

Photos From Our AGM



We would like to say a big **'thank you'** to everyone who attended our AGM last week. We would especially like to thank to Maria Kildunne from Healthwatch, who was our speaker, and the Mayor, Councillor Graham Greenhalgh, Age UK Stockport's president, for his kind words and for chairing the meeting. We would also like to thank to all those who took part in the video. The video which was first shown at the AGM, is available in the news section of our website [How do you measure a year \(ageuk.org.uk\)](https://www.ageuk.org.uk/news/how-do-you-measure-a-year) **'THANK YOU'** to everyone involved.

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).

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Warm Space at the Hub



We are pleased that the Hub in Edgeley (SK3 9AB) has been designated as a **warm space** this winter.

You are welcome to visit us at any time Monday to Thursday 10am – 1.30pm for a warm welcome and free Wi-Fi, hot drinks, biscuits and cake.

Call in to sit and relax, or join in conversation with others.

We will have a variety of activities for you to engage in, such as jigsaws and puzzles, or why not try our out digital devices.

There are warm spaces all over Stockport open every day of the week. The warm spaces are open to everyone and although they are all different, they offer things like, complimentary Wi-Fi, activities, hot drinks and some even offer hot meals.

There is an interactive map of all the warm spaces on the Council's website [here](#) where you can explore the different warm spaces and find out what's available in each space.

There is lots going on at the Hub and here are some photos from some recent events, including the Edgeley lights switch on, where we had visits from Father Christmas and Vernon Bear and the winter warmth week.



Why not pop in and find out what's going on?

'Thank You'



We would like to say a huge **'THANK YOU'** to **Sarah Middleton** (pictured), who organised the very kind donation of Christmas boxes from **Moss Lane Residents** in Bramhall, **Sarah's friends** and **1st Bramhall Scouts**.

The gifts will be distributed to our vulnerable clients in the community in the next few weeks.

Starting to Get Festive at Step Out!



Some lovely photos from **Step Out Stockport** of the members helping to decorate the centre ready for the festive period.

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.

If you would like to know more about this service, you can call on **0161 480 0480**, email info@stepoutstockport.org or see our

website [Age UK Stockport | Step Out Stockport](http://AgeUKStockport.com)

Art at the Hub



On **Tuesday 5th December** 10am -12pm there will be a **Free Christmas Themed Art Session** at the Hub, 2 Castle Street, Edgeley, SK3 9AB.

Professional artist, Michelle Taube will be leading the session, in which you will be able to create your own piece of art to take home and enjoy.

The session in December will be Christmas themed and there will be a further 2 sessions next year, on Tuesdays 9th January and 6th February.

Places are limited, so booking essential! If you would like to come along to any or all of the sessions, please call Age UK Stockport on 0161 480 1211 or email info@ageukstockport.org.uk

Age UK's Run Your Age



Your age, your distance, your New Year challenge

Have you seen that **Run Your Age**, Age UK's fantastic New Year challenge, is back - and we want **you** to be part of it!

Challenge yourself to run or walk a distance based around your age in January. If you are 64, you could walk 64 miles over the month, or maybe you are 41 and want to run 4.1 miles a week. Whatever you decide to do, make the challenge just right for you.

Four steps to complete the challenge.

Step 1 - [Sign up.](#)

Step 2 – [Join the Facebook Group](#) and receive your free snood.

Step 3 – [Set up your fundraising page.](#)

Step 4 – Raise £100 and receive your exclusive Run Your Age t-shirt.

Every step you take and pound you raise you will help Age UK be there for older people with essential advice, support, and friendship services when they are needed most.

[Run Your Age challenge | Age UK](#)

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Who's Who at Your GP Practice



Greater Manchester Integrated Care have recently launched a new campaign to raise awareness of the new roles which now form part of many general practice (GP) teams.

It features health professionals working in Greater Manchester, who are part of multi-disciplinary teams, who explain their roles and how they can support patients.

Services in general practice and the community are being transformed to make it easier for patients to access a wider range of help from general practice, closer to home by phone or online. The general practice team has expanded to include a wide range of healthcare professionals who work alongside GPs and nurses to ensure patients receive the care they need as quickly as possible. This includes Clinical Pharmacists, Physiotherapists, Paramedics, Physician Associates, Mental Health Therapists, Social Prescribing Link Workers and many more.

Over 1600 staff have now been recruited into new roles in Greater Manchester as part of the Additional Roles Reimbursement Scheme and they have already made a real impact in general practice and in the community delivering care to patients.

