.org.uk">helpline@nacro.org.uk</a>	Help vulnerable people reach their potential by addressing social exclusion, inequality of opportunity and issues of deprivation. Support for ex-criminals on housing, drug abuse, employment, education and training, volunteering and managing money.
Welfare Rights	SMBC	<a href="https://www.stockport.gov.uk/benefit-">https://www.stockport.gov.uk/benefit-</a>	0161 474 3093		
Mind	Mental Health	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	0300 123 3393	<a href="mailto:info@mind.org.uk">info@mind.org.uk</a>	Provides information on a range of topics including, types of mental health problems, where to get help, medication and alternative treatments, advocacy
Scope	Disability	<a href="https://www.scope.org.uk/">https://www.scope.org.uk/</a>	0808 800 3333		Scope is a charity that exists to make this country a place where disabled people have the same opportunities as everyone else
FRANK	Substance Abuse	<a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a>	0300 123 6600		Confidential drug helpline - open 24x7 (365 days a year)
Samaritans	Helpline	<a href="http://www.samaritans.org/">http://www.samaritans.org/</a>	116 123	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	FREE confidential helpline (suicidal, desperate, lonely) - open 24x7 (365 days a year)
NSPCC	Helpline	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>	0808 800 5000	<a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>	National Society for the Prevention of Cruelty to Children - open 24x7 (365 days a year)
RSPCA	Helpline	<a href="https://www.rspca.org.uk/">https://www.rspca.org.uk/</a>	0300 1234 999		Royal Society for the Prevention of Cruelty to Animals - open 24x7 (365 days a year)
ChildLine	Helpline	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>	0800 1111		A free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime - open 24x7 (365 days a year)
Refugee	Refugee / Migrant	<a href="http://www.nationaldomesticviolence">http://www.nationaldomesticviolence</a>	0808 2000 247		24-hour National Domestic Violence - Free Helpline
Mencap	Disability	<a href="https://www.mencap.org.uk/">https://www.mencap.org.uk/</a>	0808 808 1111	<a href="mailto:helpline@mencap.org.uk">helpline@mencap.org.uk</a>	Support for people with learning disabilities

OWLS (Clare)	Abuse	<a href="http://owlsgroup.myfreesites.net">http://owlsgroup.myfreesites.net</a>	07548 134670		Ongoing Women's Local Support - This group of amazing women is supporting victims of domestic violence in Stockport
Stockport Without Abuse	Abuse	<a href="http://www.stockportwithoutabuse.org">http://www.stockportwithoutabuse.org</a>	0161 477 4271	<a href="mailto:info@stockportwithoutabuse.org.uk">info@stockportwithoutabuse.org.uk</a>	
Womens Aid (National)	Abuse	<a href="https://www.womensaid.org">https://www.womensaid.org</a>	0808 200 0247	<a href="mailto:helpline@womensaid.org">helpline@womensaid.org</a>	
Stockport Police DVO Team	Abuse		0161 856 7974		Stockport Domestic Violence Team Opening hours (voicemail) Mon-Fr 7am - 8pm, Sat- Sun 7am - 5pm
Manchester Womens Aid	Abuse	<a href="http://www.manchesterwomensaid.org/">http://www.manchesterwomensaid.org/</a>	0161 636 7525	<a href="mailto:referrals@manchesterwomensaid.org">referrals@manchesterwomensaid.org</a>	Manchester Women's Aid Domestic Abuse Service offers information, advice and support about domestic and sexual abuse/violence. Support can be given on the telephone or face to face.
Stockport Foodbank	Foodbank	<a href="https://stockportfoodbank.org.uk">https://stockportfoodbank.org.uk</a>	0161 487 3370	<a href="mailto:foodbank@stockportfoodbank.org.uk">foodbank@stockportfoodbank.org.uk</a>	
The Furniture Station	Furniture	<a href="http://www.furniturestation.org.uk">www.furniturestation.org.uk</a>	0161 456 0717	<a href="mailto:admin@furniturestation.org.uk">admin@furniturestation.org.uk</a>	At The Furniture Station we work towards relieving poverty & distress by providing good-quality pre-loved furniture items to families and individuals experiencing financial hardship in Stockport and surrounding areas with Greater Manchester & East Cheshire.
Domestic Violence UK	Abuse	<a href="https://domesticviolenceuk.org">https://domesticviolenceuk.org</a>	0808 200 0247	<a href="mailto:info@domesticviolenceuk.org">info@domesticviolenceuk.org</a>	Domestic Violence UK CIC is a not-for-profit organisation set up to provide information, support and raise awareness on the issues of domestic and emotional abuse.
The Mens Advice Line	Abuse	<a href="http://mensadvice.org.uk/">http://mensadvice.org.uk/</a>	0808 801 0327	<a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a>	Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).
National LGBT Help Line	Helpline	<a href="http://www.galop.org.uk/domesticabuse">http://www.galop.org.uk/domesticabuse</a>	0300 999 5428	<a href="mailto:help@galop.org.uk">help@galop.org.uk</a>	Emotional and practical support for LGBT people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too.