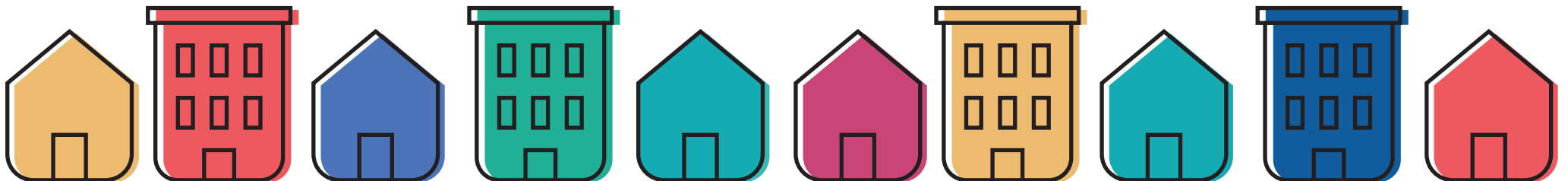




# Stockport Purpose Map

**A guide to getting settled, connected  
and help in your community**



# Stockport Purpose Map

This purpose map has been developed for and with people who have experienced homelessness, addiction, mental health issues amongst many other challenges and therefore is grounded in the real and practical support people need as they are given a home and want to integrate into their community. We know that people will receive a warm welcome when going to any of these groups and activities across Bolton included in this map.

## There are two parts to the purpose map

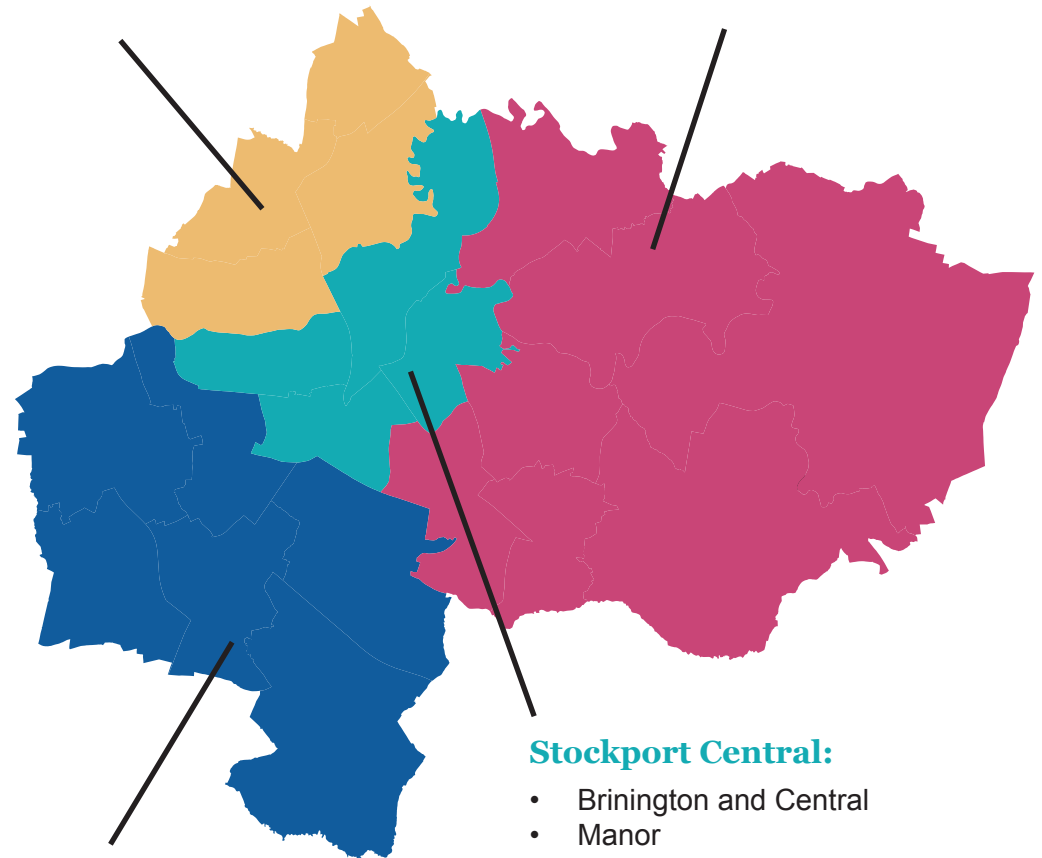
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support

### Stockport West:

- Reddish North
- Reddish South
- Heaton North
- Heaton South

### Stockport North:

- Marple North
- Marple South and High Lane
- Bredbury Green and Romily
- Bredbury and Woodley
- Offerton



### Stockport Central:

- Brinnington and Central
- Manor
- Stepping Hill
- Davenport and Cale Green
- Edgeley and Cheadle Heath

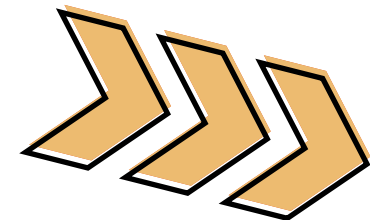
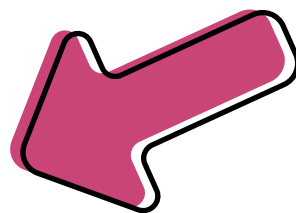
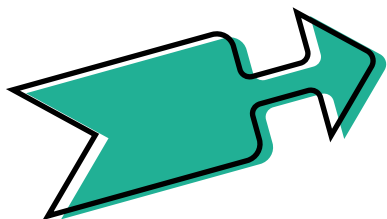
### Stockport South:

- Bramhall North
- Bramhall South and Woodford
- Cheadle Hulme North
- Cheadle Hulme South
- Heald Green
- Cheadle and Gatley

# Here's is a little more about the types of people and challenges these maps can help people with

The maps are designed to support people with a range of challenges they may be facing through categorising them into the five ways to wellbeing and practical support. Here though is a little more detail about the types of things the organisation, activities and spaces in these maps can help with:

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch

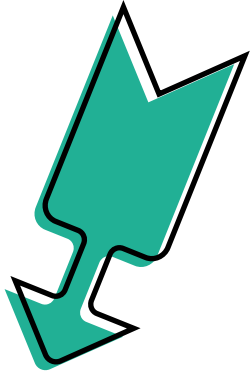


## They also help people who have experienced

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homeliness
- Debt
- Food poverty
- Gambling addiction

The majority of the offers we have included are physical space and groups, there are also some virtual offers that take place online or via apps too. We hope that there is something in these maps that can help you to connect with your community and do something that is meaningful.

# Purpose Map Categories



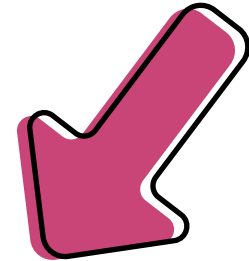
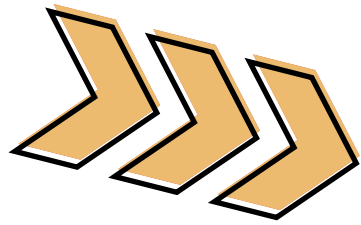
## Creative

- Craft
- Music
- Writing
- Theatre and Drama
- Woodwork



## Outdoors

- Gardening
- Environment and Conservation
- Cycling
- Walking
- Parks
- Green spaces
- Running
- Woodland
- Allotment



## Wellbeing

- Meditation
- Relaxation
- Massage
- Yoga



## Sports and activities

- Table tennis
- Swimming
- Exercise classes
- Bike repairs



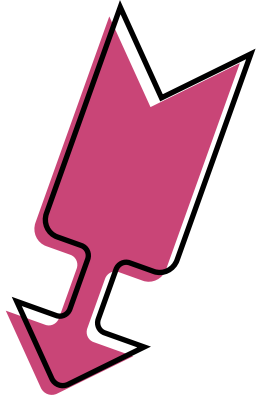
## Food

- Food parcels
- Brew and Biscuit



## Support and advice

- Peer support
- Self help
- Support and advice line
- Support and advice group



## **Supports people with**

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch



## **Helping people who have experienced or are experiencing**

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homelessness
- Debt
- Food poverty
- Gambling addiction



## **How it is delivered**

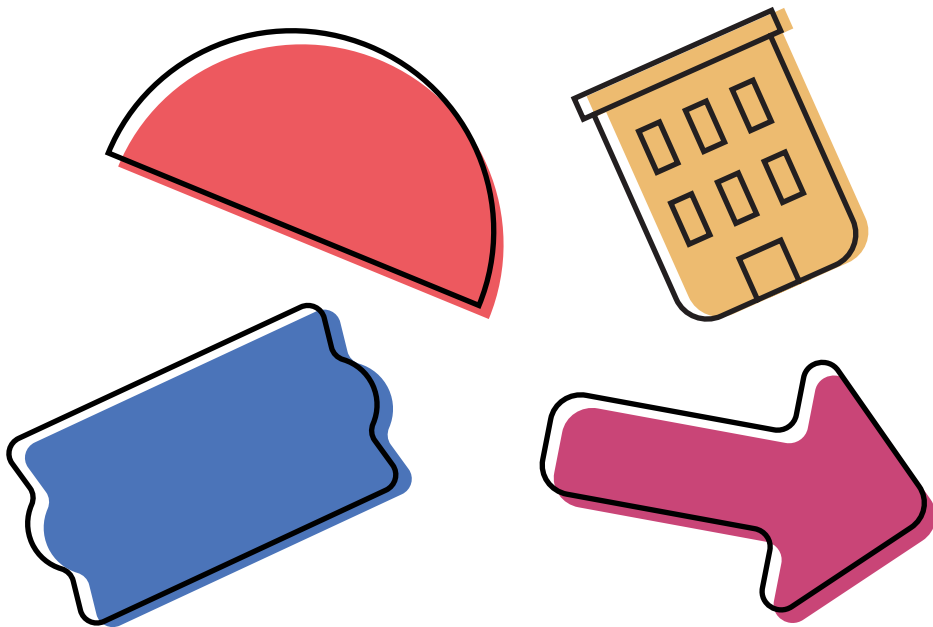
- Online
- Face to face
- Apps

# Practical tips on using the guide

We know that this Purpose Map despite being fully of amazing information do contain a lot of information and therefore we wanted to give you some practical tips to help to use them in a way that works for you.

