

Promoting choice and supporting ex-military to improve independence and wellbeing



LIVE AT EASE



Reaching out to Ex Armed Forces in the community

Disability • Autism • Sensory Impairment
Brain Injury • Mental Health

Are you struggling with....

Money worries or debts



Health/Disability benefits claims or appeals



Low mood, anxiety, depression, or bereavement



Homelessness or at risk of homelessness



Volunteer opportunities or finding employment



Feeling isolated or socially excluded



Accessing leisure and/or social activities



Any other health and wellbeing struggles

We can help.

Disability Stockport has 42 years of experience of providing a high level of specialised support to adults and their families experiencing physical disabilities, hidden disability, learning disability, sensory loss and/or long term health condition who are resident in the Metropolitan Borough of Stockport and Greater Manchester.



PROUDLY
SUPPORTING
THOSE WHO
SERVE.

Peer Support • Social Prescribing Wellbeing Support • Counselling

For further details or to access our support, please contact our
Veteran Services Manager, Gavin Jones

Telephone: 0161 480 7248

Email: liveatease@disabilitystockport.org.uk

www.disabilitystockport.org.uk



@disabilitystockport



@disabilitySK

Working alongside and Supported by



University of
Salford
MANCHESTER



THE
POPPY
FACTORY



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



Rebuilding
lives after
sight loss

HELP for
HEROES
SUPPORT FOR OUR WOUNDED



Our Opening Times

Monday to Friday

0900 - 1600

23 High Street

Stockport

SK1 1EG



Registered Charity No. 1133529