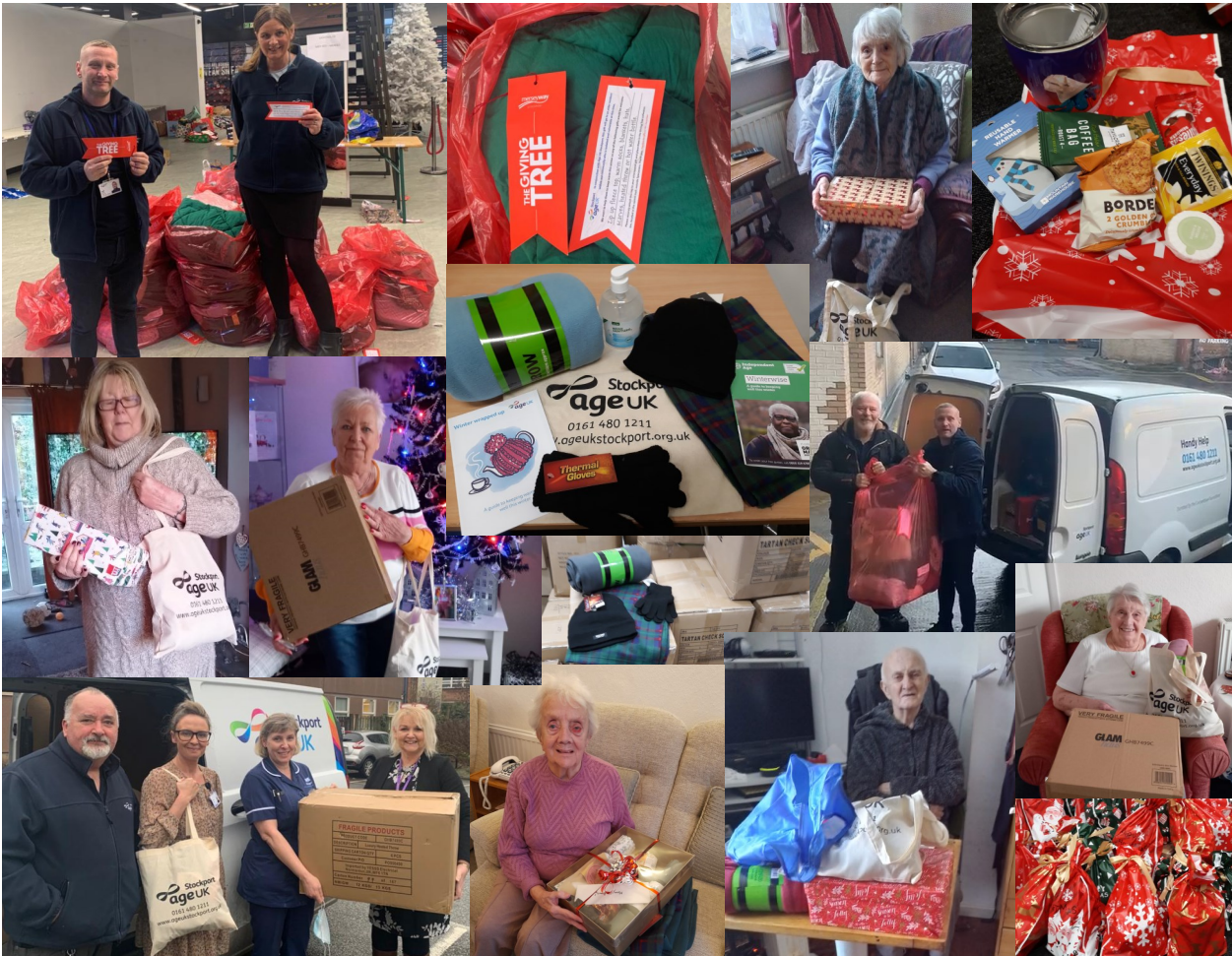


'THANK YOU' to so many people who have made this Christmas period a little better for so many others...



We would like to say a big **'thank you'** to everyone who donated gifts especially, those who donated through the 'Giving Tree' in Merseyway, Equilibrium Financial Planning LLP, Sky Cares, Sarah Middleton of Bramhall and her neighbours and members of 1st Bramhall Scouts. We would also like to acknowledge all the work done through positive collaborations with Stockport Council, Sector 3 and all our partners from the VCSE sector and Age UK our national brand partner. **THANK YOU TO YOU ALL!**

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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Happy New Year

It's hard to believe that in March, less than three months from now, it will be three years since the pandemic arrived in full force in the UK and changed all our lives! It has been great to see groups re-appearing and people getting out much more in 2022 and long may this continue – all be it with the necessary basic good infection control precautions we all now know about!

Much of our focus in 2022 has been on recovery from the pandemic not only as people but in terms of the organisation. The way people work, and the way organisations run, was also fundamentally changed. This is proving a complex task with the need for so many moving parts to come together to create a new way of being, connecting and working. We expect this to continue into 2023 so expect changes to continue!

We all look forward to seeing more of each other and doing more together in 2023. Please pass this newsletter on to anyone you think it would be helpful for and get people to send us their emails (or a relative if you don't have an email) for a copy straight to their inbox.