## Ways to use this Purpose Map

- Access it on your phone or tablet (an online searchable version will be available later in 2024)
- Print the guide in full to refer to
- Print of a section you are interested in exploring
- Screen shot sections so they are easily accessible on your phone or tablet



## Questions that might help you work through the Purpose Maps:

- What are you interested in?
- Is there a new hobby you would like to take up?
- Is there something you have always wanted to try?
- Do you have some spare time you would like to do something with?
- Is there a skill you would like to share with others?
- Are there skills you want to learn?
- Is there experience you want to gain for the future through volunteering?
- Do you want to do something new to improve your mental health?
- Do you want to meet new people in your community?
- Do you need some support with everyday living?

## First steps:

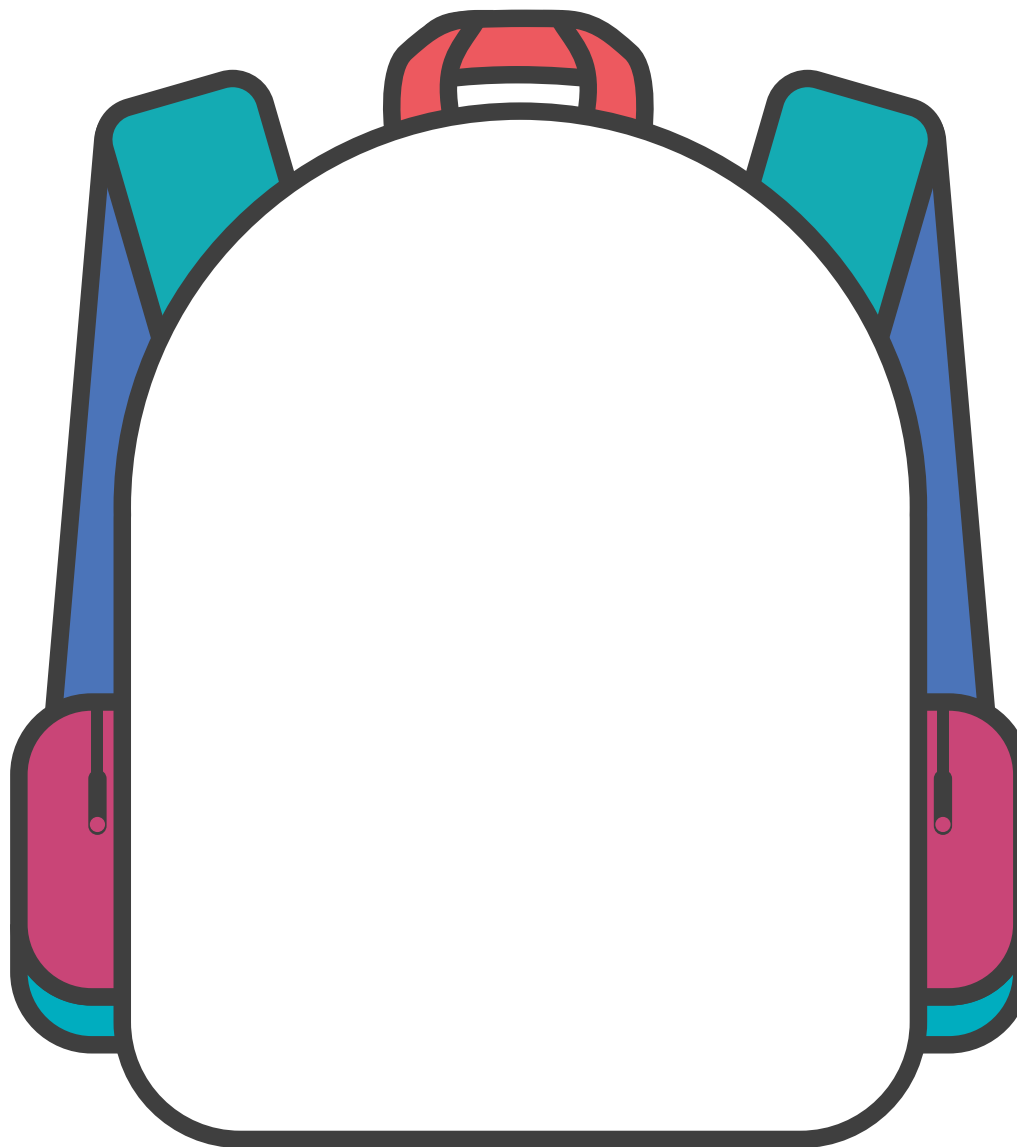
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

### For example:

- If you are interested in learning a new skill, look at the 'keep learning' section
- If you are interested in volunteering, look at the 'giving' section
- If you are interested in support with everyday living, go to the 'practical support' section

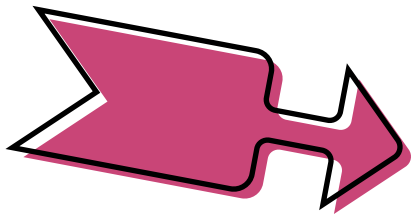
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

Remember these purpose maps are meant to be used with your Housing First Workers or independently.



# What I want to explore

The calendar allows you to note down the things you want to try (this can be printed to go on the fridge or cupboard).



## Monday

What time is the group?

How will I get there?

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday



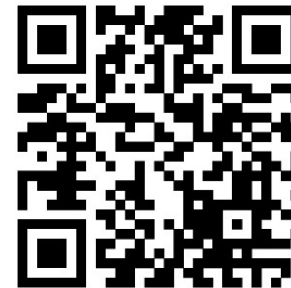
# Helping you get around Greater Manchester with Purpose

Here are some great links to help you plan your journey around Greater Manchester whilst getting out and about exploring the Purpose Maps.

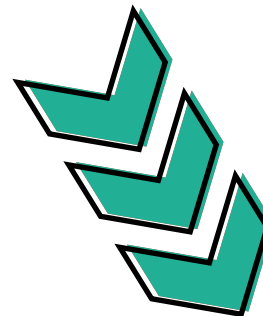
## The Bee Network Website

Here you can:

- Get information on live departures across GMs transport network
- Plan your journey with their easy-to-use journey planner (it allows you to enter your address and the address of the place you want to travel to and select different types of transport you would like to use)
- See travel alerts
- Get information of ticket prices and passes
- See tram and bus schedules
- Find out more about different ways to travel around Greater Manchester
- Find information on the different fare zones and the fares that apply to each
- Information on free and discounted travel



Here is a quick  
QR code to the  
Bee Network  
Journey Planner



## Google Maps

This is available on all digital platforms either via your browser or the Google Maps App. It allows you to put in your journey details and shows you different options for driving, walking, public transport and taxis.

