

Volunteer & Sky Hub Awards



Ahead of **Volunteers' Week** (3rd - 9th June) some of our volunteers' have already had recognition of their achievements. On Tuesday 21st May at the inaugural **Stockport Rocks Volunteer Awards Ceremony**, Paul Goddard and Jimmy Glendon jointly received the **Community Inclusion Award** for the volunteering they are doing at Brinnington Park Leisure Complex. Jimmy runs the Age UK Stockport coffee morning on Thursdays and Paul runs the Community Clean on Tuesdays and is Confidence Walk host on Wednesdays, both making a huge difference in Brinnington.

There was also recognition as **Sky Volunteer of the Year**, for Jordan Blockley at the **Sky Up Celebration Day** which took place at the end of April. Jordan is part of a team of volunteers who have been working with people, resolving their technology concerns at our digital drop ins at the Sky Up Hub in Edgeley.

These volunteers' had their achievements recognised, but we would also like to thank all the dedicated volunteers across Stockport, who give their time so willingly to help others and particularly those who volunteer for Age UK Stockport!

Age UK Stockport Sky Up Hub has also been recognised as Comms Champion, for raising awareness of the Hub, liaising with the community, supporting the Edgeley strategy development and regeneration, and regularly seeking opportunities to promote the hub.

Age UK Stockport News Sheet

Copies available on our website www.ageukstockport.org.uk or direct to your inbox by signing up to email info@ageukstockport.org.uk (you may unsubscribe at any time).

Volunteers' Week is coming! 3rd – 9th June



As **Volunteer's Week** approaches, it's the perfect time to reflect on the incredible impact that giving your time can have on your community. Age UK Stockport is calling on compassionate and dedicated individuals to join our team of volunteers and help us continue to support older people across Stockport.

Why Volunteer?

- **Make an Impact:** Help reduce loneliness and improve wellbeing.
- **Personal Benefits:** Develop new skills and connect with your community.
- **Health Benefits:** Improve your mental and physical wellbeing.

How to Get Involved

Visit <https://www.ageuk.org.uk/stockport> to learn more and apply. Your time and kindness can transform lives. Join us today!

Free! Digital Skills Workshop



Would you like to enhance your digital skills using Microsoft applications - Excel and Word? Then come along to our **free** digital skills workshop starting **Friday 12th July 10am - 12pm** at the Age UK Stockport Hub, 2 Castle Street, Edgeley, SK3 9AB.

This is a four week course being run by a tutor from Stockport College. Please bring your own laptop if you have one, but we have got some at the Hub for you to borrow if you haven't got your own.

Places are limited, so book now by calling 0161 480 1211 or email info@ageukstockport.org.uk Please let us know when you book if you will be bringing your own laptop.

Don't forget we also have digital drop ins at the Hub on Monday and Wednesday 12 - 2pm and Thursday 10.30am - 12.30pm. We also have a regular Thursday Information and Advice drop in 10am - 2pm.

Please be aware if you need a form completing, for example a Blue Badge Application, you need to make an appointment in advance.

Why not pop in to the Hub, have a look around and meet our friendly staff and volunteers!

New! Free Confidence Exercise Class



On **Tuesdays 10am - 11am** there will be a free confidence class at **Life Leisure Houldsworth Village**, Broadstone Rd, Reddish SK5 7AT (adjacent to Broadstone Mill),

The confidence class takes the concept of our hugely successful confidence walks focusing on everyday functional movements. To improve strength, stability and general fitness. It is being delivered in conjunction with Life Leisure and is for all abilities.

Come along and do what you can. Enjoy sitting and socialising with a cuppa whenever you like.

Just turn up, no need to book!

Have You Heard About Pharmacy First?

Pharmacy First makes it more convenient for you to access care. Your local pharmacist can give you advice, offer treatment and prescription medicine for some conditions without the need for a GP appointment. Conditions treated as part of Pharmacy First:

- earache (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections or UTIs (women aged 16 to 64 years).

The pharmacist will assess you and you will be given either advice, treatment (if clinically appropriate) or refer you to a GP or other healthcare professional if needed.

If you are not within the age ranges (described above), a pharmacist can still offer advice, but you may need to see a GP for treatment.