Good wishes to all

Margaret Brade, CEO

Looking back at Christmas

There were quite a few celebrations leading up to Christmas this year. Below are a few photos from some of the activities. If you would like to get involved but need help, or are not too sure whether it's for you, please give us a call on 0161 480 1211 and we will try to help!



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Could You Become a Befriender?



We know how easy it is to feel lonely and isolated, especially for people who may struggle to get out into the community or don't have close friends and family close to connect with. Not only that, many of us are still trying to adapt to life after the Covid restrictions, and the thought of getting out and being social can still be daunting. That's where our brilliant Befrienders come in!

Our Befriending volunteers take time out of their week to call, visit or get out and about with people who are feeling lonely and isolated. Even one hour a week chatting on the phone can be enough to help someone feel less alone and maybe even give them the encouragement to try other new activities with the support of their Befriender.

Ian, pictured receiving his 10 year award for volunteering at our AGM said, *"I look forward to my weekly client visits and having done the role for 10 years, the time has been well spent."*

Ian started as a volunteer as he had a couple of hours spare each week and was looking to give something back to the community. He said, *"The biggest bonus from the job is seeing the smiles on the clients faces when you visit each week and the gratitude they have for you giving up time to spend with them in their own homes when they may not have seen or spoken to anyone else since your last visit."*

Would you like to get involved - become a Befriender and help fight loneliness. Our volunteering opportunities are very flexible and a great way to support your local community. You can learn new skills and make new friends all whilst helping an older person feel less isolated. To find out more or to sign up to become a Befriender or volunteer for a different role, visit our website: [Age UK Stockport | Volunteer with us](https://www.ageukstockport.org.uk)

If you or a person you know, is in the Stockport area and would benefit from regular, friendly connections with one of our Befrienders - we're here for you!

Call us for more information – 0161 480 1211.

Digital Drop In's Are Back!

Do you need help getting online or using your computer, Smartphone or tablet? If so, come along to our Digital Drop In session at **Brinnington Library**, First House, 367 Brinnington Rd, SK5 8EN.

The next session is **Thursday 19th January** from **12 to 2 pm**.

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!

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Do You Know About the Herbert Protocol?



The **Herbert Protocol** is a national scheme introduced by the police in partnership with other agencies to encourage carers to compile useful information which could be used to help locate a vulnerable person if they go missing.

The initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert died whilst 'missing', trying to find his childhood home.

What is the Herbert Protocol?

It is a simple risk reduction tool to be used in the event of an adult with care and support needs going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police at the point the person is reported missing. A recent photograph of the person should also be kept with the form.

Who completes the form?

In a care setting, the care provider, the person at risk or their family can fill in the form. Please seek permission from the person at risk or their next of kin. If neither is possible, the care provider should make a 'best interests' assessment. The form should be completed and regularly updated, so that all the information is as relevant as possible. The form completed using a desktop or laptop computer or downloaded and completed by hand.

When should the form be given to the police?

The police only need the form at the point the person is reported missing. There is no need to hand it to police before then and the form will be returned once the person is found.

Where should the form be stored?

It should be stored securely, in accordance with data protection laws, but where you can find it quickly.

Printed or electronic form?

You can download the form below, a paper copy will need to be handed to the police officer who attends to take the missing person's report.

What should you do if the person goes missing?

If after you have conducted search you believe a person is missing, alert the police at the earliest opportunity. If you believe that the person missing is at a high risk of harm, please call 999. Tell the police operator that you have the Herbert Protocol person profile.

Further information & copy of the form can be found on the Greater Manchester Police Website:

[Herbert Protocol | Greater Manchester Police \(gmp.police.uk\)](https://www.gmp.police.uk)

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Photography Competition



[Ageing Better](#) and [Alamy](#) are launching an exciting new competition encouraging photographers to capture positive images of people aged 50 and over.

The competition is an opportunity for photographers to showcase their style and produce inclusive imagery that avoids the stereotyping and objectifying of older people and the portrayal of ageing as a wholly

negative experience – something commonly seen in stock images and the media.

The top three winners and nine runners-up will have their images featured in a blog promoted to Alamy's customers and social media followers. The three winners will also each have a personal portfolio review by James Allsworth, Head of Content at Alamy, while the nine runners-up will be invited to attend a photography critique group session hosted by the Alamy Content Team.

Images can be entered into three categories in the competition: underrepresented older communities, older people doing leisure activities, and multigenerational interactions.

Competitors can enter their photos into all three categories or just one, and the closing deadline for entries is **31 March 2023**.

Full details of the competition and how to enter can be found [here](#)



Do You Know About Our Tandem Support Service?

Our Tandem Support service here at Age UK Stockport is a flexible service that is tailored to meet the needs of the people in our community.

It is delivered by friendly, well trained individuals that recognise the importance of independence and choice in order to stay safe and happy at home.

The service also provides accompanied transport options to get to appointments, social events and much more.

Are you interested in helping 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?

Full training will be provided. Get in touch by emailing

Tandem@ageukstockport.org.uk or calling **0161 480 1211**

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Events & Activities for January

Welcome Wednesday at Stockport College - Wednesday 18th January - 1-3pm
Wellington Road South SK1 3UQ. This month we have a cinema experience! Please book by emailing info@ageukstockport.org.uk or by calling 0161 480 1211 so we know how many to cater for!

Digital Drop In - Thursday 19th January 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.

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