# Five Ways to Wellbeing

**Connect...**

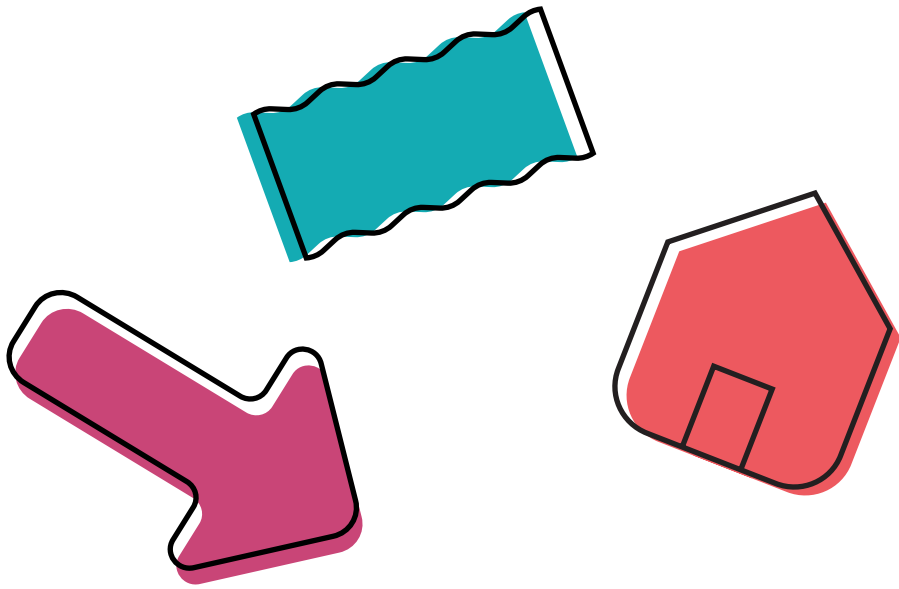
**Keep Learning...**

**Give...**

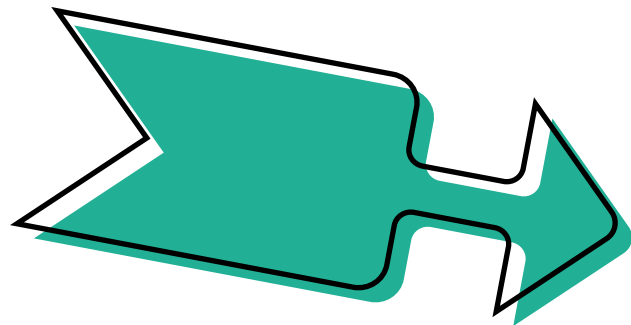
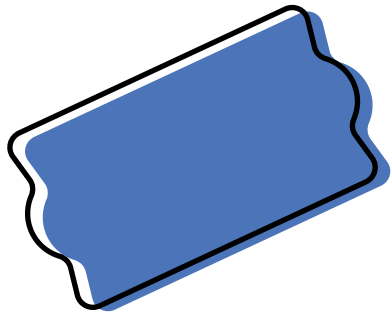
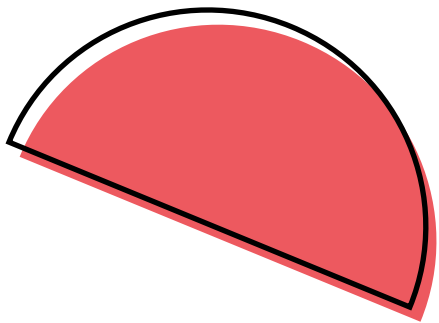
**Be Active...**

**Take Notice...**

**Connect...**



With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



### What's on Stockport ■ ● ◆ ○ ✕

A guide to community events on across Stockport

### Cheadle-get-connected ● ◆

Lunch clubs, litter picks, craft markets, car boot sales and many other community inspired events; collaborating across Cheadle.

E: [info@cheadle-get-connected.uk](mailto:info@cheadle-get-connected.uk)

### Community Active Stockport CIC ● ◆ ✕ ◆

We develop and deliver positive community projects which aim to reduce social isolation and increase active participation across all age groups. Volunteering

E: [h.hodgson@communityactivestockport.co.uk](mailto:h.hodgson@communityactivestockport.co.uk)

### Stockport Progress and Recovery Centre (SPARC) ◆ ○ ✕ ◆

Mental health support, social, leisure, therapeutic and educational activities, art, social groups, relaxation, wellbeing, IT courses, football, women's group

Progress House, 35A Adswold Lane East, Stockport, SK2 6RE

T: 0161 429 9744

E: [info@sparc4me.org.uk](mailto:info@sparc4me.org.uk)

### The Zoom Squad ◆

It's a friendship and mutual support group for men that meets every Wednesday at 2pm, wellbeing tips, talks from people from different groups around Stockport, football, chat, games, quizzes and more

E: [mark.emery@stockporthomes.org](mailto:mark.emery@stockporthomes.org)

### Westbrook community care ◆ ◆

Mental health, isolation, loneliness, employability support, courses including woodwork, furniture restoration, sewing, maths, English, arts, crafts & more

Hillgate Courtyard, Thomas Street, Stockport, SK1 3QF

T: 0161 477 8572

E: [info@westbrook.org.uk](mailto:info@westbrook.org.uk)

### The Wellspring ◆ ◆ ◆ ▲

Support for homeless & disadvantaged people. hot meals & support homeless people with housing, health, education, jobs, CV's, advice, alcohol & drug support, mental health support, training courses, signposting, employment support, and benefits

Harvey St, Stockport, SK1 1YD

T: 0161 477 6344

E: [info@thewellspring.co.uk](mailto:info@thewellspring.co.uk)

### People Like Us Stockport ◆ ○ ✕ ◆

Arden Arms, Millgate, Stockport

PLUS is a social group for the local Gay, Lesbian, Bisexual and Trans community.

T: 07562 269558

E: [info@stockportplus.org](mailto:info@stockportplus.org)

### The Seed Community Cafe ◆

A friendly cafe that serves reasonably price food and offers advce and leaflets

### Community Cafe at Tiviot Dale ◆

Free meal adn coffees on Thursdays

**Pure Innovations** ● ◆

Providing essential life skills & experiences to people with a learning disability, autism or mental health challenges  
Prospect House, Newby Road Industrial Estate, Newby Road, Hazel Grove, Stockport, SK7 5DA  
T: 0161 804 4400  
E: [hello@pureinnovations.co.uk](mailto:hello@pureinnovations.co.uk)

**Woodbank Community Food Hub** ● ● ◆

Community gardening enjoy, learn and benefit  
Woodbank Park, Park Lane, Offerton, Stockport, SK1 4JS  
T: 0161 818 8384  
E: [community@kindling.org.uk](mailto:community@kindling.org.uk)

**Arts for Recovery in the Community (Arc)** ■ ● ◆

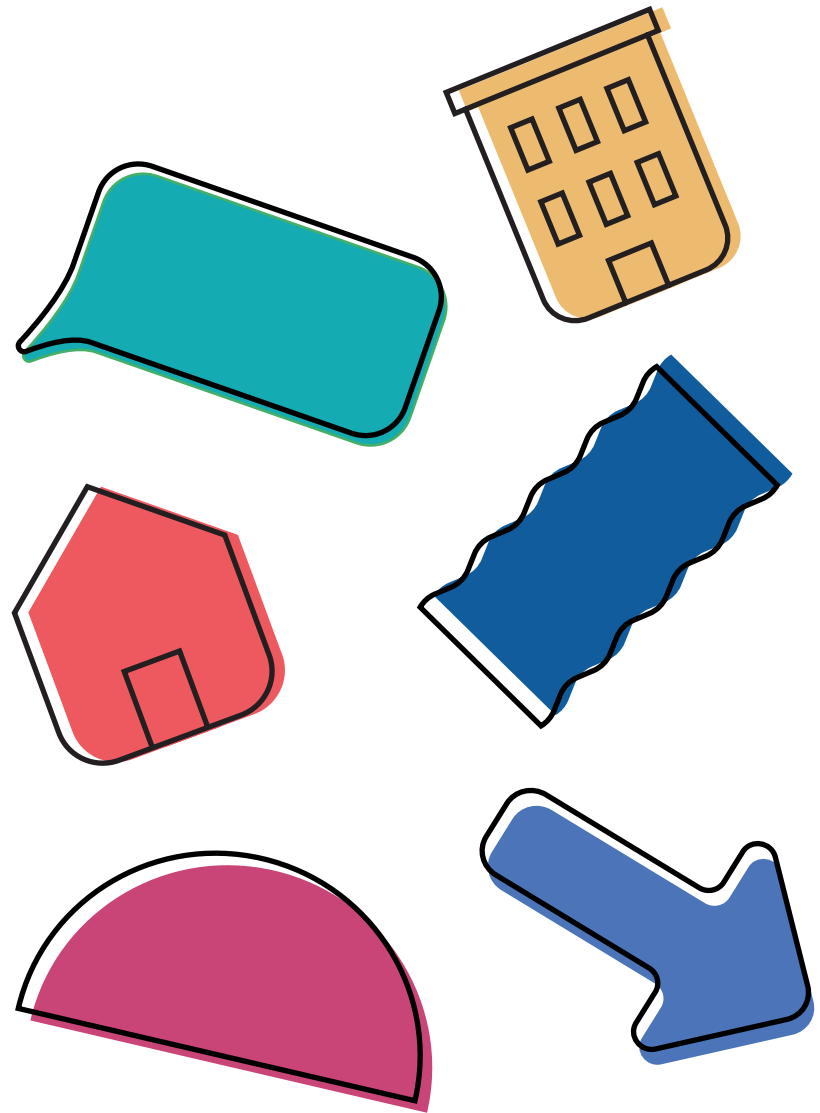
Mental health, wellbeing, experience meaning and purpose; creativity, connect with each other and learn new skills.  
Arc, Hat Works, Wellington Mill, Wellington Road South, Stockport, SK3 0EU  
T: 0161 474 1462  
E: [referrals@arc-centre.org](mailto:referrals@arc-centre.org)

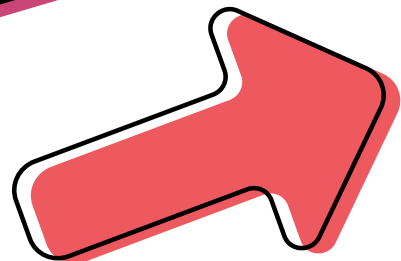
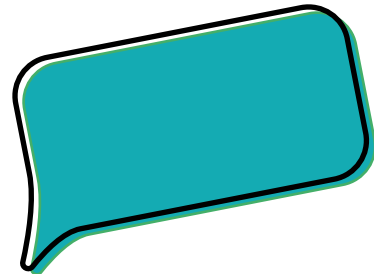
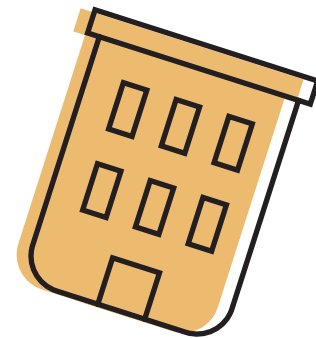
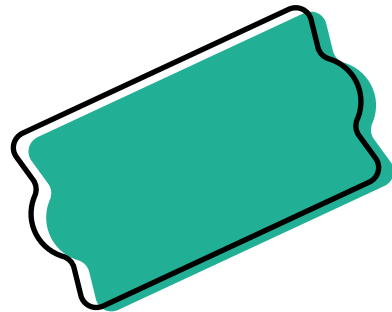
**Brinnington Community Art Group** ■ ○ ◆

