

Holiday support for families

Free online support

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.

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

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

Find family-friendly events and activities happening near you

[Children and family events calendar](#)

[SEND and ND events calendar](#)

[What's On in Stockport](#)

Daily updates on services and activities:

[One Stockport Family Hubs Facebook](#)

[Stockport SEND Local Offer Facebook](#)



ONE STOCKPORT Family Hubs

Holiday Activity and Food (HAF) clubs

Stockport's HAF programme ensures [eligible](#) children can enjoy fun, active days with a healthy meal included. We don't use the central booking system during half term holidays. To book a space, browse the list of [HAF providers](#) and contact them directly. While these clubs are primarily available to those eligible for income based free school meals, we can offer some spaces to children that are classed as 'otherwise vulnerable', including some with SEND. [Autisk](#) and [Progressive Sports](#) run SEND specific clubs.

Short breaks

Did you know Stockport offers a range of [short breaks](#) designed to support children and young people with SEND and give families a chance to rest and recharge? Some options are available without assessment, while others may require a Short Breaks or Child and Family Assessment. If you're a SEND parent or carer, take a look at our short breaks web pages to see what's available, how to access support and see what could work for your family. This includes:

- [Autisk](#) – Community support group for families who have children and young people with autism, anxiety and other disabilities or learning difficulties.
- [Bee Cared 4 Holiday Activities](#) is a holiday activity club for high needs children who need one to one funded through short breaks.
- [Kids Go Wild](#) runs an inclusive universal forest school holiday club every Stockport half term. Capacity is limited, particularly for one-to-one spaces.
- [CADS school holiday programme](#) - the Seashell Trust's school holidays programme is open to disabled and non-disabled young people aged 8-16 years. **Please note there is a 12-month waiting list.**

Holiday programmes and Play schemes

- [Life Leisure](#) offer regular play, fitness and swim sessions, many of which are inclusive. Some families or carers and support workers may be eligible for the Stockport Active Card, which will provide discounted swimming and other activities across Life Leisure hubs. In addition, if you have a disability and are in receipt of disability benefit and require support to access the Hub, you can apply for a companion/carer card to access the gym and pool for free if you are accompanying an individual to a session.
- [Practically Family](#) holiday clubs are SEND inclusive and offer a wide range of activities, designed to cater to everybody's interests. They do not take children who need one to one support.
- [Funfest](#) is a mainstream holiday club with several sites which are inclusive. Some children get additional funding for one to one through short breaks.
- [Progressive Sports](#) offer a range of services to encourage children to be physically active. They run holiday courses including SEND specific HAF clubs.