Visit NHS England's website for more information about

[NHS Pharmacy services](https://www.nhs.uk/healthcare/pharmacy-first/)

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Summer Update From Handy Help



Our typical British Summer has seen gardens explode into life from the abundance of sunshine and rain.

In response our team has never been busier tackling unruly gardens or just providing a much-needed lawn mow and tidy up.

We also offer reduced rates on garden maintenance packages. Give the team a call for more details.

We are also working on a new offer which will be available soon - **Healthy Home Check**

They say your body is a temple—take care of it and it will take care of you. It's time to apply that same thinking to your home. After all, we spend 90% of our time indoors, two-thirds of it at home. Why not create the healthiest and safest possible home environment for you and your family?

Our maintenance Team have over 20 years of experience supporting the people of Stockport with home maintenance. Our Healthy Home Check offers a comprehensive check of your home, inside or outside, enabling you to plan for upcoming repairs or address any urgent problems.

Where we can't help with a job or where a specialist is needed, we can assist you with good contacts. All our staff are trained by Age UK Stockport and pride themselves on high quality work. Our costs contribute to supporting Age UK Stockport's vital local work. Our checklist could improve your home's value, as much as your physical and mental wellbeing.

Get in touch by calling 0161 480 1211 or Email: handyhelp@ageukstockport.org.uk

Virtual House From Stockport Council

Stockport Council have recently launched the **Virtual House**, which allows you to take a virtual tour of a house to find equipment and gadgets that will help you to live well and independently at home.

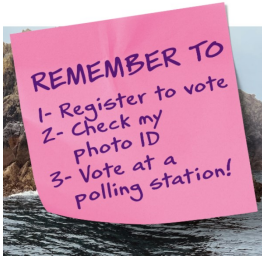
Working much like Google Street View on Google Maps, you can walk through a home full of useful household aids and adaptations, inspecting items as you go. The tool shows dozens of pieces of equipment, along with product descriptions, price ranges and details of retailers you can buy them from, for example mobility aids installed in a bathroom.

You can access the Virtual House and find out more information [here](#)

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Don't Forget to Vote!



I am sure you will have heard that following the announcement of the Prime Minister, Parliament will be dissolved and a general election held on **Thursday 4 July 2024**.

There are 3 constituencies within the Stockport Council area: Cheadle, Hazel Grove and Stockport. Each constituency is represented by a Member of Parliament, who will be elected on

Thursday 4 July.

Registering to vote

In order to vote in this election, you must be registered to vote and be either a British, Irish or qualifying Commonwealth citizen. Citizens of European Union member states are not eligible to vote in General Elections.

The deadline to register to vote for this election is midnight on **Tuesday 18 June 2024**. To find out more, visit Stockport Council's [register to vote webpage](#).

Voting by post

If you wish to vote by post and do not currently have a postal vote in place, you will need to apply for one by 5pm on **Wednesday 19 June 2024**. You can find out more about voting by post by visiting Stockport Council's [ways of voting webpage](#).

Voting by proxy

To vote by proxy (appoint someone you trust to vote on your behalf) you need to apply for one by 5pm on **Wednesday 26 June 2024**.

Voter ID

Many people will already have their voter ID from the local elections in May but if you haven't the deadline for applying for a Voter Authority Certificate is 5pm on **Wednesday 26 June**.

If you need help call the Stockport Council Elections team on **0161 217 6026** or email elections.office@stockport.gov.uk for help with any of these issues.

You can also call the Electoral Commission helpline at 0800 328 0280 for any extra support.

Armed Forces Day & D-Day

On 6th June there will be commemorations for the 80th Anniversary of D-Day and on Saturday 29th June there will be a parade, displays and entertainment in Stockport for Armed Forces Day. Please take time to talk to people who were around at this time and share their memories. Many people may be celebrating big birthdays - why not send them a card?

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Carers Week 10th - 16th June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. The impact of caring on all aspects of life from relationships and health to finances and work can be significant. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

If you would like information about how we can support you as a carer come along to the Hub, 2 Castle Street, Edgeley, SK3 9AB on **Thursday 13th 10am - 2pm**

There is also lots of support for carers on the Age UK website [here](#)

June Events from Other Organisations

Stockport Pride - Sunday 2nd June 11am - 7pm

In Stockport Town Centre, mainly around the Market Place - We will be having an information stand in the Market Hall, please do come and say hello!