For more information, please visit www.gmintegratedcare.org.uk/whoswhoatyourGP

Video Links – for many (but not all) of the roles

Advanced Clinical Practitioner - <https://youtu.be/P5mgHrtXWQY>

Care Co-ordinator - <https://youtu.be/4Gmyqq8pqbQ> and <https://youtu.be/8RgMJ0lpsho>

Community Pharmacist - <https://youtu.be/LhcSr7BovYA>

First Contact Physiotherapist - <https://youtu.be/LuKZoDHIAA4>

Focused Care Practitioner - <https://youtu.be/fJwYOHTUgMs> and <https://youtu.be/FhtGIIrIdAU>

General Practitioner (GP) - <https://youtu.be/sXIPiOd0Occ>

Nurse Practitioner - <https://youtu.be/8VR3CEtXmrk>

Practice Nurse - <https://youtu.be/fTUoIVM-sME>

Social Prescriber - <https://youtu.be/NYdcA-fAB6s>

SilverCloud Digital Workshop



Join us on Wednesday's **6th or 20th December 10am-12pm**. For a **FREE** course focusing on Computerised Cognitive Behaviour Therapy (CcBT) **SilverCloud**

What is SilverCloud? SilverCloud provides convenient secure access anywhere anytime to evidence-based online treatments to help you manage depression and/or stress and anxiety. Based on cognitive behavioural therapy (CBT), mindfulness and positive psychology, SilverCloud is both interactive and flexible.

How could the Workshop help? This workshop will explain about how SilverCloud Computerised Cognitive Behaviour Therapy (CcBT) works and we will also practically support you to sign up to SilverCloud and how to use the programme. SilverCloud aims to help you develop techniques and tools to manage psychological difficulties. SilverCloud uses CBT to help you make changes to the way you think, feel, and behave.

Beating the Winter Blues Workshop



On **Mondays 11th & 18th December 10 – 11.30am** you'll be able to learn techniques & strategies to improve your wellbeing during the Winter months.

What is the Workshop about? This Workshop is a **FREE** Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

How could the Workshop help? The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

Some of the topics/ techniques you will learn on the course include;

Session 1 - Activity & Pacing and how to reduce social isolation.

Session 2 - Managing unhelpful thoughts, Worry Management & how to improve your confidence.

Both the **SilverCloud** and **Beating the Winter Blues** workshops are being run by **Stockport Talking Therapies** and will be held at the Hub, 2 Castle Street, Edgeley, SK3 9AB

If you would like to attend any or all of the sessions. please call Age UK Stockport on **0161 480 1211** or email info@ageukstockport.org.uk book your place or just turn up on the day!

We look forward to seeing you there!

Monthly Activities

Saturday Social Walk - 13th January meeting at 9.45am for a 10am start.

Meet at the Café at Etherow Country Park, George St, Compstall, SK6 5JD. The walk will last for about 2-2.5 hours. Wrap up warm and come along to get your steps in and meet new people! No need to book. Here are some photos from the last walk.



Weekly Activities

Monday (except public holidays)

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

9am - 11am - Free Breakfast Club - At The Lighthouse Centre, Northumberland Road, Brinnington SK5 8LS. Any one welcome to come along for breakfast food and drinks.

10.30 am - Brinnington Community Walk - Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up!

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

12.30-1pm - Free Breathing Exercise Class - At The Lighthouse Centre, SK5 8LS. This class is designed to relax and improve mental wellness.

2.15-3.15pm - Confidence Walk - At Stockport Sports Village, Lambeth Grove, Woodley. SK6 1XQ. Indoor walking aimed to improve balance and gain confidence.

Tuesday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley.

9am - 10.30am - Brinnington Community Clean - Litter picking and general maintenance. Meet at BPLC SK5 8LS

9.30am -10.30am - Social Spin Class - At BPLC

Join us for indoor cycling, with a difference! This session is being offered in conjunction with Life Leisure's Active Community Team for just £1.

Continued on the next page...

Weekly Activities Continued

Tuesday continued

11.30am - 1pm - Free Community Bingo - At Brinnington Park Leisure Complex (BPLC), SK5 8LS. This session is supported by the Lighthouse Centre.

1pm to 2pm - Confidence Walk - At Life Leisure Avondale, SK3 0UP. Indoor walking aimed to improve balance and gain confidence.

Wednesday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

10.30am to 11.30am - Confidence Walk - At BPLC, SK5 8LS. As above

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

2pm - 3pm - Free Ladies Multi Sport Group - At Brinnington Park Leisure Complex, SK5 8LS. A fully disability inclusive indoor sports session being run in conjunction with Keira's Kingdom. Covering sports such as badminton, boccia, table tennis and many more! For more information contact keiraskingdom@outlook.com

Thursday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

10.00am to 2.00pm - I&A & Digital Drop In (10.30-12.30) - At The Hub, SK3 9AB

10.30am to 12 noon - Coffee Morning - At BPLC - Everyone welcome!

12.15pm - 1.00pm - Free Chair-based Exercise Class followed by light meal. At Brinnington Lighthouse Centre. This class is designed for beginners.

6.00pm to 7.00pm - Free! Walking Football - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

Friday

10.30am - **Community Gym Session** - 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/>

Or follow us on social media [@AgeUKStockport](https://twitter.com/AgeUKStockport)

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