

New Venue for Digital Drop In



Our Digital Drop In is moving to **Brinnington Park Leisure Complex** from **Thursday 13th April**. It will be on the second Thursday of each month as part of the coffee morning which is on every Thursday morning at the same time.

If you want to get online or need help troubleshooting with your devices, applying for benefits online, or simply want to find affordable options to get online, our Sky Volunteers are here to help you. You can bring your own phone, tablet or laptop that you need help with, or use our equipment.

[Click here](#) to see the poster for details. We look forward to seeing you there, just turn up – **No need to book!**

Introducing the Positive Minds Group



The **Positive Minds Group** runs every **Wednesday** 1-3pm at Queens Court, Church Street, Marple SK6 6BS. It is a group is for people who may be experiencing feelings such as low mood, loss of confidence, anxiety, depression, or are feeling socially isolated.

Positive Minds offers people the opportunity to attend regular meetings with people experiencing similar feelings and situations where they can often offer support to each other. Members are involved in the planning of future activities, with interests and hobbies influencing the decisions wherever possible.

The group aims to promote positive engagement, encourage communication, maintain skills, and build relationships. Ongoing support is given outside the group if required.

Activities can include; exercise, relaxation, trips out, reading, poetry, arts and crafts and reminiscence, but it really depends on what the group would like to do.

If you feel you, or someone you know, could benefit from the Positive Minds group, please contact **Paula Hudson** on 0161 480 1211 for further information.

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).

Could You Get Involved?



We are always on the look out for friendly and caring individuals to join our volunteering team and help us provide vital support in whatever way possible – we have roles to suit everyone!

Are you a good listener?

If you're a friendly and approachable person who enjoys chatting, you could make a great Befriender. Our **Befrienders** provide regular social visits (either in person or over the phone) to clients who are isolated and lonely.

The visits vary from person to person but may involve a simple cup of tea and a chat, a light walk down the road for some exercise, or maybe baking something delicious! The Befriending role is very flexible and is a great option for volunteers who maybe only have an hour per week to spare.

Are you hands-on?

If you'd prefer to get stuck in and enjoy a more practical role, our **Step Out** service could be the place! Step Out provides a wide range of support to individuals. You could get involved with planning and facilitating fun activities for members such as craft sessions and games, and help serve food and drinks throughout the day. Step Out is a good option for volunteers who enjoy the practical side of volunteering and can spare a few hours per week.

Are you organized?

We have a couple of different admin style roles to suit people who have good organizational and office skills. Our **Information & Advice (I&A)** service handles a wide range of queries. An I&A volunteer may support the wider team with form filling and general admin tasks to help us provide the best service we can to our clients. We also have a main Reception team that deals with general enquiries, signposting and sending out relevant leaflets and information guides. Both services are a great opportunity for volunteers who have good organizational skills and enjoy teamworking.

If you'd like to become a volunteer or for more information, please email Roisin Lynch, Volunteer Manager:

roisin.lynch@ageukstockport.org.uk or come and have a chat on

Wednesday 10th May when we are going to be at **John Lewis** in Cheadle 10am to 3pm. We will be in the workshop space which is on the ground floor.

We would love to see you there!

Age UK Stockport
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56 Wellington Street
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Telephone: 0161 480 1211

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Website: www.ageukstockport.org.uk

Have you heard about Our Tandem Support Service?



It's a Service designed to support people to be independent, safe and happy at home.

Tandem is a flexible Service which can be tailored to meet your needs. It's delivered by friendly, well trained staff from Age UK Stockport.

The service supports a large number of people across the borough to live independently. Sometimes this is for a period following illness or a discharge from hospital.

Could you benefit from our support?

With Spring here we are also looking forward to supporting people feel better about getting out and about again. Like Barry and Scott who made a recent visit to Stockport County. If you are interested in getting out and about, ask us about our funded travel companion work.

We're recruiting too!

Are you interested in supporting people in your local community?

We are currently recruiting and are looking for people who want to support others to stay safe and well at home. We are in particular looking for staff based in the SK8 area of Stockport. **Full training will be provided.**

Get in touch Tandem@ageukstockport.org.uk or call **0161 480 1211** for our fees and a chat!

When Parents Grow Old

Let them grow old with the same love that they let you grow ...

Let them speak and tell repeated stories with the same patience and interest that they heard yours as a child ...

Let them overcome, like so many times when they let you win ...

Let them enjoy their friends just as they let you ...

Let them enjoy the talks with their grandchildren, because they see you in them ...

Let them enjoy living among the objects that have accompanied them for a long time, because they suffer when they feel that you tear pieces of this life away ...

Let them be wrong, like so many times you have been wrong and they didn't embarrass you by correcting you ...

LET THEM LIVE and try to make them happy the last stretch of the path they have left to go; give them your hand, just like they gave you their hand when you started your path!

