



The Practice would like to send our best wishes for a happy and healthy 2023 to all our Patients

Christmas Opening Hours

We will be closed on Monday 26th and Tuesday 27th December

New Year Opening Hours

We will be closed on Monday 2nd January

If you need medical assistance whilst we are closed please call the practice number and you will be diverted to NHS 111. Alternatively, you can dial 111 or go online to 111.nhs.uk where you have access to urgent medical advice.

PLEASE ONLY GO TO A&E IF YOU HAVE AN ACCIDENT OR SERIOUS / LIFE-THREATENING CONDITION

In a genuine, life-threatening emergency you should call 999. Chest pains and / or shortness of breath constitute an emergency. Call 999 when someone is seriously ill or injured and their life is at risk.

Local Pharmacy Christmas and New Year Opening Times

	Sun 25 th Dec	Mon 26 th Dec	Tue 27 th Dec	Sun 1 st Jan	Mon 2 nd Jan
Hillgate Pharmacy	9am – 8pm	CLOSED	CLOSED	9am-8pm	CLOSED
Well Hillgate	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Well Hall Street	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Boots	CLOSED	9am-5.30pm	9am-5.30pm	CLOSED	9am-5.30pm
Asda Pharmacy	CLOSED	10am-4pm	10am-4pm	10.30am-4.30pm	10am-4
Jaybee	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Lloyds A6	CLOSED	CLOSED	CLOSED	10am-8pm	9am-6pm



WARM SPACES



From November 2022 to March 2023, there'll be many warm spaces open every day of the week in Stockport.

These warm spaces are open to everyone. You're welcome to drop into these spaces during opening times and relax, without any pressure to buy something

You can use the [interactive map](#) to explore the different warm spaces, opening times and what's available in each space. Many will be offering activities, free Wi-Fi and free food and drink

GOV.UK Help for Households and Stockport Homes

Get help with food, fuel and money

Visit GOV.UK to visit their Help for [Households Campaign](#)

If you're a [Stockport Homes](#) resident visit their website for more advice and support.

SUPPORT & ADVICE FOR WELLBEING ANXIETY STRESS and more

The festive period can be a difficult time. If you feel low, stressed, anxious or just need someone to talk to, the Samaritans offer a free, confidential listening service for people 24 hours a day, 365 days a year.

Call 116 123 or email jo@samaritans.org for FREE OR visit www.samaritans.org

EMOTIONAL WELLBEING HUB

- Provides Information, advice, and guidance for anyone up to the age of 25 for emotional wellbeing and mental health concerns.
- Access to the Emotional Wellbeing Hub is through the Multi-Agency Safeguarding and Support Hub (MASSH), 0161 217 6028.
- Open 8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm on Friday.

Ages up to 25

BIG WHITE WALL

www.bigwhitewall.com

- Provides 24/7 anonymous support via a digital emotional wellbeing and mental health service.
- It is available for anyone over the age of 16 living in Stockport.
- It offers peer support alongside a range of helpful tools and resources and is supported by trained clinicians.
- To register you just need your Stockport postcode.

Ages 16+

OPEN DOOR

opendoorstockport@makingspace.co.uk

- For anyone over the age of 18 in Stockport.
- Provides emotional support, practical advice, guidance and telephone support for the Stockport residents with mental health needs, whether referred to services or not.
- Support to those who are experiencing extreme emotional distress or are nearing crisis point and feel that there is nowhere else to turn (0800 138 7267).
- Commissioned by Stockport NHS CCG and provided by the charity Making Space.

Ages 18+

SHOUT

www.giveusashout.org/get-help

- SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support.
- By texting 'SHOUT' to 85258 a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next step to feeling better.
- To get help or find out more about how SHOUT works, visit our get help page.

All Ages

SILVERCLOUD

gm.silvercloudhealth.com

- Offers free online therapy for all Greater Manchester residents to help with stress, anxiety, low mood and depression.
- Provides a number of online programmes to help ease stress levels, improve sleep or build resilience.
- To find out more and to sign up, visit the Greater Manchester Silver Cloud website.

Ages 18+

KOOTH

www.kooth.com

- All children and young people in Greater Manchester can now access free online counselling and emotional well-being support.
- Kooth online counselling and emotional wellbeing platform is available to any young person who may be struggling with their mental health - and particularly during the COVID-19 outbreak.
- Kooth is for young people aged 11-18 and offers a variety of resources, including: A live chat function that allows young people to contact a qualified counsellor, chat forums with other young people, crisis information and Self-help resources.

Ages up to 18

42ND STREET

42ndstreet.org.uk

- One-to-one counselling therapy, psycho-social support and advocacy therapeutic issue-based, identity-based groups and peer support projects, creative projects and approaches to wellbeing and mental health via The Horsfall Residential.
- 42nd Street takes referrals from young people themselves and from parents, carers and professionals.

Ages 11-25

OTHER SERVICES

Stockport Staying Well

- The services listed here are some of the newer resources that are available to Stockport residents. It is not an exhaustive list of all available support. For more information on what is available please click on the link above or use your phone camera to scan the QR code.