Wellbeing group, anxiety, depression or social isolation, make new friends, crafts, art.  
First House Art Room (upstairs), Brinnington, SK5 8EN  
T: 07561 811528  
E: [Brinnyartgroup@hotmail.com](mailto:Brinnyartgroup@hotmail.com)

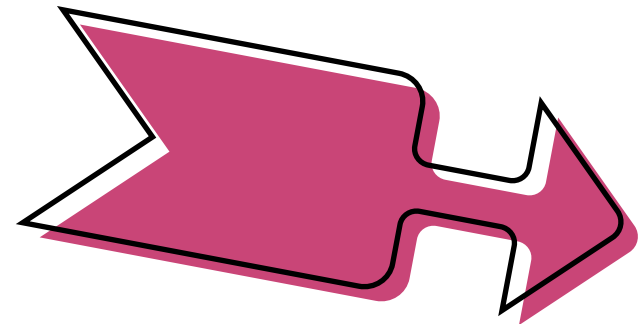
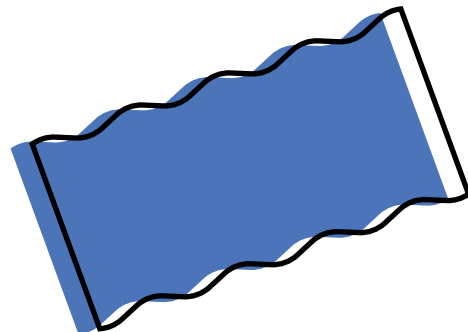
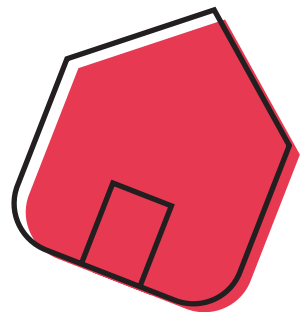
**Brinnington Community Hub** ○ ◆

Activities and services, Citizens Advice drop-in for local residents.  
Brinnington Community Hub, 35 Hereford Road, Brinnington, Stockport, SK5 8LQ  
E: [daniel.oliver@groundwork.org.uk](mailto:daniel.oliver@groundwork.org.uk)





Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



### **Stockport Psychological Wellbeing Service** ●

A range of volunteering opportunities from peer support to art and craft activities

Brookfield House, Stockport SK2 6NG

T: 0161 480 2020 or 07517 148330

### **Stockport volunteer Hub** ●

A range of volunteer opportunities across Stockport

### **AgeUK Stockport** ●

A range of volunteering opportunities with AgeUK Stockport in their charity shops as well as various activity roles

### **Stockport NHS Foundation Trust** ●

A range of volunteering opportunities across the trust including activity support and peer support

### **Sector 3** ●

Support voluntary and community groups in Stockport

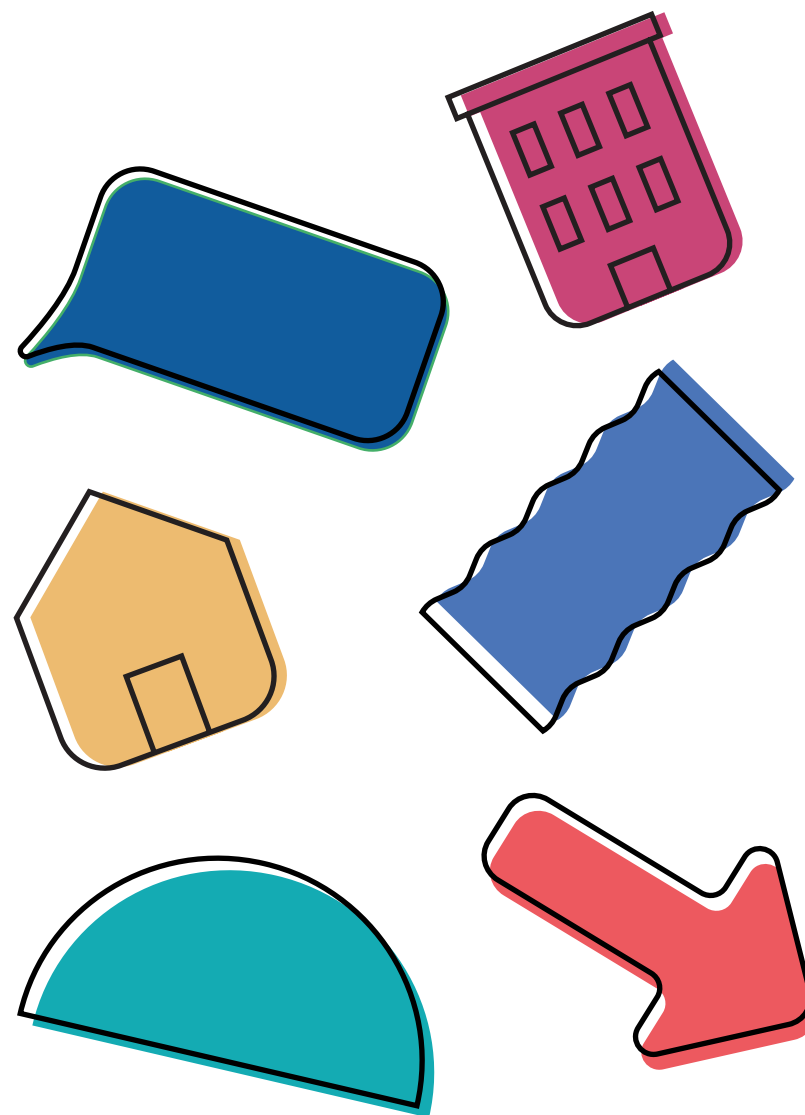
E: [info@sector3sk.org](mailto:info@sector3sk.org)

### **The Wellspring** ●

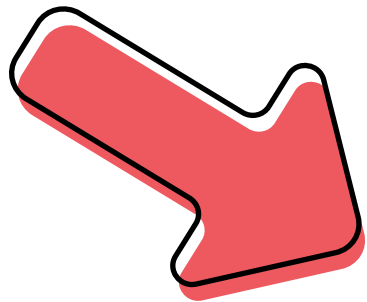
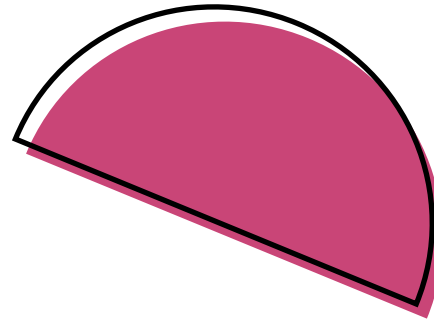
Volunteering opportunities supporting people who are homeless or at risk of being homeless

T: 0161 477 6344

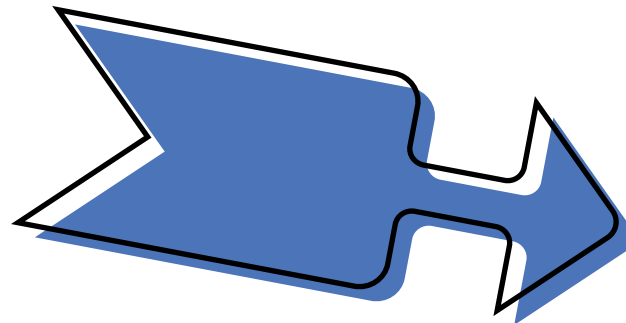
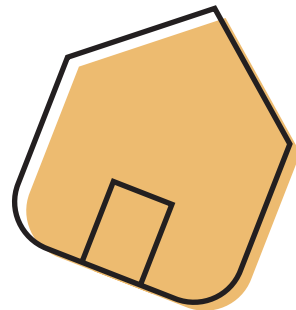
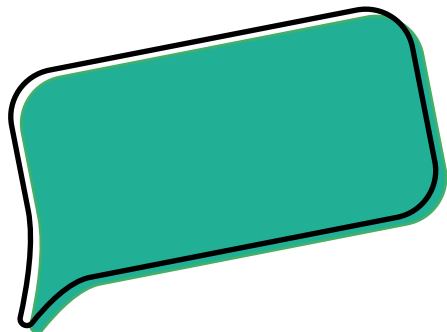
E: [info@thewellspring.co.uk](mailto:info@thewellspring.co.uk)



Keep Learning...



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.





