



Stockport Support Hub

Community Support

## We're here to give you a helping hand

Having a good quality of life, which is fulfilling and enjoyable, is an important part of independent living.

Part of Stockport Support Services The Community Hub offers a short-term support service to support people to independently take part in a wide variety of social, civic, leisure, learning, or volunteering opportunities, where they would otherwise find it very difficult to get involved because of physical or emotional ill-health, a physical or sensory disability, or caring responsibilities for instance.

We seek to help reduce social isolation and loneliness by working with people to identify opportunities to become more independently; socially active and involved in their communities, to recognise their own positive qualities and even see where their experiences could help others, whilst also facilitate weekly groups within the community.  
[www.pureinnovations.co.uk/what-we-offer/mentalhealthnetwork/community-hub](http://www.pureinnovations.co.uk/what-we-offer/mentalhealthnetwork/community-hub)

★ **To make a referral for Community Hub Support please visit: [www.stockportsupport.com](http://www.stockportsupport.com) or call Stockport Support Hub on 0161 474 1042**

★ **By text (for the deaf community) 07539 468 560**

**PURE INNOVATIONS**  
The key to a fulfilled life

At The Community Hub support is also offered from our partners at Disability Stockport, Stockport Home & SPARC. We are local organisations working together to reduce isolation and loneliness, which is known to undermine health and wellbeing. Appropriate support will be given to help people to take part, from a partnership of experienced, local organisations.

- ★ Disability Stockport [www.disabilitystockport.co.uk](http://www.disabilitystockport.co.uk)
- ★ Stockport Progress & Recovery Centre [www.sparc4me.org.uk](http://www.sparc4me.org.uk)
- ★ Stockport Homes Independent Living team [www.stockporthomes.org](http://www.stockporthomes.org)

For self-help support with your wellbeing please also visit:

- ★ [www.togetherall.com/en-gb](http://www.togetherall.com/en-gb)
- ★ [www.selfhelpservices.org.uk/service/stockport-psychological-wellbeing-service](http://www.selfhelpservices.org.uk/service/stockport-psychological-wellbeing-service)
- ★ [www.makingspace.co.uk/open-door](http://www.makingspace.co.uk/open-door)
- ★ If you need some help getting online, you can call the DigiKnow Helpline on 0753 712 7095

★ **For support in other areas please visit: [www.healthystockport.co.uk/topic/mental-health-struggling-with-something-else-thats-happene](http://www.healthystockport.co.uk/topic/mental-health-struggling-with-something-else-thats-happene)**



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