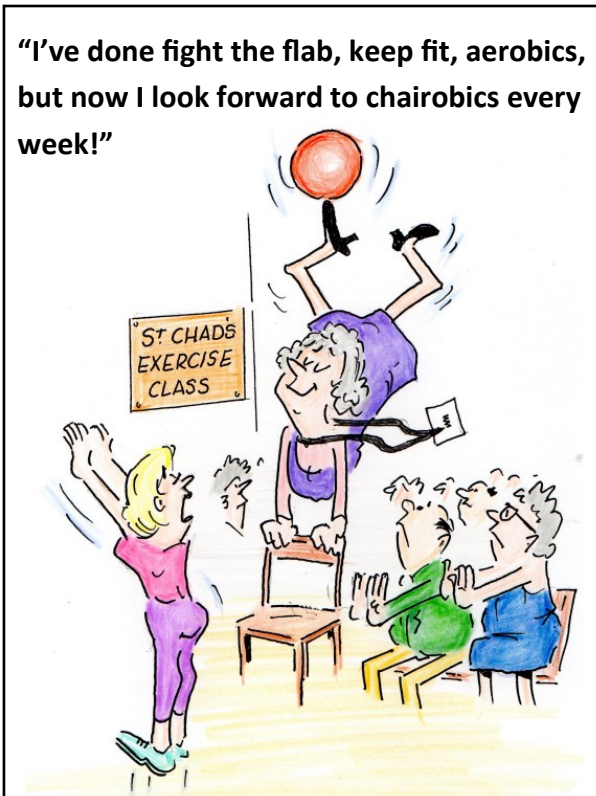


'Do You Remember' Calendar



I recently had the pleasure of meeting and receiving a cheque for £330 from the Oasis group in Romiley. The money was the profit they had made from producing, printing and selling a wonderful calendar which they had sold for just £3. The cartoon on the left is the picture for February which really made us smile, so we thought we would share it with you!

Oasis is a project set up in 2018 by St Chad's Church in Romiley to reach out and support those living alone or spending a great deal of time alone. Each week up to 80 people gather on a Monday to join in activities, take part in a gentle exercise session or just sit and chat. This is followed by sitting round tables and sharing a simple lunch together.



Last year they began a project where they put together some images and illustrations that showed older people doing some of the exciting things they had done when they were younger. They soon discovered that one of the members of our Oasis group, Stan Frohlich, had an amazing talent for drawing cartoons, and he produced a whole series of cartoon illustrations, showing the people of Oasis (average age 70) doing the sort of thing that was only possible in their memories, or in their dreams.

As Stan produced the cartoons, week by week people carefully and patiently coloured them in and stories were told of adventures and exploits that people experienced in the past. Eventually they came up with the idea of producing a calendar and with the help of a supportive graphic designer, it was collated and sent off for printing. The 250 calendars, delighted all who saw them and in just a few weeks all were sold!

They called the calendar, 'Do you remember' as that is probably the most common phrase that is heard as folk chat over lunch together.

Well done and **thank you** to everyone involved, at the Oasis group for the generous donation and for agreeing for us to reproduce the cartoons on our website each month for people to enjoy.

Step Out Stockport



Do you know about our day centre in Reddish? The Service is based at Whitehill Resource Centre and offers a wide choice of interesting and varied activities. Activities include, craft sessions, singing, games, reminiscence, hairdressing, pub lunches plus lots more. You can see a calendar of activities each month on our website [here](#).

When people need a higher level of support, generally or just for a period of time, we can offer assistance and support whilst with us at Step Out. For example; personal care including bathing and showering; safe movement and mobility; dietary support; medication support and memory or cognitive support.

The centre is open Monday to Saturday 9.30am to 4.30pm except for public holidays. If you have any questions or would like to find out more about Step Out Stockport, please call 0161 480 0480 or email info@stepoutstockport.org or visit our [website](#)

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).

We are always looking to let more people know about our news sheet, so if you enjoy reading it and find it useful, please spread the word.

Thanks for your help

Monthly News - February 23

Looking for Something New to Do?



Do you know you don't have to be a Stockport Homes resident to attend their activity sessions?

There are weekly activities available throughout the borough like Dementia Café's, Breakfast clubs, Bingo, Quizzes, Games afternoons, Tai Chi, Movie nights, Friendship groups and Supper night, all open to anyone aged 50+.

There is also a calendar of special events available for the year. There is a list of both the weekly and special events on the Stockport Homes website [here](#)

All they ask is that before you attend you call the Independent Living Team on 0161 474 3773.

Age UK Social Care Campaign



Millions of older people in England are waiting for care.

2.6 million people in England aged over 50 are unable to get care, including hundreds of thousands who are stuck on waiting lists for support or even just waiting to have their needs assessed.

