



**Age UK Stockport Newsletter**

*March  
2025*

**Welcome to the all-new Age UK Stockport (AUKS) News Sheet!**

We've updated our look to bring you the latest news and information about our services and events.

This has followed a two-month gap whilst we took the time needed to review and update our distribution list and check we had all the right consents in place. This is something it is important to do every few years to ensure people are not receiving contacts they no longer want, and that our time and efforts are being meaningfully used.

This layout has been adopted to hopefully make it easier and clearer to read. It is also quicker for staff to put the News Sheet together as we work in constantly tighter financial and resource times. However, importantly it will print out for those that still want printed copies.

We expect the News Sheet to develop over time as we put together a team of staff to input into it. We also have a new Editor in Lee Speed, Head of Services and new Communication lead.

Finally just to note anyone who missed updating and still wants to receive the News Sheet – just let us know – and equally for anyone new. Contact us via email at [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) with the subject News Sheet; or telephone our Reception Team on 0161 480 1211.

As always your feedback and /or input is welcome so we look forward to hearing from you.

Margaret Brade, CEO Age UK Stockport.



It was mentioned at the Age UK Stockport AGM in November that the Board were ‘moving towards’ signing the NEW Age UK Network Agreement before the deadline of 31 December 2024 – and this did happen the very next week.

A new relationship between the national charity Age UK and the 140 Brand Partners has been under negotiation since 2018/19. It has had many names ending with Our Shared Future and was also stopped short for a year or so by the pandemic – which changed some thinking as well. Many hours have been spent by all parts of the network to come up with a new relationship for the future. It has been hard negotiated to say the least!

The previous relationship of Age UK and ‘Brand partners’ commenced in 2011 when Age UK was created from a merging of Age Concern and Help the Aged. It was always a ‘Federation’- a coming together of smaller ‘independent’ entities - we were never branches or subsidiaries.

A NEW NETWORK AGREEMENT that marks the first step in an exciting new era for the work of local Age UKs, the nations and the national charity, together. The intro sets out: “Together we form a vital network that, by focusing on changing the way we age, has the potential to ensure that every older person is included and valued in our society. Our work is needed more than ever, as so many older people have seen the quality of their lives worsen, whether as a consequence of the pandemic, the cost-of-living crisis, or the problems facing the NHS and social care. Together we have a huge opportunity to change the future for thousands of individuals in later life. Our unique structure enables us to be a positive force for older people locally, nationally and internationally, placing older people’s voices at the heart of all we do.”

New Network Shared Strategy sets out the key statements that the new Network will work to, including the Network vision 'is a world where every older person feels included and valued'. The Network is committed to nurturing a culture of collaboration, respect, and shared values, and based on five core principles:

1. putting older people first.
2. upholding and promoting our Values.
3. uncompromised compliance with the law and regulatory standards.
4. transparency, integrity and good faith
5. and promotion of Equality, Diversity and Inclusion.

This wider Age UK federal agreements came into place in January 2025 – and the next edition will talk more of our own Key statements.

## **Age UK Stockport's 40th Anniversary**



This year is a very special anniversary for Age UK Stockport as the charity celebrates 40 years of service to the people of Stockport.

Throughout the years and despite many changes we have remained the same in some key respects.

Our mission remains the same. The words have changed over the years but they are always about supporting the health, wellbeing and independence of local people in later life, and their families and friends, to live well in their communities.

To mark the anniversary are planning a range of exciting events and activities over the coming year, look out for more details in future newsletters.