### Westbrook community care ■ ● ◆

Mental health, isolation, loneliness, employability support, courses including woodwork, furniture restoration, sewing, maths, English, arts, crafts & more  
Hillgate Courtyard, Thomas Street, Stockport, SK1 3QF  
T: 0161 477 8572  
E: [info@westbrook.org.uk](mailto:info@westbrook.org.uk)

### Stockport Progress and Recovery Centre (SPARC) ● ✕ ◆

Mental health support, social, leisure, therapeutic and educational activities, art, social groups, relaxation, wellbeing, IT courses, football, women's group  
Progress House, 35A Adswold Lane East, Stockport, SK2 6RE  
T: 0161 429 9744  
E: [info@sparc4me.org.uk](mailto:info@sparc4me.org.uk)

### The Wellspring ● ◆

education, jobs, CV's, advice, alcohol & drug support, mental health support, training courses, signposting, employment support, and benefits  
Harvey St, Stockport, SK1 1YD  
T: 0161 477 6344  
E: [info@thewellspring.co.uk](mailto:info@thewellspring.co.uk)

### Pure Innovations ● ◆

Providing essential life skills & experiences to people with a learning disability, autism or mental health challenges  
Prospect House, Newby Road Industrial Estate, Newby Road, Hazel Grove, Stockport, SK7 5DA  
T: 0161 804 4400  
E: [hello@pureinnovations.co.uk](mailto:hello@pureinnovations.co.uk)

### Woodbank Community Food Hub ● ● ◆

community gardening enjoy, learn and benefit  
Woodbank Park, Park Lane, Offerton, Stockport, SK1 4JS  
T: 0161 818 8384  
E: [community@kindling.org.uk](mailto:community@kindling.org.uk)

### Arts for Recovery in the Community (Arc) ■ ● ◆

Mental health, wellbeing, experience meaning and purpose; creativity, connect with each other and learn new skills.  
Arc, Hat Works, Wellington Mill, Wellington Road South, Stockport, SK3 0EU  
T: 0161 474 1462  
E: [referrals@arc-centre.org](mailto:referrals@arc-centre.org)

### Free online courses with the Open University ●

Access a range of free courses from the open university to develop your skills and keep learning

### Learn a Language with the Duolingo App for Free ●

Learn lots of different languages as a beginner

### Local Libraries ●

Join your local library and access thousands of free books and access computers

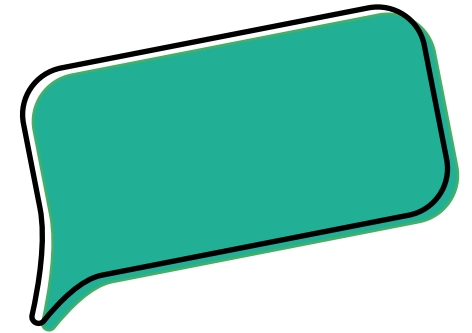
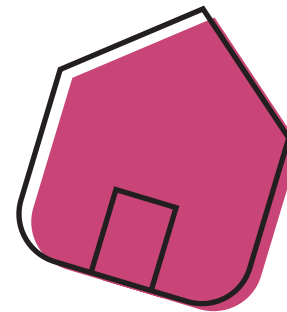
### Creative Care Kit ●

Full of activities to get creative and learn new skills

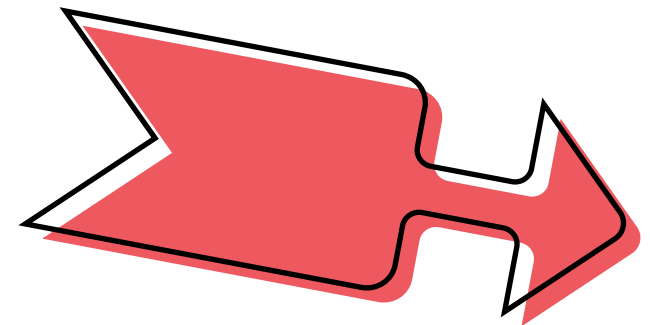
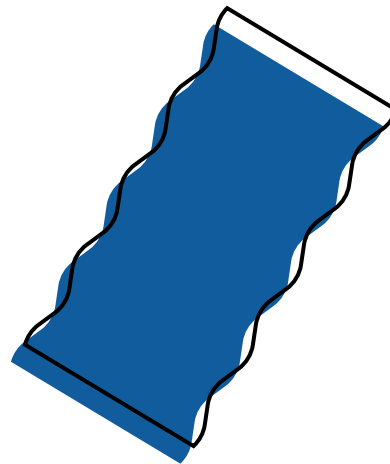
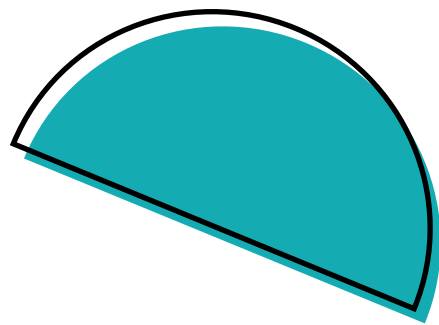
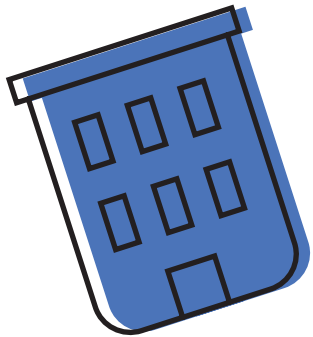
### BBC Good Food ■ ●

Learn to cook a new meal

**Take  
Notice...**



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



### **Mindfulness for Anxiety Courses** ○

Helping people to use a wide range of mindfulness practices, including meditation, to help manage their

E: [katie@soulnutrition.org](mailto:katie@soulnutrition.org)

### **Age UK Stockport Mindful Art Activity Book** ○

Activities people can do alone or in a group to support mindfulness

### **Mindful Practice at Home** ○

A series of self-help resource from Pennine Care NHS Foundation Trust

### **NHS feel Good App** ○

An app developed to help people develop positive ways of thinking, including mindfulness

### **Parks and Outdoor Spaces in Stockport** ● ○

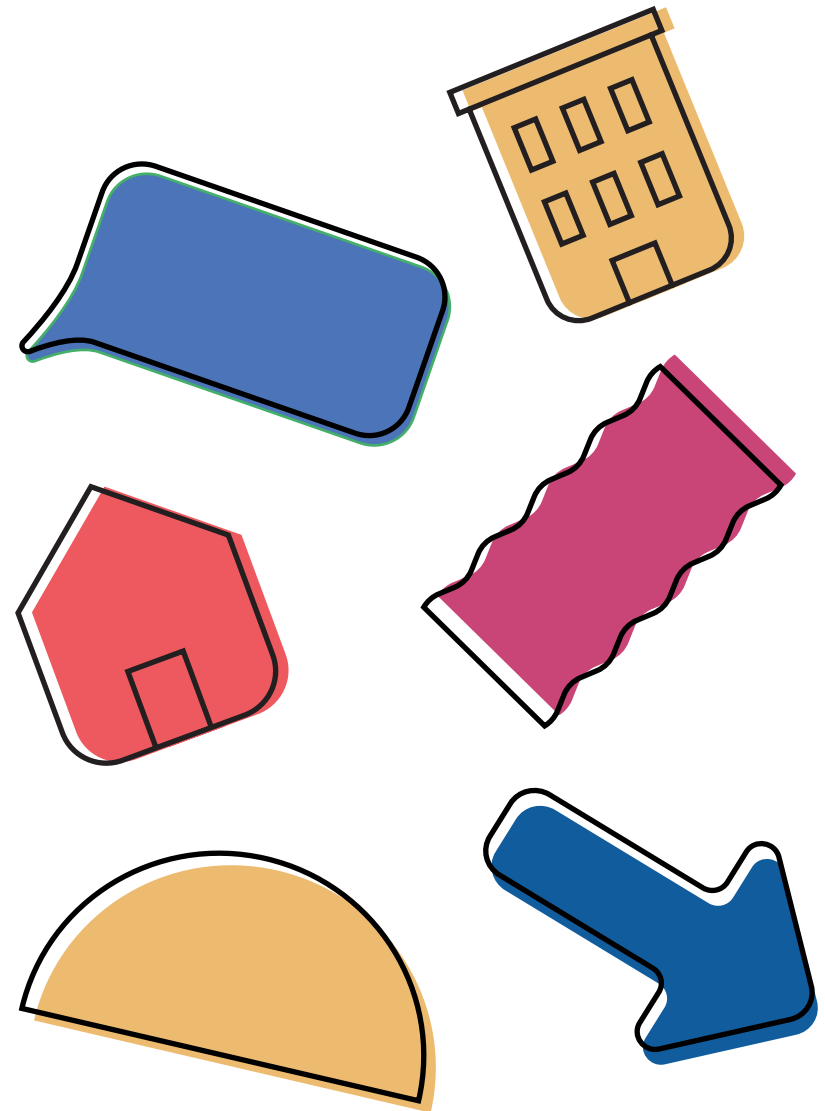
Great places to go get some air and reconnect with yourself and nature

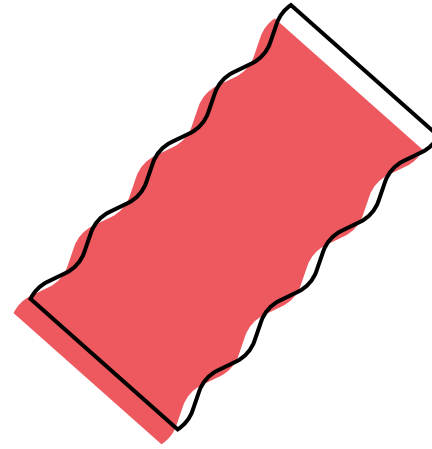
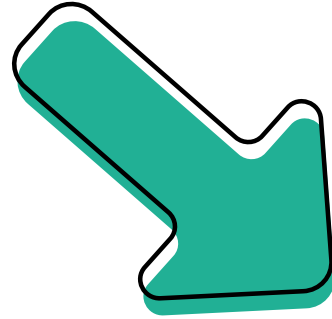
### **Stockport Walkers** ● ○