That means millions left struggling to go to the toilet, eat, get dressed or wash because they can't do these things unaided. And there are many

more providing unpaid care, often older and in poor health themselves, doing their best to keep their loved ones safe and well at home. They desperately need support from care services so that they can take a break from caring.

The campaigns team at Age UK are calling on the Chancellor to use the Spring Budget on 15th March to help the millions of older people who are waiting for good, reliable care and support to live with dignity.

Many older people have already been waiting a long time for care – they can't wait any longer.

If you would like to add your name to the letter that is being sent to the Chancellor you can do that by following the link [here](#)

[Fix social care for good campaign | Age UK](#)

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5 Ways to Feel Good

5

Connecting
Getting active
Learning something new
Giving
Taking notice

The 5 Ways to Feel Good are activities that have been scientifically proven to boost your mood. Making sure they're part of your weekly routine can help you to feel brighter and get more out of life. It doesn't have to cost a penny!

It might be worth considering which of the 5 you do least of. Why not challenge yourself to make it part of your weekly routine, or invite friends and family to get involved too?

Connecting with other people

Spending quality time with people can give your mood a boost. You could even be helping to lift someone else out of loneliness too.

You could join in with one of our groups or The Stockport Support Hub can connect you to community groups, even if you've found it difficult in the past. Visit the [Stockport Support Hub website](#) or call 0161 474 1042.

Getting active

Moving more can help your physical health and it's great for your brain too. How could you bring more activity into your weekly routine? If exercise isn't your cup of tea, you could try walking around your home during adverts or when waiting for the kettle to boil, or try walking around the block.

Learning something new

Research shows that learning something gives us confidence and a sense of purpose. You do not even have to be good at something to get the benefits, but you might surprise yourself.

It's all about giving something a go, whether it's picking up an old hobby, or looking into a particular topic you've always wanted to know more about.

Giving

Acts of kindness have 'feel good magic' for us all, especially when you don't expect anything in return. It doesn't have to cost money. Your time, your words and your presence all count. You could drop someone a line, just to say thank you or that you appreciate them, or you could try volunteering.

Taking notice

Taking notice is all about remembering the simple things that we appreciate every day. Research has found that if we slow down and focus on the things around us, it can help us to stop worrying about the past or the future.

You could spend some time with nature and animals. Stroke a pet, buy a plant for your home or feed the ducks.

You will find lots more information about the 'five ways to feel good' on the [Healthy Stockport](#) Website

Self Help Services



Self Help Services - Stockport Psychological Wellbeing Service is a mental health charity offering one-to-one support and structured courses for anyone experiencing common mental health problems.

This is a free NHS adult service commissioned in Stockport for anyone aged 16+ years old wishing to access primary care mental health support.

They provide assessment, and treatment in the form of low-intensity Cognitive Behavioural Therapy (LICBT), for mild-to-moderate symptoms of common mental health conditions, such as depression, anxiety, stress, panic and sleep disturbance. Assessments and treatments can be delivered via the telephone, online or face-to-face in one of their venues across the borough of Stockport. All clinical decisions are made in collaboration with the clients/patients, and they update GPs regularly throughout the client's/patient's treatment.

PLEASE NOTE: They are NOT an emergency or crisis service.

Individuals can self-refer in the following ways and they recommend clients self-referring online via the website:

Self-referring online via the Self-Help Services website [Stockport Psychological Wellbeing Service - Self Help \(selfhelpservices.org.uk\)](https://www.stockportpsychologicalwellbeing.org.uk/self-help)

Telephoning the admin team directly on **0161 480 2020** where a member of the admin team will discuss the referral over the phone.

Big Knit Update



Have you seen your little creations in the shops yet? They have been on sale in Sainsburys, Costa and the Co Op since 23rd January and will be around until 5th March unless they all sell out!

We haven't had a date for a new campaign yet but as soon as we get one we will let you know. If

you have got any of the little hats that you haven't sent in, please hold on to them until we get a new date.

We would love to see photos of the hats for sale on the Innocent Smoothie Bottles - please send your photos to

info@ageukstockport.org.uk if you are able. **THANK YOU!**

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Events & Activities for February

Digital Drop In - Thursday 9th February 12 - 2pm - At Brinnington Library, First House, 367 Brinnington Road, SK5 8EN. If you need help with anything digital come along and see one of our Sky volunteers. Everyone welcome, No need to book.

Welcome Wednesday at Cheadle College - Wednesday 22nd February - 1-3pm
At Cheadle Campus (Cheadle Road, Cheadle Hulme SK8 5HA). Please book by emailing info@ageukstockport.org.uk or by calling 0161 480 1211 so we know how many to cater for! If you would like to attend but will have difficulty getting there, please let us know as we may be able to help.

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. Indoor walking aimed to improve balance; gain confidence, all while increasing fitness.

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

Age UK Stockport is a registered charity 1139547