

## Out and About Last Month



Last month we started our Tuesday walks in Marple, continued with our Monday walks in Brinnington, Tandem helped clients get out and enjoy the lovely weather and when it got too hot, Step Out members did gardening inside!

The main event was Stockport Pride where we had an information stand and talked to lots of people on a variety of subjects.

We are going to be out and about during August at the Emergency Services Day and the walks will continue as usual - please do come and say hello!

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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 [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) (you may unsubscribe at any time).

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## Monthly News - August 22

### Cook Safe Campaign and Talk



In total last year, Greater Manchester Fire and Rescue Service attended 752 residential fires caused by cooking, which was almost half of all accidental fires in the home in Greater Manchester in 2021. They have recently launched their Cook Safe campaign in the hope of reducing the number of accidental fires that start in the kitchen by providing cooking and kitchen fire safety information for residents, focusing on five key messages:

- Never leave your cooking unattended
- Don't get distracted while cooking
- Take care when frying - hot oil or fat can easily catch fire
- Don't use a chip pan. Try oven alternatives or use a thermostat controlled fryer
- Never cook if you've been drinking alcohol

If you would be interested in finding out more about **Fire Safety in the Home** we have a member of the Fire Service coming to the Community Room at **Queens Court** in Marple on **Wednesday 10th August at 1pm**. At the end of the talk you will be given a leaflet which you can use to Book a Home Fire Safety Assessment, where, if you qualify, a member of the Fire Service will visit your home, check and fit smoke alarms if necessary and conduct a fire safety assessment for you.

We have a few places left for the talk, so if you would like to attend please call 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) to book your place.

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### Digital Drop In at Brinnington Library

Do you need help getting online or using your computer, Smartphone or tablet?

If so come along to our new Digital Drop In session at Brinnington Library, First House, 367 Brinnington Rd, Brinnington, Stockport SK5 8EN

The first session will start on **Thursday 8th September** from **12 to 2 pm** and run at the same time and place every 3 weeks thereafter.

The world is moving more and more online, particularly after Covid so, whether you need help troubleshooting and learning to use your device, applying for benefits, or online banking and shopping, our digital Volunteers from Sky Cares will be there to support you and help you feel more confident.

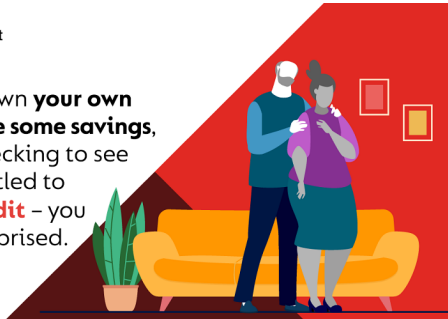
**There is no need to book, just drop in and see us!**



## Could You Qualify For £650?

 HM Government

Even if you own **your own home** or **have some savings**, it's worth checking to see if you're entitled to **Pension Credit** – you might be surprised.



Older people have until **Thursday 18th August** to put in a claim for **Pension Credit** in order to qualify for the Government's £650 cost-of-living payment. Age UK is urging all older people who are struggling to make ends meet and who are not already in receipt of Pension Credit to put in a claim without delay, so they don't risk missing out.

Announced as part of a support package in May, the government's Cost of Living Payment will be paid to those in receipt of Pension Credit (and other qualifying benefits) in two lump sums of £326 and £324 – the first will be paid automatically between mid-end July and the second will be paid in the Autumn. To be eligible for the first lump sum, older people must have been entitled to a Pension Credit payment (or later found to be entitled to a payment) in the period 26 April – 25 May 2022. Because a successful application for Pension Credit can be backdated by three months, those who begin the claiming process before 18th August are guaranteed to meet the eligibility criteria.

Pension Credit also opens the door to a wide range of additional support including: £140 off electricity bill through the Warm Home Discount Scheme (if eligible); A free TV licence (if over-75); Free NHS dental treatment and help towards the cost of glasses and travel to hospital; Help with Council Tax and rent; Cheaper phone and home broadband deals and other things.

Those in receipt of Pension Credit, which can be backdated up to three months, tops up the weekly income of a single pensioner to £182.60 or a pensioner couple to £278.70 (or higher in some circumstances). Pension Credit comes in two parts: Guarantee Credit and Savings Credit and it's separate from the State Pension.

If you are living on a low income or struggling with your bills contact Age UK's free Advice line on 0800 169 65 65 without delay to check you're receiving all the financial support available to them. Alternatively, people can visit [www.ageuk.org.uk/money](http://www.ageuk.org.uk/money) or contact our information and advice team on 0161 477 1213 for further information and advice.

