

# STAY WELL WEEK

11<sup>TH</sup>-15<sup>TH</sup> OCTOBER





*Your Local*  
**PANTRY**

Your Local Pantry is an affordable community food store, ran by volunteers in your local area. Members pay a small weekly fee and can choose their own food items, from chilled and frozen products to cereals as well as free fruit and veg!

Membership is open to all and no referrals are needed, you just need to live within the local area. We even have family memberships available for households of 3 or more.

To sign up, simply go to our website or Facebook page or even just pop down your local pantry and we can sign you up there and then.



**UC** Universal  
Credit  
uplift is ending  
**Sept 21**

With the Universal Credit uplift coming to an end – have you thought about becoming a member at the pantries?

**For £3.50 a week**

you can get a shop worth approx. £20 retail price

Become a member today

[www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk)



# Your Local Pantry this Autumn

Weekly shop for households of up to 2 people

**£3.50**

Weekly shop for families (3+ people in household)

**£6.50**

## Locations and opening times:

### **Penny Lane Pantry**

Hanover Towers, Lancashire Hill

**Tuesdays 3.30 – 5.30pm**

**Wednesdays 10 – 12pm**

### **Woodley Pantry**

Arthur Greenwood Centre, Hipley Close, SK6 1ES

**Tuesdays 3 – 6pm**

**Wednesdays 10 – 1pm**

### **Brinnington Pantry**

First House Community Centre, Brinnington

**Thursdays 3 – 6pm**

**Fridays 10 – 1pm**

### **Pantry at Number 5**

5 Cuddington Crescent, Bridgehall, SK3 8LX

**Thursdays 3 – 6pm**

**Fridays 10 – 1pm**

### **Mottram Street Pantry**

Mottram Towers, Mottram Fold, Town Centre

**Thursdays 3.30 – 5.30pm**

**Fridays 10 – 11.30am**

Visit [www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk) or each Pantry's individual Facebook page. Alternatively, you can contact [pantry@stockporthomes.org](mailto:pantry@stockporthomes.org) or 07866 999844 for more information.





## Energy Advice

Do you have high energy bills, struggling to stay on supply or you are running up fuel debt? If so, our Energy Solutions Advisors may be able to help you.

Our Energy Solutions Advisors can provide you with free home energy advice. We have already helped over 2,000 customers, and we can help with:

- **Fuel debt advice.** We will explore all options to help you with your fuel debt working with yourself and your supplier.
- **Tariff check and switching support** - Worried about switching? Do not worry we provided 1 to 1 support to help you through the process.
- **Help you make the best use of energy in your home.** Save energy and save money by being energy savvy.
- **Help understanding energy bills and your smart meter.** Get the most out of your meter to help you understand how to save money on your energy.
- **Help you with heating systems and controls.** Make sure you know how to control your heating to save money.

## Have you applied for the Warm Home Discount?

The Warm Home Discount Scheme is a government initiative that gives some low-income households a £140 discount on their electricity bill.

It's a one-off discount administered by your energy supplier providing your energy supplier participates in the scheme. It is not a cash payment but comes as a reduction in your bill or as a top up if you have a prepayment meter. Do not miss out! Contact the Energy Advice Team for support with your application by visiting [www.stockporthomes.org/energyadvice](http://www.stockporthomes.org/energyadvice), email [energy.advice@stockporthomes.org](mailto:energy.advice@stockporthomes.org) or call **0161 474 4062**

## Money advice

Stockport Homes Money Advice Team offers free, confidential and impartial money and benefit advice to all Stockport Homes tenants. We can help if you want to check if your current benefits are correct, if you are new to benefits and not sure what to claim, if you're in arrears with your rent or bills, or if you have had a change in your circumstances and are not sure what to do. You can contact the team by phone on **0161 217 6016 (option 3)**, by email at [moneyadvice@stockporthomes.org](mailto:moneyadvice@stockporthomes.org) or by visiting the Advice and Support pages on Stockport Homes' website, where you can webchat with one of the team. Here you'll also find step-by-step guides on topics such as how to make a claim for Universal Credit, or how to report a change in circumstances to Housing Benefit, as well as a free benefit and budgeting calculator.