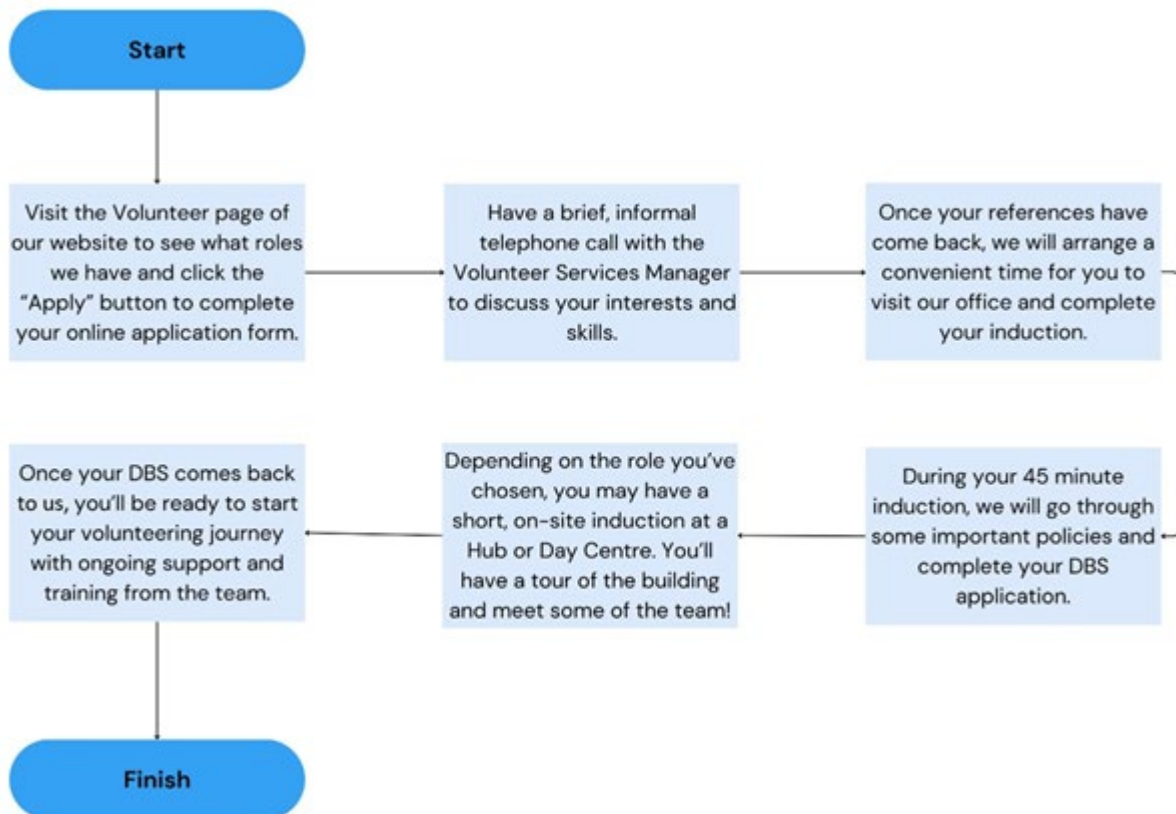
Would you would like to know more about the history of Age UK Stockport?

# VOLUNTEER



## Steps to Becoming a Volunteer

Have you, or someone you know, considered becoming a volunteer but didn't know how or where to start? We would love to hear from you. Check out our Steps to Becoming a Volunteer guide below!



## Latest News from The Hub



Our craft sessions with Trafford and Stockport college are well underway and we have been learning how to do Macramé, including square knots and spiral knots. Last week we made hanging baskets that have turned out amazing and we are currently making a wall hanging piece.

Our craft sessions are for individuals of any ability and cover a range of different arts and crafts across each course.

Unfortunately our current course is full however, keep an eye on our newsletters for updates on the next courses available starting after Easter, including details of times and costs (if applicable)

The sessions run on Fridays. Contact Gemma at the hub for more information.

Thank you also for your continued support with our knitting campaign, we are still in need of any handy knitters who are looking for a new challenge or those wanting to support to raise money for Age UK Stockport by Knitting or Crocheting small hats that fit on to the innocent smoothie bottles.

Please see Gemma at the hub regarding patterns and more information about the group that continues to run each Wednesday 10:30am –12pm. Free refreshments also available.

### **Contact:**

The Hub  
2 Castle Street, Edgeley, Stockport, SK3 9AB  
Email: [Thehub@ageukstockport.org.uk](mailto:Thehub@ageukstockport.org.uk)



# South Asia in Stockport

## a cultural immersion

Tues 25th March 2025 – 12 pm to 2 pm

Age UK, The Hub, 2 Castle Street,  
Edgeley, Stockport, SK3 9AB.



