



Each year, Stockport joins communities around the world in celebrating the [United Nations' International Day of Older Persons \(IDOP\)](#) on 1st October. The overall theme for this year's IDOP is “**Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide.**”

The theme in Greater Manchester will be, “**The part we play**”: Celebrating the integral role of older people in our communities.”

International Day of Older Persons, a chance to celebrate, appreciate and acknowledge the important contributions older people make to life in Stockport.

We will be celebrating at our **Age Friendly Network** meeting Tuesday 1st, 10.30am - 12.30pm at the Hub in Edgeley (advertised in last month's newsletter). This event will also be the launch event for the engagement phase to produce a new action plan for an **Age-Friendly Stockport**. Aligning with this year's theme, “The part we play”: Celebrating the integral role of older people in our communities.

Age may be just a number, but ageing is something that matters to us all, so we can live out our hopes and dreams well into our later life.

Stockport has the oldest population among the ten Greater Manchester districts, and along with much of the rest of the country, our population continues to age. We all want to age well, be respected and valued, enjoy work, family and friends, and a sense of purpose, regardless of age, and remain well and active for as long as possible.

That is why Stockport Age-Friendly Partnership is inviting everyone in Stockport, young and old, to contribute to this Action Plan. You can find more information and give your views [here](#). This engagement phase is open until the 15th of December, and the Action Plan will be finalised in Spring 2025.

Details of other activities in Stockport for IDOP can be found [here](#)

Wishing everyone a very happy International Day of Older Persons!

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).

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Join us for our AGM on Wednesday 27th November 12 - 2pm

At the Alma Lodge Hotel, 149 Buxton Road, SK2 6EL

You are invited to attend and hear about our work and developments.

A hot lunch will be served during the event.

If you would like to join us please **RSPV** with any dietary or access requirements, by **19th November** by telephone; 0161 480 1211 or email; info@ageukstockport.org.uk

Places are limited, so please book early to avoid disappointment!

Handy Help & Gardening Service



As we move into Autumn, our Handy Help team have been busy supporting the people all over Stockport to prepare for Winter.

Whether its clearing leaves from garden paths or getting advice on keeping warm this Winter, our team are there to help. Give them a call for more details.

Our Handy persons are also there for any small tasks you may feel unable to undertake, such building flat pack furniture, fitting grab rails, fitting door handles and locks. We also fit key safes for carer access.

All our handy Help staff are fully trained to Age UK Standards, there's no call out fees and you'll find our prices are very competitive.

You know you're in safe hands – we pride ourselves on high quality work and all our jobs are fully guaranteed. Staff are all DBS checked with public liability insurance.

Our rates are very reasonable and all income from the Service goes back into supporting Age UK Stockport's vital work, so booking the team supports your community.

Get in touch by calling 0161 480 1211 or

Email: handyhelp@ageukstockport.org.uk

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Get Online Week & Digitober



Get Online Week has been held every year since 2007 and is back for 2024 from **October 14-20th**. The aim of the week is to help tens of thousands of people get online in just one week. Whether people want to start managing their money online, learn about online safety or gain basic digital skills and there are lots of free community events are held across the UK for people to get connected.

In Stockport we not just doing it for one week, we are trying to do it throughout the year, but are concentrating on the whole month of October, calling it Digitober!

There are a number of events happening at the Hub in Edgeley, SK3 9AB.

Tuesday 1st October – [International Day of Older Persons](#)

James Wilson from Starting Point will be talking about digital support in Stockport at the Age Friendly Network meeting.

Friday 11th October - 10am - 2pm - [CV Writing and Job Search Session](#)

Smart works will be visiting 11am – 1pm to talk about support they provide to women to help them get back into work, including interview skills and techniques and Community Computers will be available to talk about affordable devices that people may be eligible for to help with their Job search/ CV writing.

Friday 18th October- 10am - 2pm - [Health Information Session](#)

NHS APP information and guidance (how to download to your device and sign up) and support on how to book GP appointments and order prescriptions online. There will also be members of the Public Health Team carrying out blood pressure checks and talking about cancer awareness.

The sessions above are in addition to our regular **weekly drop in sessions**

Monday	10:00am - 12:00pm (except public holidays)
Wednesday	12:00am – 2:00pm
Thursday	10:30am – 12:30pm

At these sessions you are welcome to bring your own devices as we have free Wi-Fi that you can connect to. For those who do not have their own, we have devices available that people are able to use whilst at the Hub.

Our dedicated team of Age UK Stockport Staff and SkyUp Volunteers are here to guide you every step of the way.

You can find out more information about

[Age UK Stockport Digital Support](#) on our website

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Free Worry Management Workshops



What is the Workshop about?

This Workshop is a FREE Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

How could the Workshop help?

The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques to manage these symptoms.

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

- Understanding Stress and Anxiety
- Noticing & challenging unhelpful thoughts.
- Worry Management
- Problem Solving

The Workshops will take place at the Hub in Edgeley, SK3 9AB on the **11th & 18th November 1-3pm.**

If you are interested in this you may also be interested in the **Improving Your Wellbeing** sessions on **7th & 14th October** that was advertised in last month's newsletter. If you would like to book a place on either or both workshops, please call 0161 480 1211 or email info@ageukstockport.org.uk

Join us for Welcome Wednesdays

WELCOME WEDNESDAYS!