This year  
we've saved  
**49**  
tonnes  
from landfill

# Furniture Recycling Project

The Furniture Recycling Project, part of Foundations Stockport, collects and recycles furniture and electrical white goods in good working condition. These items are donated to families or residents in need. They may lack the basic items that make their property a home and may have been homeless or living in temporary accommodation.

Furniture is collected from empty properties and through donations from people across the borough. All items are cleaned and tested and must have the relevant fire labels attached. This year the project put all the items to good use and saved over 49 tonnes of unwanted furniture from landfill. The work is invaluable to so many people and relies heavily on donations. One customer recently said :-

*“I have been homeless and would not have been able to furnish my home – thank you.”*

The team are always looking for good quality donations of furniture to help the project so please spread the word amongst friends and family. If you are interested in donating furniture or volunteering then please complete the form online.

[www.foundations-stockport.org/furniture](http://www.foundations-stockport.org/furniture)

# Why Getting Online matters

**We want to make sure no one misses out on opportunities to**

- connect with friends and family
- save money
- apply for jobs
- manage their healthcare



Stockport's 'DigiKnow' movement is an alliance of local groups and organisations from all sectors who are committed to helping Stockport residents to get online and improve their digital skills.

For residents with no way to access the internet, the DigiKnow Device Library offers free to borrow tablets and laptops, many with free data packages.

All come with help from Digital Champions to get online and stay safe online. For support getting online, or if you'd like to borrow a device.

**Call the DigiKnow Helpline on  
07537 127095**

You can also use computers for free at any Stockport library and library staff can help you get online.

A list of community groups and organisations offering digital skills support across Stockport can be found on the Stockport Local Online Directory. **Visit [www.stockport.gov.uk/groups](http://www.stockport.gov.uk/groups) and search Digital.**



# LGBTQ+

LGBTQ Forward is Stockports LGBT+ Centre and a dedicated safe space for LGBT+ folks, family and friends, to meet, participate and share with the wider community. Forward provide a local, accessible and inclusive safe space, increase intersectional activity and promote good physical and mental health.

For more information please visit

**[forwardlgbt.org.uk](http://forwardlgbt.org.uk)**

or contact [info@forwardlgbt.org.uk](mailto:info@forwardlgbt.org.uk)

Forward 

# Disability



Disability Stockport are a local charity who have been improving the lives of people, and their carers, with physical disabilities and/or sensory impairment for over 30 years. Disability Stockport provide a range of support services, support groups and drop ins.

Please visit

**[disabilitystockport.co.uk](http://disabilitystockport.co.uk)**

for more information or contact

**[email@disabilitystockport.org.uk](mailto:email@disabilitystockport.org.uk)**



# Mental Health Apps & Websites for young people



## **Calm Harm**

This app has many functions that help reduce the urge to self-harm.

[www.calmharm.co.uk](http://www.calmharm.co.uk)



## **Catch It**

Designed by the University of Manchester and the University of Liverpool, this app uses the key principles of psychological approaches to help its users understand their moods through an ongoing diary

[www.liverpool.ac.uk/csd/app-directory/catch-it/](http://www.liverpool.ac.uk/csd/app-directory/catch-it/)



## **Sleepio**

An app focused on sleep improvement which has been proven to help people fall asleep quicker.



## **Stress & Anxiety Companion**

A great app with a lot of insightful information and activities to help you alleviate stress and anxiety.



## **Student Health App**

This app works to reduce your worries and make you feel more confident whilst getting you the support you need. Free during the COVID pandemic.



## **Think Ninja**

Targeting 10-18 year olds, this app teaches you how to stay in control of your emotions and works on bettering your emotional and mental health.