

## Celebrating International Day of Older Persons



The International Day of Older Persons is celebrated each year on 1st October, but this year we had our celebration a bit early with the students of Stockport College at their Welcome Wednesday get together. Everyone, including the Mayor, had a great time drawing, knitting, reminiscing, having hand and arm massages and generally enjoying spending time together. **THANK YOU** to everyone who came along and made it such a special day.

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### Age UK Stockport News Sheet

Copies available on our website [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)  
or direct to your inbox by signing up to email  
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## International Day of Older Persons in GM



Each year, Greater Manchester joins communities around the world in celebrating the [United Nations' International Day of Older Persons \(IDOP\)](#) on 1 October. The overall theme for this year's IDOP is **“Resilience of Older Persons in a Changing World.”** The theme in Greater Manchester will be, **“She Will Be Heard - celebrating older women's resilience and contributions.”**

Covid has exacerbated existing inequalities, with the past three years intensifying the socioeconomic, environmental, health and climate related impacts on the lives of older people, especially older women who constitute the majority of older persons.

While older women continue to meaningfully contribute to their political, civil, economic, social and cultural lives, their contributions and experiences still sometimes remain largely invisible and disregarded, limited by gendered disadvantages accumulated throughout the life course. The intersection between discrimination based on age and gender compounds new and existing inequalities, including negative stereotypes that combine ageism and sexism.

The 2022 theme of IDOP serves as a hallmark and reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude.

You can follow the social media campaign, where images will be shared with the hashtags **#SheWillBeHeard** and **#IDOP2022** on various platforms and channels including Twitter and Facebook.

We know that many older people in Stockport are doing fantastic things and we would love to hear about them. If you have any photos or stories that you would like to share, please get in touch by emailing [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or by calling 0161 480 1211 and asking for Denise, or use our social media Facebook or Twitter handle [@AgeUKStockport](#)



There is a great video on the United Nations website [International Day of Older Persons | United Nations](#)

**Change the Way You Think About Age!  
Centenarians Answer the Right Questions..**

Listen to what those over the age of 100 have to say – a call to action for ALL generations.

**Wishing everyone a very happy  
International Day of Older Persons!**

# Age UK Stockport Annual General Meeting

**Join us for our Winter Warmth themed AGM on  
Wednesday 30th November 12 - 3pm**

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

You are invited to attend and hear about our work and also about new services and developments, all with a Winter Warmth theme.  
There will be a hot lunch served during the event.

If you would like to join us please **RSPV by 18th November 2022**  
by telephone; 0161 480 1211 Or email; [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

**Places are limited!** Please book early to avoid disappointment.

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## Get Online Week 17th - 23rd October

This 'Get Online Week', there will be events all over the country to help people find free and friendly support to improve your digital skills and of course there will be plenty in Stockport.



We will be organising two events;

- **Welcome Wednesdays at Stockport College**  
on **19th October 1-3pm**. The students will be welcoming people into the college for afternoon tea and all things digital. If you would like to come along please book your place on 0161 480 1211 or by emailing [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)
- **Digital Drop-In at Brinnington Library on 20th October 12-2pm**.  
Sky Cares volunteers will be available to help you with all your digital problems. There is no need to book, just drop in!

There will be lots of other events going on during the week that can be found here [What's on in Stockport - Stockport Council](#) or

Call the DigiKnow Helpline on **07724 217888**.

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## Her Majesty, Queen Elizabeth II



We were deeply saddened by the passing of the Queen on the 8th September and joined the estimated 37.5 million people in the UK and 4 billion plus worldwide watching the moving funeral on Bank Holiday 19th September. Her values and behaviours represented the best of us and her dedication to service brought unity and constancy to millions over 70 years.

Some Wise words from the late Queen says it best:

***"In these testing times, it is my hope that you can draw strength and inspiration from what we share, as we work together towards a healthy, sustainable and prosperous future for all."***

***"I believe that, young or old, we have as much to look forward to with confidence and hope as we have to look back on with pride."***

Following the death of Her Majesty the Queen, Caroline Abrahams, Charity Director at Age UK National, considered what The Queen meant to many older people, and the model she set for ageing.