A range of walking opportunities across Stockport

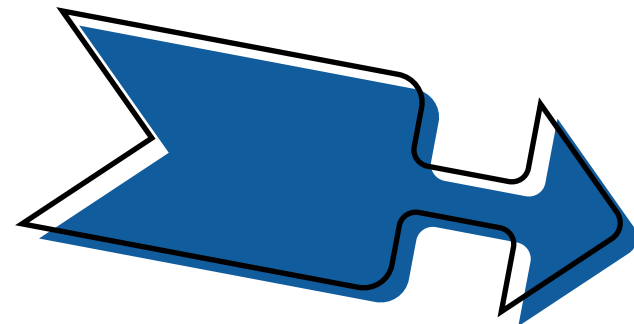
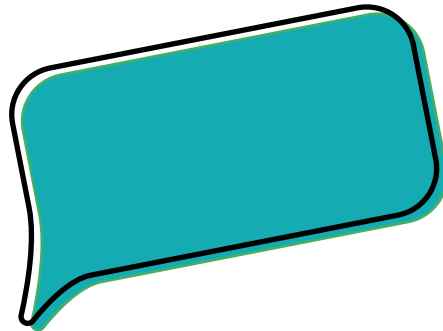
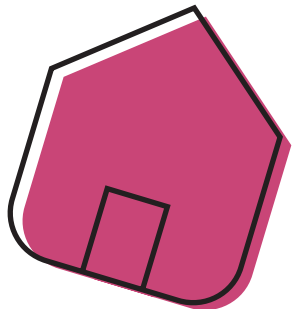
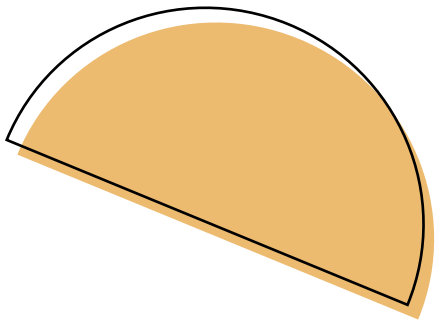
### **Stockport Walking and Outdoor Group** ● ○

A range of walking and outdoor activities across Stockport





Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



**We Grow** ● ◆

Community gardening, allotment to support people with abstinence from alcohol, depression, anxiety or social isolation  
Woodbank Park, Turncroft Lane, Offerton, Stockport, SK1 4JR  
T: 07990 077528  
E: [wegrow15@gmail.com](mailto:wegrow15@gmail.com)

**Etherow Country Park** ●

George St, Compstall, Romiley, Stockport, SK6 5JD

**Vernon Park** ●

Turncroft Ln, Offerton, Stockport, SK1 4AR

**Woodbank Community Food Hub** ●

Woodbank Park, Park Lane, Offerton, Stockport, SK1 4JS  
community gardening enjoy, learn and benefit  
T: 0161 818 8384  
E: [community@kindling.org.uk](mailto:community@kindling.org.uk)

**Stockport Walkers** ● ✕

Walks reachable from Stockport  
W: <http://www.stockportwalkers.org.uk/>  
E: [membership@stockportwalkers.org.uk](mailto:membership@stockportwalkers.org.uk)

**Healthy Stockport Moving More Ideas** ● ✕

Practical ideas to get out and move more in Stockport

**What's on in Stockport** ○ ✕

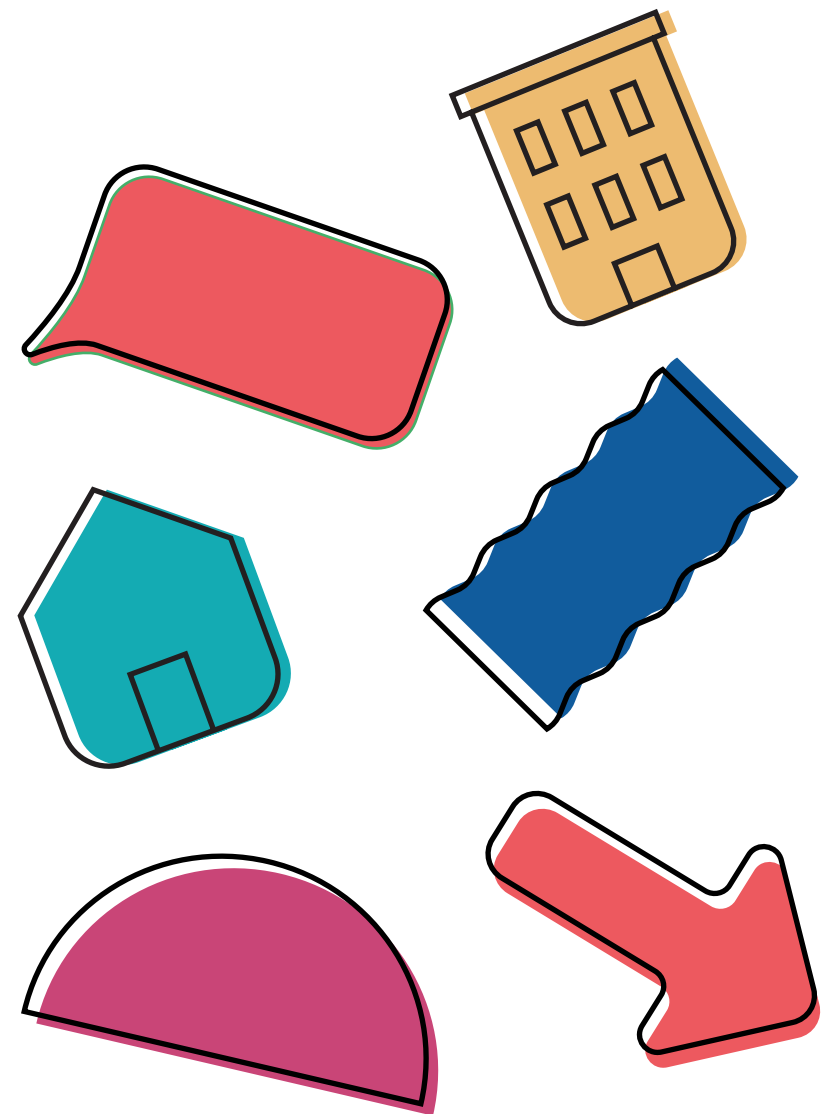
Ways to get out and do stuff in your community whilst moving more

**Sing yourself to better health by Buzz** ● ✕

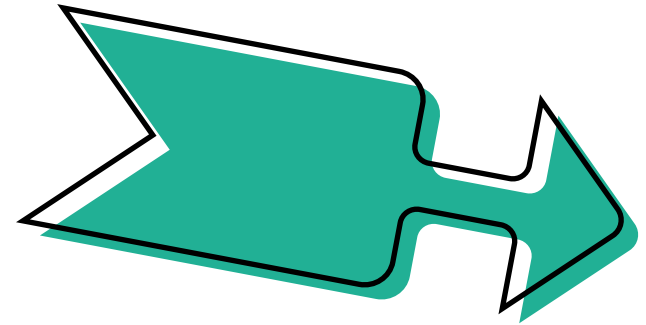
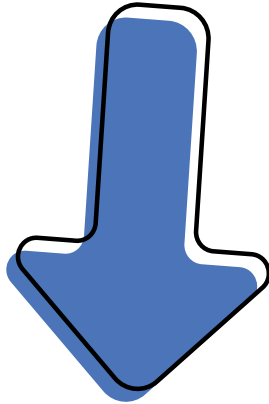
A free course to learn to sing and improve your health

**Stockport Walking and Outdoor Group** ■ ◆

A range of walking and outdoor activities across Stockport



# Practical Support



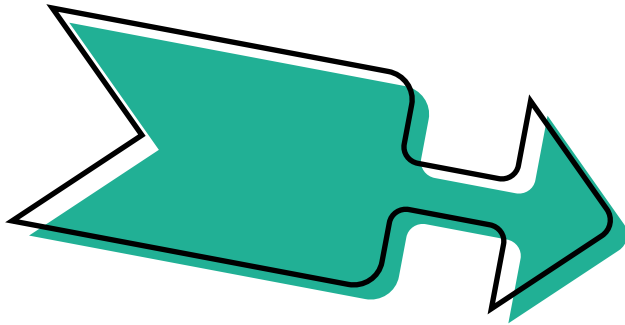
## Warm and Welcoming Spaces

Across Greater Manchester there are free warm spaces that you can go to and keep warm. These range from libraries to churches and from community centres to community cafes. The Warm and Welcoming Spaces website allows you to search for the ones nearest to your post code. It tells you when they are open. Many of them are located alongside other activities that you can access too.

### Warm Welcome Spaces



# Addiction and Crisis Support



## **Drinkline** ◆

A free helpline for anyone concerned about their or someone else's drinking

T: 0300 123 1110 (Free helpline)

## **FRANK – Drug Information Service** ◆

FRANK is the national drug information service. You can ring FRANK at any time and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs. The service is free and confidential.