Age UK also hosts a free and anonymous [Benefits Calculator](#), available via [www.ageuk.org.uk](http://www.ageuk.org.uk) which can provide an estimate of the benefits that people could be entitled to.

To make a claim for Pension Credit, call the DWP Pension Credit claim line direct on **0800 99 1234** or visit -

[www.gov.uk/pension-credit/how-to-claim](http://www.gov.uk/pension-credit/how-to-claim).

**It can be claimed by phone and online.**

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## Summer Reading Projects



Stockport Libraries have a couple of projects running over the summer for adults.

The first is **Book Bingo**, which is an adult summer reading challenge. They have designed a reading Bingo card where each square offers a reading challenge. Read a book that fits that challenge to mark off that square. You get a Bingo when you mark off five in a row (either horizontal, vertical, or diagonal). Completed sheets can be handed in at any library and it will be entered into their prize draw for one of their fabulous prizes. You can pick up a BINGO card at any Stockport Library and it runs until 31st August.

The second is **Sharing Stockport Voices! – Women in Sport**

They are launching a Sharing Stockport Voices Scheme, where they will gather writing submissions from Stockport residents about a topic which will then be published on the libraries BorrowBox app. The theme for this first round, in celebration of the Women's Euros 2022, is 'Women in Sport' and it closes on 14th August.

For more information or to enter your submissions please email [libraries@stockport.gov.uk](mailto:libraries@stockport.gov.uk)

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## Saving Money On Your Water Bill

As the cost of living crisis worsens, United Utilities are encouraging older people to check whether they are eligible for any of their support schemes.

One of the measures United Utilities have highlighted is their Help to Pay scheme. Their Help to Pay scheme is specifically aimed at customers who are receiving Pension Credit and are having difficulties paying their bill.

There are two levels to the scheme depending on whether an individual lives alone or with other people in the household:

- If you live alone they will reduce your annual water bill to £258
- If you live with other people in the household (who also receive Pension Credit or state pension) your water bill will be reduced to £366

For more information call on **0800 072 6765** or apply [online](#)

## Stockport Moving Together



Stockport Council have recently launched a new Active Communities Strategy to get 'Stockport Moving Together'. Moving more means better health outcomes and life skills for the people of Stockport, as well as improved mental wellbeing, higher energy levels and lower risk of diseases such as heart disease, stroke and diabetes.

Cllr Keith Holloway, Cabinet Member for Health & Adult Social Care, said, *"Stockport Moving Together aims to support all residents to be more active, more often. We know that moving more is good for our physical and mental health. An active community can also play an important part in economic growth, social cohesion, cleaner air, employment opportunity and skill development."*

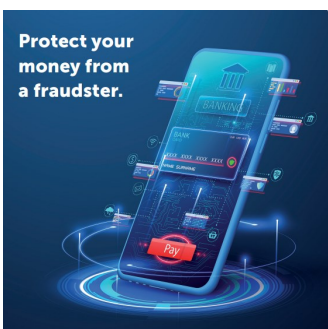
We are really pleased to say we have been very involved in this and if you have a look at the launch video you will see a number of people from our Monday walking group in Brinnington!

To find out more about Stockport Moving Together and for more information on how you can get involved in local physical activity and wellbeing opportunities, visit

[Stockport Moving Together - Stockport Council](#)

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## Safe Online Banking Campaign



Going online – whether via banks' websites or apps – is apparently, the UK's favourite method of banking, bringing many benefits over in-branch banking, with instant account checking, payments and money transfers. This month there is a new campaign providing advice on ensuring that we're all using internet and mobile banking safely and responsibly.

### Is internet banking safe?

Banks invest heavily to make online banking safe and secure. However, it's our responsibility to ensure that we are using internet and mobile banking safely and responsibly to protect ourselves.

The new campaign give lots of tips on how to bank safely online and will be featured on social media over the next month.

You can find more information by following the link below  
[Is Online Banking Safe? Protect your Money - Get Safe Online](#)

Don't forget you can also find out about using the internet safely at our new Digital Drop In's at Brinnington Library starting on 8th September.

## Upcoming Events & Activities for August

### Fire Safety at Home Talk - Wednesday 10th August 1pm - 2.30pm

A member of the Fire Service is coming to the Community Room at **Queens Court** in Marple to do the talk. There are a few places left, so if you would like to attend please call 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) to book your place.

### Emergency Services Day - Friday 19th August 10am - 4.00pm

We will be having an information stand in St Peter's Square (SK1 1NZ) on the day. **Please do pop along and say hello!**

## 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)

### Tuesday

**Marple Community Walk** - The walk will set off from **Queens Court**, Church Street, Marple SK6 6BS at **10am** for a leisurely walk, followed by refreshments in the Community Room. Just turn up, no need to book!

### 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)

**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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