

# ONESTOCKPORT Family Hubs

## Supporting Stockport's Youth

### Youth engagement and activities

PIE (Pursuing Individual Excellence) deliver a variety of youth-oriented projects across Stockport, including the LISTEN Youth Alliance and HAF. If you'd like to get involved or find out more, please email [beth@pieuk.org](mailto:beth@pieuk.org).

R Time is a partnership between Life Leisure, Youth Justice & Targeted Youth Support, Sector 3, and various community groups to deliver weekly sessions at different venues designed to engage young people in Stockport through free, positive, and fun activities. This creates spaces for young people to voice their opinions, shape provisions, and reduce anti-social behaviour through positive interactions. The programme also offers opportunities for young people to lead community projects, receive training, and develop skills in areas such as youth work and mental health. For local events, visit [R Time's Facebook page](#).

### Mental Health and Wellbeing Support

Kooth - online platform providing free, safe, and anonymous support

SHINE - service offering group workshops and creative activities for young people aged 11 – 17

Pennine Care NHS Foundation Trust - mental health support team for children and teenagers, offering therapies such as cognitive behavioural therapy and counselling.

Inourplace (choose courses for teenagers) have an online emotional health and wellbeing course for teens to complete in their own time. It explains how brain development impacts how teenagers feel and behave, why making decisions becomes so hard in adolescence and why emotions seem bigger and more intense.

Visit the [Healthy Stockport website](#) for tips, resources, and guidance and links to further support.

### Specialist services

**Locala** offers a C-Card Scheme for young people aged 13-24? This free and confidential service provides access to condoms, femidoms, dams, lube, and pregnancy tests. Locala also offers comprehensive sexual health services, including contraception, STI (sexually transmitted infection) care, support for unplanned pregnancies, and assistance following sexual assault. For full information, visit [Locala's website](#).

**Mosaic** help young people up to the age of 26 dealing with substance use and related issues. The service is free and confidential and young people can be seen in their schools. [Mosaic](#) can also help parents of any age who use drugs and alcohol and whose children are at TAC 3 child protection and above and can offer



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parents/carers of young substance users support for themselves. Contact the duty worker on 07800 618157 or email [mosaic@stockport.gov.uk](mailto:mosaic@stockport.gov.uk)

The **Community Eating Disorder Service** offer free support to children and young people 8-18 with an eating disorder. They also offer advice and support to families, carers, and those who work with, or support, a child or young person.

**Smart Works Greater Manchester** supports young women into employment by providing free, high-quality interview clothing and 1:1 coaching for women aged 16+ who are unemployed. They offer practical, personalised support for all job roles, including apprenticeships. Services are available in-person and virtually. Referrals are quick and easy. Learn more on their [website](#) or contact the team at 0161 974 0669.

More support from **Family Hubs**.

