

AGE FRIENDLY - COME AND JOIN US !



Age UK Stockport is delighted to host the **Stockport Age Friendly Network**, a group of residents from across the borough of all ages with a shared interest in the local community being truly Age Friendly. We want to proactively encourage an age friendly community across the borough where people can live safe, healthy, and active lives.

We are actively looking for new members to come along and share in the many activities, benefit from information sessions and importantly have an opportunity to engage with consultations where of interest and influence what is going on. It is an exciting time to join as Stockport refreshes its commitment to being an Age Friendly place, as defined by the World Health Organisation.

Together as a network we will talk to local service providers, share information, raise the issues that really matter and work to make change happen. We are also committed to developing a network for older residents living in Stockport to provide an independent representative voice.

The Network is led by our senior Lead Hazel Batty and it is run on a bi monthly basis.

Please get involved and join us for our next in person **Age Friendly Network meeting** to be held on **Tuesday 7th May 2024 10.30am – 12.00pm**

At The Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB

As part of our session this time we will be having a talk from SMBC Adult social care -Joanne McLoughlin and Gill Beddows about adult social care work and assessments

Join us for tea / coffee and biscuits to get together to discuss the network & any issues you would want the network to discuss and have a look around our hub.

RSPV - to book a place to info@ageukstockport.org.uk or 0161 480 1211

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).

Photography Group at the Hub



The participants in the Stockport County photography group have really enjoyed all the sessions. The last two sessions were spent editing their favourite images, including Photoshop Images and then painting those images ready, for an exhibition later in the year. We'll let you know when the exhibition is going to be, so you can admire their work close up!

Well done to everyone involved and a special well done to Stockport County for becoming League Two Champions!

Free! Worry Management Workshop



Starting **Monday 13th May 1 - 3pm** – FREE Worry Management Workshop

At Stockport Homes Sheltered Housing Scheme in the lounge area of Oaktree Court, Cheadle, SK8 1EZ.

There will be 3 sessions on 13th, 20th May and 3rd June for adults experiencing symptoms of low mood or anxiety.

Some of the topics / techniques you will learn on the course include

- Understanding the symptoms of worry and how it is maintained
- Problem solving and time management
- Increasing coping abilities and resilience
- How to challenge negative thoughts and reduce worry

For more information see our website [Age UK Stockport | Events](https://www.ageukstockport.org.uk/events)

Please book your place by calling **0161 480 1211** or email info@ageukstockport.org.uk Places are limited.

Greater Manchester Walking Festival



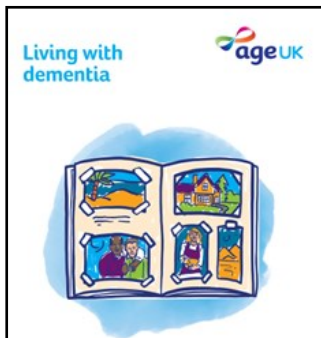
The GM Walking Festival 2024 has more than 350 walking and wheeling events throughout the month of May, to align with National Walking Month, for everyone to get involved with.

Every May, thousands of people across Greater Manchester discover the joy of walking and wheeling, connecting with new and old friends, and enjoying their local area.

The festival is a fantastic opportunity for individuals to meet new people and discover the joy being active in the outdoors. There is a full list of all the walks here [Festival Walks 2024 \(gmwalking.co.uk\)](https://gmwalking.co.uk) and we would always love to see you at one of our walks!

Full details of the walking festival can be found here [GM Walking Festival 2024 - GM Walking](#)

Dementia Awareness Week 13th - 19th May



Dementia Awareness week is all about supporting people with dementia and making the UK a dementia friendly place .

There is lots of information on the Age UK national website [Living with dementia downloadable information guide | Age UK](#) and if you would like a printed copy of the brochure you can call the advice line on **0800 678 1602** or email orders@ageuk.co.uk – please include your full postal address and allow 10 days for delivery.

Thursday 16th May 10am - 12noon - Dementia Drop In at the Hub

Ruth Terry who is a Matron for Dementia Care at Stockport NHS Foundation Trust will be at the Hub in Castle Street, Edgeley SK3 9AB

Ruth will be able to offer support or advice to people who are either living with dementia, a carer, or anyone worried about dementia.

Please call into the Hub with your questions, this is part of the normal Information & Advice drop in at the hub every Thursday between 10am and 2pm.

No need to book.

Do You Know About Our Tandem Service?



Age UK Stockport's Tandem Service provides thousands of hours of support every year to Stockport residents, helping them maintain their independence.

Helping with everything from shopping and light household tasks, to travel to appointments and leisure activities.

Our team at Tandem are always here to support you and we can tailor support to meet your needs.