### Workshop Programme

#### Welcome & Introduction

- Brief welcome
- Migration to Stockport presentation

#### Traditional Dress

- Sari draping demo
- Traditional jewelry styling
- Photo booth with props and traditional outfits

#### Art & Adornment

- Henna artist
- Bindi application and cultural significance

#### Cultural Learning

- South Asia: Inclusion in Stockport

#### Food & Refreshments

- Snacks sampling
- Ingredients and cultural significance
- Recipe cards

#### Closing Session

- Thank you and Feedback



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Ambitious Stockport,  
creating opportunities  
*for everyone*



STOCKPORT  
METROPOLITAN BOROUGH COUNCIL

## Activities and Events

### Tandem Tuesday Social Club

Come along to our monthly social get together at the Hub in Edgeley – Tandem Tuesday– the last Tuesday of each month – we have a guest speaker most months – For March we have a ‘South Asian immersion workshop’. There will be South Asian foods to try, henna tattooing being demonstrated and a talk about the culture. We also have quizzes, musical bingo, reminisce, light refreshments, good conversation and fun. All welcome!

Last Tuesday of the month 12-2pm  
The Hub  
2 Castle Street, Edgeley.



# TANDEM TUESDAYS SOCIAL GROUP

Join us for light refreshments and some gentle activities.  
Come along to see what it's all about and meet like minded people in your area.

When: **Starting JANUARY 2025**

**Once a month - the  
last Tuesday of every  
month**

12:00 - 2:00PM

Location:

**The Hub**

2 Castle St, Edgley

Phone Number:  
**0161 480 1211**

Email:  
[Tandem@ageukstockport.org.uk](mailto:Tandem@ageukstockport.org.uk)



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UP**

## Step Out Saturday Club

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.

Activities include, craft sessions, singing, games, reminiscence, hairdressing, gardening plus lots more.

The Service also opens on Saturdays,

For more information contact:

Telephone: 0161 480 0480

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

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

# The Saturday Club

Morning and Afternoon Sessions



Respite Support  
for Carers

Friendship and  
Activities

Personal Care  
and Showering

Memory Support

All dietary needs  
catered for

*"Staff are friendly, helpful, upbeat, will listen, incredibly good"*

Get in touch:

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

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







**AGE FRIENDLY**  
STOCKPORT

## **Exciting Opportunity: Co-Chair of the Age Friendly Partnership**

Are you passionate about making Stockport a great place to age well?

The Stockport Age Friendly Partnership is seeking a Co-Chair with lived experience to help shape a brighter future for people of all ages in our borough.

Find out more:

[More Information](#)

## **Network Rail Roadworks update - Edgeley**

### **Greek Street Bridge Replacement**



## **Network Rail work on the Edgeley roundabout**

Community event

Our Lady's Catholic Primary School on **Wednesday, 19<sup>th</sup> March** from **4pm to 7pm**. The address is **Old Chapel Street, Edgeley, Stockport, SK3 9HX**.

Updates on the project including diversion routes and maps are available by scanning the QR code which can be found at the hub on the notice board or by visiting [networkrail.co.uk/greekstreet](https://networkrail.co.uk/greekstreet).

Healthy living



## Looking after yourself physically and mentally

We could all benefit from being a bit healthier. Our guide can help you make changes at the pace that's right for you.

This guide outlines how to make positive changes to improve your health, whatever your current circumstances. It covers:

- eating and drinking healthily
- getting active in a way that works for you
- looking after your mental health.

This guide can help you decide what changes are right for you. It also lists lots of useful organisations that offer more specialised help and support if you need it.

[Download your guide](#)



We rely on your support to help older people in Stockport.

Giving online is quick and easy. You can make a one-off donation or a regular donation to support our work and specify your own amount to donate.

All donations received by Age UK Stockport will be used locally to the benefit of local people. Your donation makes a real difference and a little bit of help really does go a long way.

[Donate now](#)

**Contact us:**

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56 Wellington St  
Stockport  
SK1 3AQ

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Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)