T: 0300 123 6600

## **Alcohol Concern Helpline** ◆

T: 020 566 9800

## **A Port of Call** ◆

Port of Call is a website and helpline for anyone affected by addiction

T: 0808 302 3172

## **NHS Addiction Services** ◆

Various services for people with addiction issues

## **Achieve Recovery Services** ◆

A series of services to help people in recovery

Drug and Alcohol support

Stockport Triage Assessment Referral Team (START)

T: 0161 474 3141

E: [Start@stockport.gov.uk](mailto:Start@stockport.gov.uk)

## **Narcotics Anonymous** ◆

Mutual aid/peer support group for people experiencing drug addiction

T: helpline 10am - midnight 0300 999 1212

## **Alcoholics Anonymous** ◆

Mutual aid/peer support group for people experiencing alcohol addiction

T: 0800 9177 650

E: [help@aamail.org](mailto:help@aamail.org)

## **Gamblers Anonymous** ◆

Mutual aid/peer support group for people experiencing drug/gambling addiction

T: 0330 094 0322

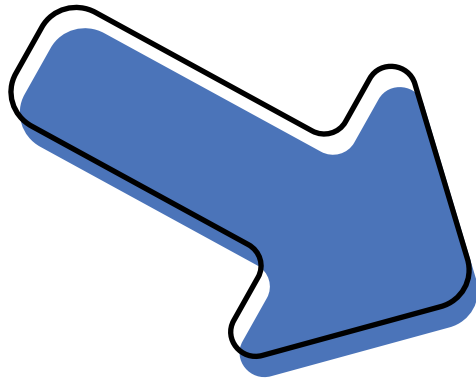
E: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

## **Hub of Hope App** ◆

Free App to support mental health issues, anxiety, depression and PTSD



# Housing, Money and Food



## Shelter ◆

Emergency helpline for anyone experiencing or at risk of homelessness

T: 0808 800 4444

## Christians Against Poverty (CAPUK) ◆ ◆

Debt advice, job clubs, training and workshops

T: Debt Centre 0800 328 0006

T: Job Club: 07766 724632

E: [contact@capuk.org](mailto:contact@capuk.org)

## Street Support ◆

Find support services near you and see how you can help others.

## The Wellspring ◆ ◆

Support for homeless & disadvantaged people. hot meals & support homeless people with housing, health, education, jobs, CV's, advice, alcohol & drug support, mental health support, training courses, signposting, employment support, and benefits  
Harvey St, Stockport, SK1 1YD

T: 0161 477 6344

E: [info@thewellspring.co.uk](mailto:info@thewellspring.co.uk)

## Your Local Pantry cheap food ◆

- Pantry at Number 5, 5 Cuddington Crescent, Bridgehall, Stockport, SK3 8LX
- Brinnington Pantry, First House, 367 Brinnington Road, Brinnington, Stockport, SK5 8EN
- Woodley Pantry, Arthur Greenwood Centre, Bredbury, Stockport, SK6 1ES

T: 0161 474 4760

**Mottram Street Pantry** ▲  
Volunteering opportunities  
T: 0161 44 4760  
E: [pantry@stockporthomes.org](mailto:pantry@stockporthomes.org)

**FOOD CONNECT - Stockport Foodbanks** ▲  
Bredbury, Cheadle, Cheadle Heath, Hazel Grove, Heaton Norris, Offerton, Reddish  
You can also be referred to the foodbank by:  

- Citizens Advice Helpline. Call 0808 278 7803
- Stockport Council Welfare Line. Call 0161 217 6046

T: 07483 115349

**Chelwood Foodbanks** ▲  
Cheadle Hulme, Brinnington, Petersgate, Stockport, Edgeley  
T: 0161 883 1792

**Stockport Loaves and Fishes** ▲◆  
homeless provider hot meal and drinks, clothing, tents, sleeping bags, underwear, gloves  
Stockport Baptist Church, Thomson Street, Stockport, SK3 9DR  
T: 07938 967063  
E: [info@stockportloavesandfishes.org](mailto:info@stockportloavesandfishes.org)

**Stockport Together** ▲◆  
community group, food packs for £3, free hot meals twice a week, community café. Every Monday and Friday from 11am to 2pm, we'll be serving hot food. This will be take away only as we continue to follow the current coronavirus government guidelines.  
Adswold Young People's Centre, Neston Grove, SK3 8PH.  
T: 07376 341092

**The Olive Branch** ▲◆  
We offer small groups, mental health support, a foodbank and an outreach service to homeless and hostel dwellers in the local area. The Olive Branch, 2C Castle Street, Edgeley, Stockport, SK3 9AB  
T: 0161 425 0707  
E: [olivecommunityproject@gmail.com](mailto:olivecommunityproject@gmail.com)

**Step Change Debt Charity** ◆  
Charity offering free debt advice & support  
T: 08001381111 or 0300 5000927  
E: [advice@rethink.org](mailto:advice@rethink.org)

**Christians against Poverty** ◆  
Debt counselling charity  
T: 0800 328 0006

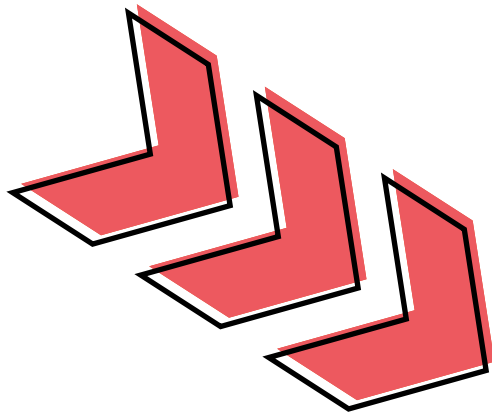
**Brinnington Community Art Group** ■◆  
Wellbeing group, anxiety, depression or social isolation, make new friends, crafts, art.  
First House Art Room (upstairs), Brinnington, SK5 8EN  
T: 07561 811528  
E: [Brinnyartgroup@hotmail.com](mailto:Brinnyartgroup@hotmail.com)

**Stockport Progress and Recovery Centre (SPARC)** ◆  
Mental health support  
Progress House, 35A Adswold Lane East, Stockport, SK2 6RE  
Mental health support, social, leisure, therapeutic and educational activities art, social groups, relaxation, wellbeing, IT courses, football, women's group  
T: 0161 429 9744  
E: [info@sparc4me.org.uk](mailto:info@sparc4me.org.uk)

**Beacon Counselling** ◆  
Community Counselling service  
50-52 Middle Hillgate, Stockport, SK1 3DL  
T: 0161 440 0055

**Westbrook community care** ◆  
Mental health and other support services  
Hillgate Courtyard, Thomas Street, Stockport, SK1 3QF  
T: 0161 477 8572  
E: [info@westbrook.org.uk](mailto:info@westbrook.org.uk)

# Physical and Mental Health



## Healthwatch Stockport ◆

Support and advice with health and care services across Stockport Healthwatch Stockport, Land O' Cakes, 48 Middle Hillgate, SK1 3DL

T: 0161 974 0753

E: [info@healthwatchstockport.co.uk](mailto:info@healthwatchstockport.co.uk)

## Talk Listen Change ◆

Free Counselling and Well Being service

T: 0161 872 1100

E: [enquiries@talklistenchange.org.uk](mailto:enquiries@talklistenchange.org.uk)

## The Mental Health Network ◆

one-to-ones, tailored support enabling access to social, sport, training, employment opportunities, peer support

T: 0161 470 1227

E: [mentalhealthnetwork@pureinnovations.co.uk](mailto:mentalhealthnetwork@pureinnovations.co.uk)

## The Olive Branch ◆ ▲

We offer small groups, mental health support, a foodbank and an outreach service to homeless and hostel dwellers in the local area. The Olive Branch, 2C Castle Street, Edgeley, Stockport, SK3 9AB

T: 0161 425 0707

E: [olivecommunityproject@gmail.com](mailto:olivecommunityproject@gmail.com)

## Talking Therapies Stockport ◆

Support with feeling distressed by difficult events, mental health Brookfield House, 193-195 Wellington Road South, Stockport SK2 6NG

T: 0161 480 2020

## Self Help Services Mental Health Charity Stockport ◆

One to one support and structured resources for people suffering for conditions like stress, depression and anxiety

E: [stockportpws@selfhelpservices.org.uk](mailto:stockportpws@selfhelpservices.org.uk)

### **Counselling and Well Being at Talk Listen Change** ◆

Open Door has a mental health helpline. Call 0800 138 7276 24 hours a day, 7 days a week

T: 0161 872 1100

E: [enquiries@talklistenchange.org.uk](mailto:enquiries@talklistenchange.org.uk)

### **Moodswings** ◆

Provides intense support to people with mood disorders and their friends and families

T: 0161 832 3736

### **Survivors Manchester (for Men)** ◆

Support for male survivors of rape  
Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford, M3 7BB

T: 01612362182

E: [Info@survivorsmanchester.org.uk](mailto:Info@survivorsmanchester.org.uk)

### **Domestic Abuse helpline** ◆

T: 0800 2000 247

### **Alcohol and drugs support** ◆

T: 0161 214 0770

### **Stockport Psychological Wellbeing Service** ◆

one-to-one support, courses for mental health problems such as anxiety & depression

