

## Photos From Our AGM



We would like to say a big **'thank you'** to everyone who attended our Annual General Meeting yesterday.

The video that we showed at the AGM will be available on the news section of our website shortly.

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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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We look forward to meeting you again in 2023 and to more activities and events and news to share.

From

The Trustees, Management, Staff and Volunteers at Age UK Stockport.

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## New! Indoor Confidence Walk



Do you or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness?

We are currently running a FREE Indoor confidence walk session in partnership with Life Leisure at Brinnington Park Leisure Complex (SK5 8LS), every Wednesday morning 10.30 to 11.30am.

Specialist instructors will be able to offer advice & support, in a relaxed social environment. **Just turn up, no need to book!**

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## Telegraph Winter Appeal

Age UK national is pleased to have been selected as one of the four chosen charities for this year's Telegraph Christmas Charity Appeal!

The Telegraph has been running its annual Christmas Charity Appeal since 1986, and has raised close to £30 million for charities. Each year, it raises around £700k in total for their beneficiary charities, largely through donations from readers.

The money raised through the appeal will help towards the costs of national campaigning; Information and Advice provision; and the support they give to local and national Age UKs every year.

Please keep an eye out for the appeal this weekend, and in the coming months!

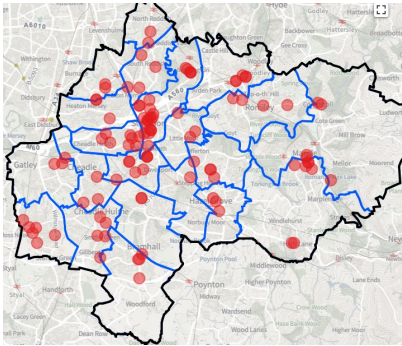
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### Warm Spaces in Stockport This Winter



Are you looking for somewhere warm to spend time and enjoy hot drinks and community activities?

From now until March 2023, there'll be many warm spaces open every day of the week in Stockport.

These warm spaces are open to everyone and you're welcome to drop into these spaces during opening times and relax, without any pressure to buy something.

You can use the interactive map on the Council's website to explore the different warm spaces, opening times and

what's available in each space. Many will be offering activities, free Wi-Fi and free food and drink.

There is a link to the interactive map here [Warm spaces - Stockport Council](#) so you can find a warm space in your area.

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### Help for Households Government Website

#### Help for Households

In response to increasing prices and the pressures around the cost of living, the Government has launched 'Help for Households' - a campaign to raise awareness of the support available amongst those that need it most.

There is lots of useful information on the website including; help with your energy bills; energy saving advice; help with household costs; find out what benefits and financial support you may be able to get and find out what offers are available from businesses to help with the cost of living all on the one website.

[Help for Households - Get government cost of living support](#)

If you are struggling and need help don't forget about [Stockport Support Hub](#) They can help you with information, advice or connect you to other organisations and useful resources. They can also refer you directly to any of the services within Stockport Support Hub.

You can contact any of the services directly using the links on the website or by completing the Stockport Support Hub online referral form.

You can also call **0161 474 1042**, and a text option is available for the deaf community on **07539 468 560**.

If you are not sure what support is right for you, they will guide you in the right direction.

## Welcome Wednesdays



Last month we had a wonderful afternoon at Cheadle College. We would like to give a big **'THANK YOU'** to the Choices Students who gave us a very warm welcome, providing and serving delicious soup, drinks and cup cakes. We also enjoyed board games and chatting to the students.



The next Welcome Wednesday is on **14th December at Marple College 1-3pm** (Marple Sixth Form College, Buxton Ln, Marple, SK6 7QY). The students at Marple College will be welcoming people into the college to enjoy activities and share experiences, all with a Christmas theme.

If you would like to come along on 14th December, please call Age UK Stockport on 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) to book your place, so we know how many to cater for.

If you can't make it in December we have the dates for the next three months which are; 18th January at Stockport College, 22nd February at Cheadle College and 15th March at Marple College. You can keep up to date with all our [events](#) on our website.

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## Useful Information From Healthwatch



Healthwatch Stockport have put together a really useful booklet covering practical advice to keep yourself well this winter and how to access health and care services in Stockport.

There is information about getting vaccinated, if you need healthcare this winter, keeping yourself well, support available and a list of key service in Stockport, with their telephone numbers.

The booklet is available to download from the [Healthwatch Website](#) or if you would like a paper copy call Healthwatch on **0161 974 0753** or pick one up from the usual places.

It would be a useful leaflet to have by the phone for people who don't have access to the internet.

## Stockport Giving Tree



Have you seen the **Giving Tree** in Merseyway? Shoppers can select a bespoke tag from the Giving Tree and purchase a gift for a less fortunate child or person in Stockport. Each tag will share the age of the recipient along with an item they would like to receive for Christmas, meaning they will receive something they have asked for on their Christmas list.

This year's Giving Tree will be hosted in collaboration with **Age UK Stockport** and Stockport schools and care homes and will be open from 14th November – 14th December 2022.

All participants can drop their gift donations at the dedicated donation station or at the centre's Management Suite.

'**Thank you**' to anyone who has already supported us through the Giving Tree and if you haven't seen it, but do feel able to purchase a gift, we know recipients will be really grateful.

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## Latest Fraud Scams

Scams are becoming more and more sophisticated with millions of people across the UK falling victim each year. It can happen to anyone, even you. No matter your age, wealth or wellbeing, fraudsters will target you.

The latest scams include; **The Energy Crisis Scam**

Scammers are taking advantage of the rising cost of energy bills by impersonating energy providers, local councils, the government or OFGEM with offers of support or rebates.

Through bogus cold calls, fake texts, emails and online adverts their aim is to get you to provide your personal and financial information, which they can use to scam you in the future.

The latest energy scam involves a bogus text posing as the government, asking you to click on a link to apply for the £400 energy grant.

If you receive a text like this or similar, **don't click on the link**. Your grant will be applied to your account automatically, you don't need to take any action.

### **Courier scams**

Criminals are calling victims posing as the Police and telling them that their card is being used fraudulently or that their money isn't safe. If you receive a call and are told to move your money for safety reasons or to take cash out and hand it over to 'assist with an investigation' - **It's a scam!**

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## Events & Activities for December

**Christmas Carol Concert - Friday 9th December 1.30pm - At St Mary's Church in the Marketplace**, Churchgate, SK1 1YG. We would love you to join us at our Christmas Carol Concert at the beautiful St Mary's Church. Everyone welcome, No need to book.

**Welcome Wednesday at Marple College - Wednesday 14th December - 1-3pm**  
Marple College, Buxton Lane, Marple, SK6 7QY. All the usual Welcome Wednesday activities with a Christmas theme. Please book by emailing [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or by calling 0161 480 1211 so we know how many to cater for!

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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 Complex (BPLC)

### Wednesday

**Confidence Walk** - 10.30am to 11.30am - At Brinnington Park Leisure Complex

### 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](#)

Age UK Stockport is a registered charity 1139547

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