Author unknown

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Monthly News - April 23

Cost of Living Support



We have been successful in receiving a cost of living grant from **Age UK national** to meet urgent need and demand as older people struggle with the devastating impact of the increasing cost of living. We will be using this money for additional information and advice sessions to provide access to benefit checks and support for people seeking advice on a range of cost of living topics. There will

be more about this in next months newsletter, but in the meantime you can contact our Information and advice team by telephone on **0161 477 1213** or by email: advice@ageukstockport.org.uk / info@ageukstockport.org.uk or you can drop in to the Stockport One Hub **only on Thursdays between 10 am to 3 pm**. At the drop In you can find out more about our support and services, or make an appointment if required.

You may see us in the Stockport One Hub on other days but these are for pre arranged appointments.

Millions of households
to receive **£301**

Between **Tuesday 25 April**
and **Wednesday 17 May 2023**



First 2023/24 Cost of Living Payment dates have been announced by the Government. This is the first of three payments totalling up to £900 for those eligible and on means-tested benefits, such as Universal Credit or Pension Credit.

The £301 payment will be sent out automatically and directly to recipients, meaning those eligible do not need to apply or do anything to receive it. The Department for Work and Pensions (DWP) will

never ask for personal details like bank account details so if anyone calls you saying they need this information to pay the money it is a **SCAM!**

More information can be found [here](#);

Age Friendly Network Meeting

Join us for tea/ coffee and pastries to get together to discuss any issues you would want the network to discuss. The next meeting will be

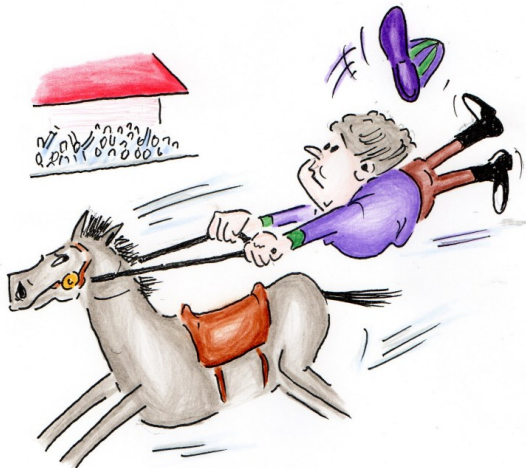
Tuesday 25th April 2023 10.30am – 12.30pm At the Minor Hall (downstairs) Stockport lending library, Wellington Rd South, SK1 3RS

RSPV- to book a place to please email info@ageukstockport.org.uk

or call 0161 480 1211. **We look forward to seeing you there!**

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Oasis Cartoon and Memory for April

"I always wanted to go horse riding when I was young but the nearest I got was riding the donkeys on Blackpool sands."

Test Alert - Sunday 23 April 2023



The government is rolling out a new Emergency Alerts system. A test alert will be sent on **Sunday 23 April 2023**. The alerts will be used to let you know about emergency situations (like severe flooding) through your mobile phone or tablet. However, the alert will be accompanied by a **loud 10-second sound** even if your device is on **silent**. Your mobile phone or tablet does not have to be connected to mobile data or Wi-Fi to get alerts.

If you have a secret mobile phone hidden from an abusive partner, follow the instructions provided in [a new video](#) from the specialist domestic abuse organisation [Refuge](#). The video explains how the siren can be disabled by switching off these emergency alerts in your settings app, both on Android and Apple devices.

This information and the Refuge video can be found on the Oldham Safeguarding Adults Board website: [Hidden Phones – Managing Emergency Government Alerts](#)

Don't Forget Your Voter ID

Full details are in last months newsletter, but if you haven't got suitable ID to vote in the May elections you can get support in person at the Town Hall between 09:00 – 17:00 Mon-Thurs and 09:00 – 16:30 on Fridays.

Library staff have now also received instructions on how to apply for Voter Authority Certificates, so that residents can receive support in their local library.

DigiKnow are also providing digital support via their helpline: on **07724 217888**

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Events & Activities for April

Digital Drop In - Thursday 13th April 10.30am - 12pm - At Brinnington Park Leisure Complex, Northumberland Road, SK5 8LS No need to book!

Age Friendly Network Meeting - Tuesday 25th April 10.30am - 12.30pm
In the Minor Hall at Stockport Central Library, Wellington Road South, SK1 3RS. For more info or to book a place contact info@ageukstockport.org.uk or call **0161 480 1211**

Welcome Wednesday at Stockport College - Wednesday 26th April - 1-3pm
A **Coronation themed event** at Stockport College, Wellington Road South, SK1 3UQ. Please book by emailing info@ageukstockport.org.uk or by calling 0161 480 1211 so we know how many to cater for!

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!

Wednesday

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

Thursday

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

Coffee Morning - 10.30am to 12 noon (BPLC)

Free! Walking Football - 6.30pm to 7.30pm - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

Friday (except public holidays)

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

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