STUDENTS AND OUR COMMUNITIES
coming together to enjoy activities and share experiences.

Welcome Wednesday is a monthly get together where the students from Stockport and Cheadle Colleges welcome people, to enjoy activities and share experiences. Each one is different but they each have a theme and include refreshments.

As we start a new college year we have tried to make them the first Wednesday of the month. The 2nd October will see us celebrating the International Day of Older Persons at Stockport College and on 6th November we will be at Cheadle College

Please book your place by calling 0161 480 1211 or email info@ageukstockport.org.uk. Booking essential!

Stockport Community Support Drop In's



Stockport Community Support will be attending the Hub in Edgeley, SK3 9AB on Thursday 3rd, 17th & 31st October 10am -12pm

They will be bringing information on many different support options for attendees, such as the Community Hub, Stockport Support Hub, Talking Therapies & the Mental Health Network.

The Community Hub is part of the Stockport Support Services. They offer short term support for people who are interested in being involved within their communities. They support people to independently take part in a wide variety of social, leisure, learning or volunteering opportunities.

More information about the drop in's, Stockport Support Hub and Community Support can be found on our website [The Hub \(ageuk.org.uk\)](http://ageuk.org.uk)

A Way to a Longer, Healthier Life

A longer, healthier life could be as little as a ten-minute walk away, according to the findings of a new study conducted by researchers funded by the National Institute for Health and Care Research (NIHR) Leicester Biomedical Research Centre (BRC) at the University of Leicester.

The findings of the study, published in the Journal of Sport and Health Science, suggest that adding the equivalent of a ten-minute brisk walk to the daily routine for inactive men and women aged 60 and above was associated with a noticeable increase in life expectancy.

The findings also suggested that extra years of life can be gained by increasing the overall amount of physical activity done (e.g. walking for longer) or the intensity of physical activity undertaken (e.g. converting a slow walk into a brisk walk), but that the greatest gains were achieved by doing both.

Doctor Francesco Zaccardi, Associate Professor of Clinical Epidemiology and Health Data Science at the NIHR Leicester BRC and co-lead author on the study added: "This study adds to the evidence that habitual daily physical activity is a powerful determinant of health and longevity".

You can read more from the report [here](#). If you would like to increase the amount of physical exercise you do each day why not check out the activities on our website [here](#)

Could You Claim Pension Credit?



Age UK is urging older people on low and modest incomes to check whether they're eligible for **Pension Credit**, to be assured of keeping their **Winter Fuel Payment** this winter.

Despite numerous campaigns to drive the take-up of Pension Credit over the years only 63% claim it and the figure has never gone above 66% in the last decade. Yet there is **£1.7 billion** pot of money waiting for those older people who are entitled to it, and it could make a big difference to their quality of life.

“We would encourage anyone with an older person in their lives to strike up a conversation about the cost of bills and mention this extra help that might help them to

cope and stay warm this winter, if they put in a claim.” Age UK hosts a free and anonymous [Benefits Calculator](#) which can provide an estimate of the benefits that people could be entitled to.

To make a claim for Pension Credit, older people should call the DWP Pension Credit claim line direct on **0800 99 1234** or visit www.gov.uk/pension-credit/how-to-claim. Pension Credit can be claimed by phone as well as online.

Alongside this call to action, Age UK continues to urge the public to show solidarity and sign our petition to [Save the Winter Fuel Payment](#) for struggling pensioners. Now approaching 500,000 signatures, the Charity's petition shows the strength of public feeling behind the rushed decision to means test the Winter Fuel Payment.

You can read more of this article in the news section of our website [here](#)

Black History Month



October is Black History Month and the theme for this year is 'reclaiming narratives' – it is not just about telling stories; it's about taking control of the narrative itself. It's about ensuring that black history is told with the respect, dignity, and accuracy it deserves.

There will be lots of events and activities to get involved with to support the month.

For a full programme of events and how to book on the events click [here](#).

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Monthly Activities

1-3pm - Welcome Wednesdays - 2nd October - At Stockport College.

As advertised in last month newsletter - booking essential by calling 0161 480 1211 or emailing info@ageukstockport.org.uk

Saturday Social Walk - 5th October meeting at 9.45am for a 10am start.

Meeting point **Vernon Park** – the entrance facing British Gas, Turncroft Lane, Offerton SK1 4AR for a walk around Vernon and Woodbank Parks. The walk will last about 2-2.5 hours. No need to book!

Weekly Activities (Please note there are some changes from this month)

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!

10am to 12.00 - 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 – 2.00pm – Outdoor 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

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.

Continued on the next page...

Weekly Activities Continued

Tuesday continued

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

Wednesday

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

10.30am to 12.00pm - Knit & Natter - At The Hub, 2 Castle Street, Edgeley.
Don't worry if you can't knit you can just come for the natter!

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.

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

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](https://twitter.com/AgeUKStockport)

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