D - Day Commemoration - Thursday 6th June 2 - 4pm

At Abney Court Care Home, Cheadle, SK8 2PD - Veteran Stalls and 1940's music! Celebrating the peace and freedom given to us through the bravery and sacrifice of so many.

Tea with the GP - Thursday 6th June 12.30 - 2.30pm

At Heald Green Village Hall, Cheadle, SK8 2PD - The GPs of Heald Green Finney Lane, Gatley and Cheadle Medical Practice are keen to make it easier for local people to access groups and services in Stockport to help everyone 'live well'. We will also be there!

Stockport Moves - Sunday 9th June 11am - 2pm

At various locations around the Town Centre - Free event for all the family, including a History Walk being hosted by Life Leisure and Danny Drayson from Age UK Stockport

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Monthly Activities

Saturday Social Walk - 1st June meeting at 9.45am for a 10am start.

Meet at the main car park at Etherow Country Park, George Street, Compstall, Romiley, SK6 5JD for a walk around the park.

The walk will last about 2-2.5 hours.

Come along to get your steps in and meet new people! No need to book.

Weekly Activities

Monday (except public holidays)

10.30 am - Brinnington Community Walk - Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up!

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB
If you want to get online, need help troubleshooting with your devices, or simply want to find affordable options to get online, our Sky Cares Volunteers are here to help.

1pm – 2.30pm – Outdoor Confidence / Social Walk. Meet at Woodbank Park car park, behind Woodbank Community Centre, SK1 4BL.
Join us for a walk around the beautiful Woodbank park. The walk is suitable for all abilities and there are plenty of opportunities to take a rest. Just turn up, no need to book!

Tuesday

9am - 10.30am - Brinnington Community Clean - Litter picking and general maintenance. Meet at Brinnington Park Leisure Complex (BPLC) SK5 8LS

New! 10am - 11am - Free Confidence Class - At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK5 7AT (adjacent to Broadstone Mill),
This session is in conjunction with Life Leisure and is an exercise class for all abilities on functional movements. Come along and do what you can. Enjoy sitting and socialising with a cuppa whenever you like!

11.30am - 1pm - Free Community Bingo - At BPLC, SK5 8LS.
This session is supported by the Lighthouse Centre.

1pm to 2pm - Confidence Walk - At Life Leisure Avondale, SK3 0UP.
Indoor walking aimed to improve balance and gain confidence.

Continued on the next page...

Weekly Activities Continued

Wednesday

10.30am to 11.30am - Confidence Walk - At Brinnington Park Leisure Complex, SK5 8LS. Indoor walking aimed to improve balance and gain confidence.

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB. See Monday's digital drop in for more information.

1 - 2.30pm – Woodley Community Walk - Meet at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX for a leisurely walk around Hulmes Wood Nature Reserve. Followed by refreshments at the Leisure Centre.

Thursday

10.00am to 2.00pm - Information & Advice & Digital Drop In (10.30-12.30) - At The Hub, SK3 9AB.

10.30am to 12 noon - Coffee Morning - At Brinnington Park Leisure Complex. Everyone welcome!

12.15pm - 1.00pm - Free Chair-based Exercise Class followed by light meal. At Brinnington Lighthouse Centre, SK5 8LS. This class is designed for all abilities and you can just turn up, you don't have to book .

1 – 2pm - Community Gym Session - at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX - **Free gym session!**

1.30pm – 2.30pm – Confidence Walk - At **The Bramhall Village Club**, 2 Melbourne Road, Bramhall SK7 1LR. £1.50 charge including refreshments.

Friday

10.30am - Community Gym Session - at Brinnington Park Leisure Complex - Free gym session in partnership with Life Leisure

11.30pm – 12.30pm – Confidence Walk - At **Woodley Civic Hall**, Hyde Road, Woodley SK6 1QG. Indoor walking aimed to improve balance and gain confidence - £1.50 charge including refreshments

To keep up to date with what's going on check out our website

<https://www.ageuk.org.uk/stockport/activities-and-events/regular-activities/>

Or follow us on social media [@AgeUKStockport](#)

Age UK Stockport is a registered charity 1139547