Brookfield House, Stockport SK2 6NG

T: 0161 480 2020

### **Shout** ◆

24 hour mental health support line

T: Text Shout to 85258 Free TEXT support

### **Anxiety UK** ◆

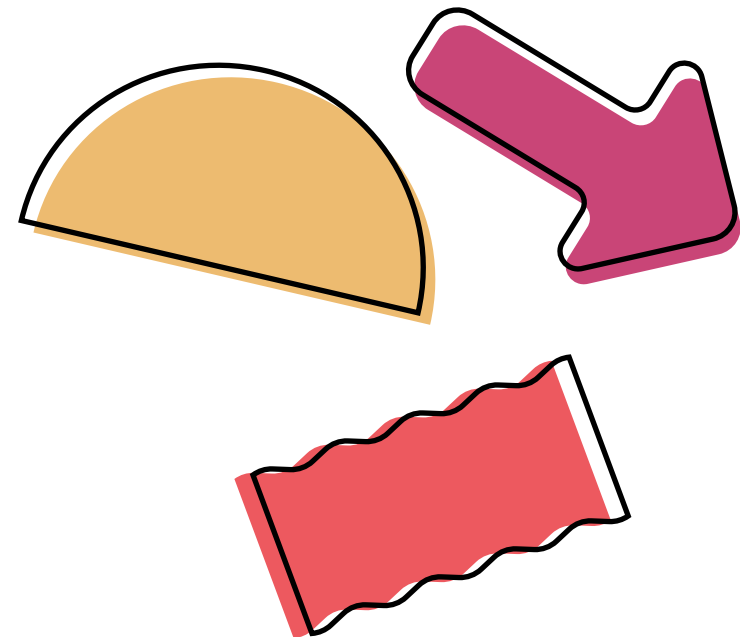
Online support sessions - stress, anxiety, positive thinking

### **Stockport Women's Centre** ◆

Mental health, Counselling and other women's support services 39 Greek Street, Stockport, SK3 8AX

T: 0161 355 4455

E: [admin@stockportwomenscentre.co.uk](mailto:admin@stockportwomenscentre.co.uk)



# Let's keep building our understanding together

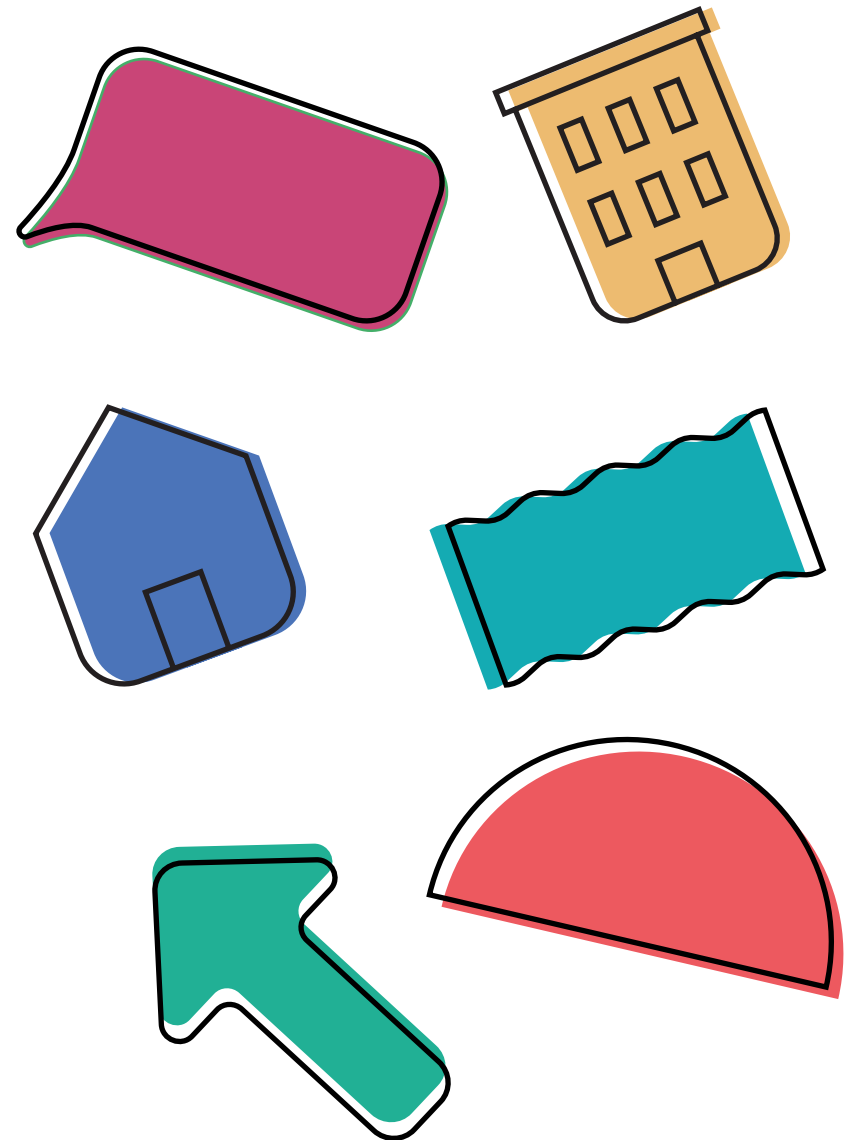
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

Google form to add something new  
<https://forms.gle/jJpo7pdQDjCfFDf87>

if you come across something that is in this map that you think we need to look at or you have not had the welcome you expected then we please contact us via  
[hello@collaborateoutloud.org](mailto:hello@collaborateoutloud.org)

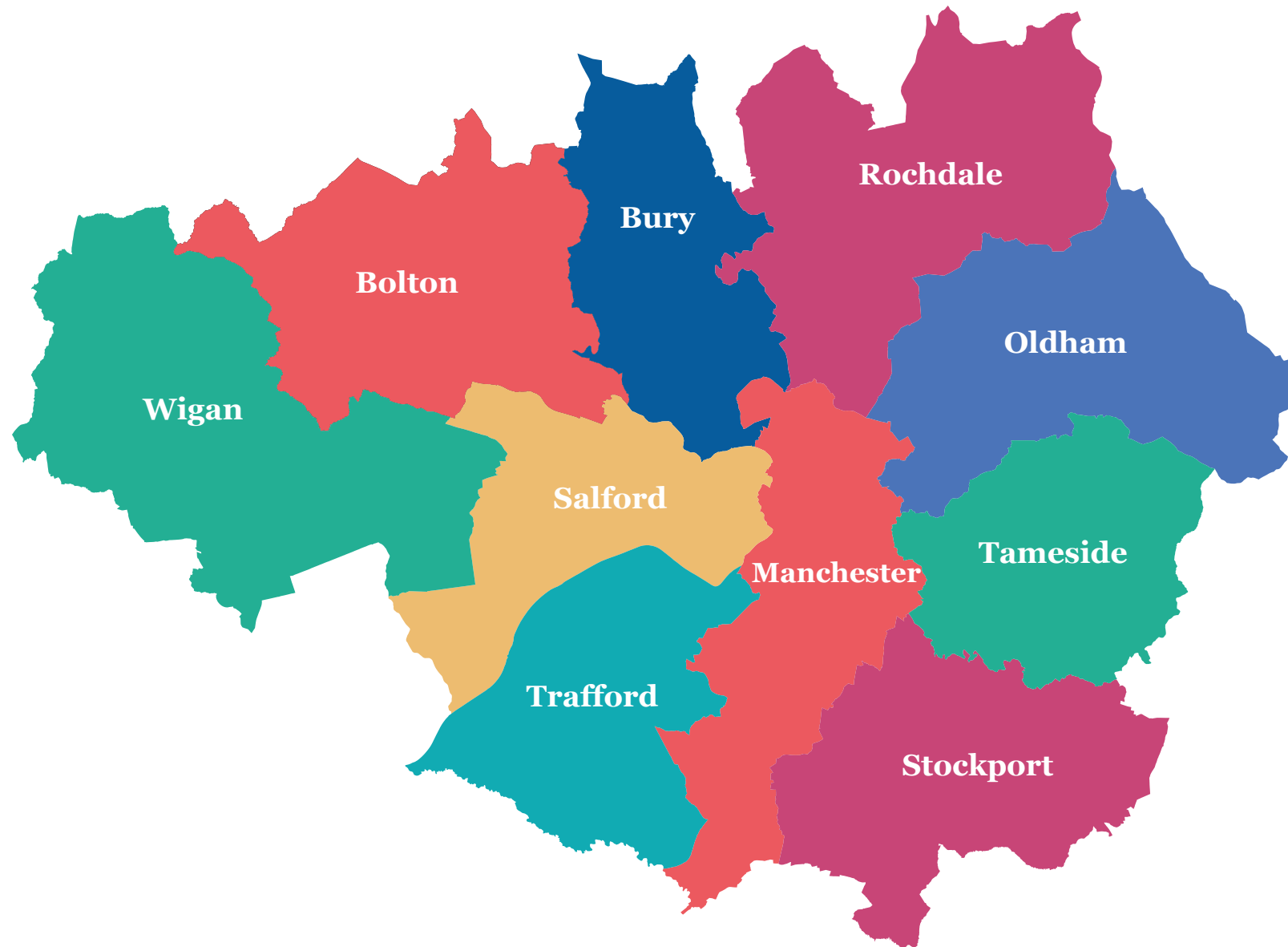
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

**The Collaborate Out Loud Team**



# GM Wide Purpose Maps

Click [here](#) to access the Purpose Maps for each borough of Greater Manchester.





**If you want further information about this work or talk to us about our work then please get in touch**



Hello@Collaborateoutloud.org



X @collaboutloud



Instagram @collaboutloud