She wrote on 9th September; I am writing this just a few hours after the very sad news broke about the death of The Queen.

Already the media is saturated with many heartfelt messages of condolence from all around the world, as well as reflections on an extraordinary life of service to our nation. Although it's unlikely I can say anything that has not already been said better by others, I would like to reflect briefly on how important The Queen has been, especially in her latter years, to many older people, and how she has served as an example of what it is like to age.

### **Other lives reflected in coverage of Her Majesty The Queen's**

I suspect that in general, the older you are, the more unsettling it is to experience the loss of someone who has been part of your life for such a long time, even if you never actually met them.

So it may be for many older people today, the oldest of whom will have memories of The Queen's Coronation in 1953, and indeed of her life before that as a young Princess. My Mum died last year aged 92 and she certainly remembered those days well and, for example, the fact that two of her best friends had eventually married after having met sleeping out overnight, staking out a good spot to view the Coronation procession the following day.

The death of King George VI and The Queen's accession to the throne were formative events for many at the time, just as I imagine The Queen's death and King Charles III's forthcoming Coronation will be for us.

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## Continued...

I myself remember going to one of the events of The Queen's Silver Jubilee in 1977 as a teenager – a big fireworks display over the river – little thinking that the same person would still be on the throne forty-five years later.

Even as the world has changed around us, somehow The Queen has always been there as a symbol of continuity. Men and women born at about the same time as The Queen will have seen their own lives reflected to a degree in all the television coverage of her over the years, despite the differences in status and wealth. Everyone goes through the same life stages as they age – there's no escaping that, however privileged or not you may be.

## The loss of a loved one in extreme old age

I feel for those very old people today, just as I do for anyone who has lost an older relative recently, who will be reminded of what that felt like by all the coverage of The Queen's sad demise.

Coincidentally, I spent an evening this week with a 66-year-old friend whose own mother died two weeks ago, aged four years younger than The Queen. We reflected on the fact that while it could never be said to be a surprise when someone you love deeply dies in their nineties, this doesn't in any way lessen the pain.

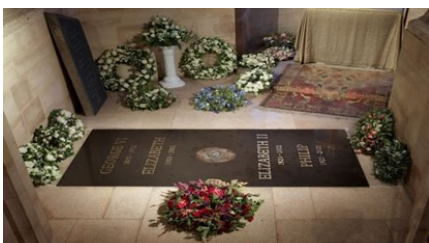
My thoughts go to all The Queen's loved ones who will be experiencing an acute sense of grief at the moment – and doing so in the full glare of publicity, which must make it very hard.

## A model of ageing gracefully and a refutation of ageism

In a society in which examples of ageism are not exactly hard to find, The Queen has been a fantastic model of what it is like to grow older, and how you still retain the essence of who you are, even as your body gradually becomes less robust with the passing of the years.

Older people are often 'othered', but it was impossible to 'other' The Queen as she was someone with whom we were so very familiar. The fact that she kept doing the things she enjoyed, like spending time with her horses and dogs, and continued to work in the job to which she was profoundly committed until two days before she died, was wonderful. One might also conclude that nothing became her so much as the manner of her passing: peacefully, and in a place she regarded as home. It's what we would wish for every older person.

May The Queen rest in peace and may The King, Age UK's Patron, and the Queen Consort, Patron of The Silver Line, take comfort and inspiration from



her long life and many achievements. My thoughts go to all The Queen's loved ones who will be experiencing an acute sense of grief at the moment – and doing so in the full glare of publicity, which must make it very hard.

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## New Travel Companion Project



We are pleased to announce a new Travel Companions project in partnership with the Department of Transport. The project aims to tackle social isolation and loneliness by supporting older people to overcome the challenges they may face such as lack of confidence, anxiety or finding suitable transport which is preventing them from going out and participating in the community. The project aims to help people re-gain their confidence and independence to travel to groups, or meet friends and family.

We are looking for both, people who would feel they would benefit from the project and also friendly volunteers to become travel companions.

