



**The service is provided through daytime sessions based at Whitehill Resource Centre in Reddish.**

Each session runs between 9.30am and 4.00pm, Monday – Saturday, except on public holidays. Attendance can be booked for more than one session across the week.

**Get in touch:**

Commonweal, 56 Wellington Street, Stockport SK1 3AQ

**Telephone:** 0161 480 0480

**Email:** [info@stepoutstockport.org](mailto:info@stepoutstockport.org)

**Web:** [www.stepoutstockport.org](http://www.stepoutstockport.org)

If you would like this information in large print or audio format please contact us on 0161 480 0480

STEP OUT STOCKPORT a company limited by guarantee.

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55 Wellington Street, Stockport SK1 3AQ.

An associated company of Age UK Stockport, Charity number 1139547



**Support, encouragement  
& care in a social setting**

**Step Out is a day-time service for adults offering a safe and welcoming place where people can socialise, join in with structured activities and receive support and assistance.**





## Social Setting

- A welcoming and safe place
- Relaxed environment
- Companionship
- Enclosed garden space



## Care

- Able to care for a wide range of health conditions including dementia
- Able to meet high level and complex care needs
- Personal care including showering
- Safe movement and mobility
- High quality meals prepared using locally sourced ingredients
- Special diets catered for



## Support

- Assistance with personal care needs
- Assistance at mealtimes
- Support with medication
- Memory and cognitive support



## Support for Carers

- Respite for carers
- Caring for a loved one while the carer is otherwise engaged.
- A non-residential option delaying or preventing the need for residential care



## Encouragement

- A range of stimulating and fun activities
- Gardening activities in the summer
- Building on interests and strengths
- Rehabilitative approach as appropriate



## How We Work

- Skilled, experienced and friendly staff team
- Initial assessment to identify abilities and needs
- Bespoke support plans regularly reviewed
- Strict data protection and safeguarding policies in place
- Dedicated activities co-ordinator
- Varied programme of activities