All ages

Stockport Food Banks

If you are struggling to feed yourself or your family over Christmas, vouchers are available from Citizen's Advice, The Prevention Alliance, Social Workers & many others or contact Stockport Foodbank on **07483 115 349** (NO TEXTS) foodbank@stockportfoodbank.org.uk

Mon – Fri 9am -5pm

There are now 8 centres open in Stockport, 6 days a week. Please see locations and opening hours below.

Hazel Grove

07483 115349

OPENING TIMES	ADDRESS
Mon 12:30 - 14:30	Hazel Grove Baptist Church
Tue Closed	Church
Wed 10:30 - 12:30	Station Street
Thu Closed	Hazel Grove
Fri 11:30 - 14:30	Stockport
Sat Closed	SK7 4EX
Sun Closed	

St Mark's, Bredbury

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	St Mark's Church
Tue 12:30 - 14:30	Redhouse Lane
Wed Closed	Bredbury
Thu Closed	Stockport
Fri Closed	SK6 1BX
Sat Closed	
Sun Closed	

St Martin's, Norris Bank

07483 115349

OPENING TIMES	ADDRESS
Mon 13:00 - 15:00	St Martin's Church
Tue Closed	(opposite Co-op on
Wed Closed	Didsbury Road)
Thu 13:00 - 15:00	112 Crescent Park
Fri Closed	Stockport
Sat Closed	SK4 2JE
Sun Closed	

Reddish

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	Bairstow Centre (turn
Tue Closed	into Rupert St
Wed Closed	opposite Morrisons,
Thu 10:30 - 12:30	Bairstow Centre is
Fri Closed	then set back on your
Sat 10:30 - 12:30	right)
Sun Closed	Rupert Street
	Reddish
	Stockport
	SK5 7AP

Trinity Church, Cheadle

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	Trinity Church
Tue Closed	Massie Street
Wed Closed	Cheadle
Thu Closed	Stockport
Fri 10:00 - 12:00	SK8 1DU
Sat Closed	
Sun Closed	

[Directions via Google Maps](#)

St Philips, Offerton

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	St Philips RC Church
Tue Closed	Half Moon Lane
Wed Closed	Offerton
Thu 11:00 - 13:00	Stockport
Fri Closed	
Sat Closed	SK2 5LB
Sun Closed	

[Directions via Google Maps](#)

Salvation Army, Cheadle Heath

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	Salvation Army Church
Tue 13:00 - 15:00	121 Stockport Road
Wed Closed	Cheadle Heath
Thu Closed	Stockport SK3 0JE
Fri 14:00 - 16:00	
Sat Closed	For access to the car
Sun Closed	park, use postcode
	SK3 0UQ.

Tiviot Dale, Stockport

07483 115349

OPENING TIMES	ADDRESS
Mon Closed	Tiviot Dale Methodist Church
Tue Closed	2-4 Tiviot Dale
Wed 14:30 - 16:30	Stockport
Thu Closed	SK1 1TA
Fri Closed	
Sat Closed	(Please note there is
Sun Closed	no public parking at
	this centre)

FLU/COVID SURVEY

We would like to invite you to fill out a short survey about our recent and forthcoming Flu/Covid Clinics.

Your responses will allow us to improve our future Flu/Covid Clinics.

You can access the survey below:

<https://www.surveymonkey.co.uk/r/RK57X3W>





IT'S THE MOST WONDERFUL TIME OF THE YEAR



Christmas Fayre Night Stockport Town Hall

Join us for a festive fayre with a wide range of stalls perfect for purchasing last minute gifts, food, festive music and a raffle on the evening in aid of WellSpring Stockport.

Free Entry



Light up Bramhall

The Bramhall Together Trust 'Light Up Bramhall' market is held in the Village Square. Besides the market stalls there will be a Santa's grotto, fantastic light show, Lantern parade, the arrival of Father Christmas and other festive activities. Bramhall Lane South will be closed from 12pm-7pm.



Merseyway's Giant Post Box and Nice List with Father Christmas

November 14 - December 23

From 14th November – 23rd December 2022, Merseyway will have all visitors believing in the magic of Christmas with a Giant Post Box, live performers, festive huts, and a weekly nice list broadcast from the North Pole onto the centre's giant screen.

Each child who posts their letter to Father Christmas will have a magical, interactive experience as they watch their letter be transported to the North Pole. They can then take a card and return to the centre on the dedicated day to check if they've made Father Christmas's Nice List, which will be broadcast from the North Pole onto the giant screen every Saturday on the run-up to Christmas Day. The Giant Post Box will not only allow children to post their letters to Santa in time for Christmas, but it makes a great selfie spot too!

Edgeley Festive Market, Saturday 26 November 2022 11am-3pm

Following the success of our Jubilee Market, we've been invited back to organise a Christmas event on Castle Street. Come and join the fun when upto 40 local, talented, friendly independent makers bring their handmade, quality, affordable crafts, gifts, homeware, jewellery as well as fresh homemade produce. Something for all the family

There will also be entertainment and family fun. Many of the shops will be out on the streets too, bringing a festive atmosphere on Edgeley.