All our Support Workers are fully trained by Age UK Stockport and recruited from the local community.

We also offer a special service to assist in ordering shopping on-line.

Easy shop ONLINE recognises that some people do not have the available equipment or the technical knowledge to take advantage of the benefits of ordering shopping online and having it delivered by the supermarket to your door.

The service is delivered at a special rate where no home visit is required.

Please do not hesitate to contact us if you have any queries or wish to discuss your support needs further.

Pick up one of our leaflets for more information or get in touch:

Tandem@ageukstockport.org.uk or Tel: 0161 480 1211

D-Day 80th Anniversary Commemoration



Join Abney Court Care home, Cheadle, in celebrating the peace and freedom given to us through the bravery and sacrifice of so many. To commemorate such an important day in our history, they will be: Hosting veteran charity stalls and enjoying live 40s music.

Everyone is welcome, but they would especially like to welcome any veterans on **Thursday 6th June 2pm - 4pm.**

To find out more, or book a place please call 0161 516 1156 or email erminia.anglesea@careuk.com

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Poetry Book Launch



1.45- 4.30pm on Wednesday 8th May, Greater Manchester Mature Minds Matter are launching a new poetry book, “**Rhymes from the Wise: to challenge myths and lies**”, at St. Thomas Centre, Ardwick Green North, Manchester, M12 6FZ

The book was curated from creative workshops exploring older adults mental health,

During the afternoon they will be sharing poems, films and more, as well as launching the re-brand of the Greater Manchester Older People's Mental Health Network!

Light refreshments (teas, coffees & cakes) will be provided.

Spaces are limited so please book today! You can register [here](#) or by calling 0161 834 9823.

More information can be found [here](#)

Off Line and Overlooked Update



Regular readers may remember in October 23 we highlighted a campaign from Age UK National to make sure everyone can access the services they need - so that being offline doesn't mean being overlooked.

We would always encourage people to get online and are able to offer support through the Hub in Edgeley, but we realise this isn't suitable for everyone. We also know some people would just prefer to handle their finances, their bills or their health matters in person or over the phone

The campaign's petition now has over 60,000 signatures, but if you haven't signed it it's no too late, you can here [Sign our petition! | Age UK](#)

If you or someone you know would like to sign the petition offline you can download a paper copy or request that Age UK send one out.

Email campaigns@ageuk.org.uk or write to **Freepost Age UK campaigns** (no stamp required).

Age UK national are continuing to raise awareness of digital exclusion with MPs, local councils and service providers to ensure no one is offline and overlooked.

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Do You Know About the Herbert Protocol?



Herbert Protocol has been in place since around 2016, it encourages carers and family members to compile essential information that could prove invaluable if a vulnerable person, including those with dementia, goes missing.

Up until now this information was stored on a paper form completed by the family or the care home of the Alzheimer's or dementia patient. This could lead to delays in finding and accessing the information if the form couldn't easily be located.

Now you can complete an online form with all relevant details. The information is then stored on Safe and Found Online and accessed by Greater Manchester Police when someone is reported missing.

The form, accompanied by a recent photograph, records vital information such as the person's physical description, medical conditions, mobile phone number, known locations or likely places they may visit, contact details of friends, and any other pertinent historical information.

Whilst the preference is to ensure all relevant information is stored online, the paper form option will still be available to ensure that people without computers can still access it.

For more information around the Hebert Protocol please follow the below links, which includes direct access to the online form.

Additional information: [Herbert Protocol | Greater Manchester Police \(gmp.police.uk\)](https://www.gmp.police.uk/Herbert-Protocol)

Online form: safeandfoundonline.co.uk/register.php

Safe and Found Online: [Herbert Protocol – Safe and Found Online](https://www.gmp.police.uk/Herbert-Protocol)

Stockport Pride



Stockport Pride is going to be in the Market Place 11am to 7pm on **Sunday 2 June 2024!**

There will be lots of stalls, including ours, food and drink and lots of live entertainment. Celebrate the spirit of equality, diversity, and inclusion at the annual LGBTQ+ community festival!

If you haven't been before, why not come along and join in the fun, we would love to see you there!

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Monthly Activities

Saturday Social Walk - 4th May meeting at 9.45am for a 10am start.

Meet at **Life Leisure Houldsworth Village** (adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT for a walk around **Reddish Vale**. The walk will last about 2-2.5 hours.

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

Welcome Wednesday 1-3pm - 8th May at Cheadle College, Cheadle Road, Cheadle Hulme, Stockport SK8 5HA

The students will be welcoming people into the college to enjoy activities and share experiences. To book call 0161 480 1211 or email info@ageukstockport.org.uk

If you would like to attend but would have difficulty getting there please let us know as we may be able to help.

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

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

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

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