A Volunteer Travel Companions would accompany and support people on journeys using public transport, or other means such as walking or cycling. As a volunteer on this new project you will be given all the training and support you need and would be great experience for anyone looking to gain future paid employment. Full details, including a role description are on the website [Age UK Stockport | Volunteer with us](#)

If you would like the support of a travel companion please email [tandem@ageukstockport.org.uk](mailto:tandem@ageukstockport.org.uk) or call 0161 480 1211 for more information.

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## Our Kind of Stockport Campaign



'Our Kind of Stockport' is a volunteering campaign from One Stockport, which aims to celebrate and recognise the wonderful work of amazing volunteers in helping to make a difference, across the Stockport borough.

Jim, one of the Age UK Stockport volunteers, is one of the volunteers who have been recognised in the campaign.

Jim helps in Brinnington doing the walking football sessions and coffee mornings and also helps on our telephone befriending service. On the video from the campaign, Jim talks about volunteering for us and also speaks powerfully about the difference volunteering has made to his life.

We are really grateful to all of our volunteers who make such a difference to the lives of people in Stockport. Just recently, someone told us she felt her volunteer had literally 'changed her life' - quite an achievement!

You can learn more and see videos about the work of Jim and some other Stockport volunteers on the [One Stockport's website](#)

A big **'THANK YOU'** to **ALL** Stockport's Volunteers!

## Big Knit Update



I am sure regular readers know that the deadline has already passed for sending in hats for this year's campaign, but we were expecting to see your creations in the shops from this month. Unfortunately, this has been delayed until January 2023. This is simply because things are taking a little longer than usual at Innocent, so they need a little more time to get the hats on bottles.

We haven't got a date confirmed for the next campaign, but we'll be sure to let you know when we do, as Innocent continue to be committed to helping older people most in need through their Big Knit campaign with Age UK.

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## Warm Homes Scheme Thank You



We recently, along with other participating Age UK's, received a thank you from the Warm Homes team at Age UK for the brilliant work carried out by hundreds of staff and volunteers across the Age UK network. .

Over the last 11 years the Warm Homes programme, funded by energy companies, has successfully delivered services to enable older people to stay warm and well through the winter months.

Overall, across benefit checks and home energy checks, together we've been able to support 236,614 older people across England and Wales and identified over £413 million in benefits and home energy savings over the past 11 years!

A total of 246,496 benefit checks have been delivered by local teams identifying an average of £2,564.10 in unclaimed benefits for each client. These benefits are likely to be a much needed source of income for older people to alleviate the pressures of the soaring cost of living, which are forcing many to choose between heating and eating.

In addition, home energy checks have seen 249,896 pieces of energy efficiency equipment installed through 46,074 checks, helping to save an average of £37.39 on each household's fuel bill and 117.69 kg in CO2. The support provided through home energy checks has, and continues to, help older people save energy, stay warm and reduce their rising energy bills.

**We will be taking part in the scheme again this year** and there will be more details next month's newsletter, but if you, or someone you know is over 65 and living in a cold home, or has a long term health condition, get in touch in the usual way - **now!**

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## Events & Activities for October & November

**Welcome Wednesday - 19th October 1-3pm** see page 3 for details

**Digital Drop In - Thursday 20th October 12 - 2pm**

**At Brinnington Library, First House, SK5 8EN. No need to book, just drop in!**

**Age UK Stockport AGM - Wednesday 30th November at 12 noon - At the Alma Lodge Hotel - see page 3 for details**

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## Regular Activities

### Monday (except public holidays)

**Brinnington Community Walk** - Meet at Hollow End Towers, Northumberland Road, SK5 8NY at 10.30am for a leisurely walk followed by free refreshments. Just turn up!

**Walking Football** - Mondays 12.30 -1.30pm at Brinnington Park Leisure Centre (BPLC)

### Wednesday

**Women's Walking Football** - 1pm to 2pm (BPLC). Just turn up, pay and play!

### Thursday

**Drop In Thursday** - 10am to 3pm - Chat to AUKS staff at One Stockport Hub, 16-22 Merseyway, SK1 1RA (the old Argos)

**Jimmy's Coffee Morning** - 10.30am to 12 noon (BPLC)

### Friday

**Community Gym Session** - 10.30am at BPLC - Free gym session!

**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/>

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

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

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