

ONE STOCKPORT Family Hubs

Holiday support

Free online support for parents

Need a little extra support during the holidays? Whether you're parenting a baby, a teen, or a child with SEND, there's free online help available for you anytime, anywhere. Here's what you can explore:

Family Hubs: Information to support you and your family from pregnancy through to young people aged up to 19, or up to 25 with special educational needs and disabilities (SEND).

Family Hubs app: Your go-to library of videos, tips, and resources - from potty training to teenage behaviour. Register to get local updates and personalised support based on your child's age from your local Family Hubs team.

Stockport SEND Local Offer: Support for children and young people with special educational needs and disabilities (SEND), their families and carers.

Parenting support: Quick links to trusted advice and guidance for every stage of your child's development.

Essential Parent: A library of information, videos and resources to support parents of children of all ages.

Togetherness: Free online courses to help you support your child's emotional wellbeing - and your own.

Kooth offers free, safe, and anonymous mental health support for young people including live text chats with counsellors, 365 days a year with no waiting lists or referrals.

YoungMinds offers practical advice, emotional support, and real stories from other parents to support you while you support your child.

Discover local services and support groups in your community

Children and families directory

SEND services directory

Live Well directory: find all directories including support for adults, health and wellbeing, communities and financial support

Holiday Activity and Food (HAF) clubs

How to find and book holiday activities: Free spaces are available for children on income-based free school meals. Our clubs are as inclusive and accessible as possible, with some SEND-specific options and 1:1 support also available. Check your email from hello@holidayactivities for the link and see what's on offer.

Find family-friendly events and activities happening near you

Children and family events calendar

SEND and ND events calendar

What's On in Stockport

Updates and activities happening near you:

[One Stockport Family Hubs Facebook](#)

[Stockport SEND Local Offer Facebook](#).

Can't find what you're looking for? Try the Family Hubs [online enquiry form](#).

