

## Congratulations and Thank You!



Congratulations to Her Majesty The Queen as she celebrates her Platinum Jubilee this weekend. We started the celebrations early with a lunch at Commonweal then some people went on to a Jubilee celebration being hosted by Sky in their offices in Stockport.

We would like to say a big 'Thank You' to everyone at Sky for treating the guests to a lunch followed by a film! As you can see everyone really enjoyed it!

Sky will be holding some more of these film afternoons in their very own cinema, so if you would like an invite please get in touch in the usual way.

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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)  
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## Monthly News - June 22

### Age UK Stockport Joins the Stockport Support Hub

Age UK Stockport is delighted to deliver the **Home Support** Service and be part of the **Your Support** and **Domestic Abuse Support** Services, as part of the new Stockport Support Hub.

Stockport Support Hub brings together a range of support services offering adults and families in Stockport the early advice and support they need to help them live independently and well. All the services have been newly commissioned by Stockport Council.

The services available are:

- **Your Support** - Providing one to one support to help you make changes to improve your health and wellbeing and build your confidence.
- **Community Support** - Connecting you and your family to community activities, groups, peer support, learning and volunteering opportunities, and providing support to develop community activities.
- **Home Support** - Providing practical support to help you maintain your home environment and live safely and independently in your own home. A specialist hoarding service is also available.
- **Carers Support** - Supporting you if you care for someone that would struggle to manage without you because of illness, disability, frailty, a long-term condition (including mental illness or dementia) or addiction.
- **Transport Support** - Providing transport if you are struggling to get to appointments and activities or struggling to use public transport.

**Domestic Abuse Support** - Supporting you if you are affected by domestic abuse.

To access support yourself or to make a referral for somebody else, simply complete the referral form on the Stockport Support Hub website <https://stockportsupport.com/>, call **0161 474 1042** or **text 07539 468 560** (this text option is for people who are deaf or affected by hearing loss).

If you're not sure exactly what help you need, somebody from the Hub can talk this through with you and will be able to guide you to the support that's right for you.

Vince Fraga, Head of Adult Social Care at Stockport Council says;

*"We are lucky to have such a brilliant range of providers in Stockport who are committed to helping our residents. Bringing all our early support and prevention services under the umbrella of the Stockport Support Hub will make it so much easier for our residents to get help as they'll only need to ask once".*

**We are looking forward to supporting you as part of the Stockport Support Hub.**

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## Carers Week 6th - 12th June



Carers often don't recognise themselves as 'carers'; they just think of themselves as helping out somebody they care about. A carer is anyone who cares, unwaged, for a friend, neighbour or family member that due to illness, mental health, addiction or disability, cannot cope without their support.

**Are you caring for a loved one?** Do you know someone who would love to get out for the day and meet new friends in a safe environment? If so, why not come and see us at **Step Out** our day centre in Reddish.

Some of our lovely members have recently been flower arranging. They thoroughly enjoyed doing this activity and then took their display's home.

Step Out is open 6 days a week Monday to Saturday 9.30am-4.00pm. If you would like to come and have a look round, please contact our office on **0161 480 0480** to arrange a visit.



We also have our **Tandem** support service. This is a bespoke service tailor-made to each person's individual needs and situation. Our Care workers can assist with a range of activities including personal practical tasks at home, shopping, domestic support, companionship, leisure activities and supporting with hospital and other appointments.

Recently a Tandem client who is living with an aggressive form of dementia was able to enjoy golf again in a safe environment, indoors virtually, with his Tandem support worker and he thoroughly enjoyed the experience.

Also, just this last week a life long Manchester City fan who had never missed a home game until lockdown was accompanied to the Etihad stadium for a walk around and photo opportunity. She has now purchased another season ticket!

Alternatively we are happy to spend some time with someone in their own home and chat, do jigsaws, read, look through photos etc. We offer flexible service and do our best to support where needed and enable where we can.

## World Elder Abuse Awareness Day



— WORLD —  
**Elder Abuse**  
AWARENESS DAY  
— JUNE 15 —

The World Elder Abuse Awareness Day 2022 (WEAAD) is held on **June 15th**. It is observed by the United Nations on the same date each year.

Elder abuse includes physical, emotional, or sexual harm inflicted upon an older adult, their financial exploitation, or neglect of their welfare by people who are directly responsible for their care.

Spotting or recognising the signs of abuse isn't easy, but there is a useful factsheet on the Age UK website which explains the law on safeguarding adults and can help you decide what to do if you think an older person is being abused or neglected, or may be at risk of abuse or neglect [Safeguarding older people from abuse and neglect](#)

There are also some useful booklets about avoiding financial exploitation, like [Looking after your money](#) which has tips to help you stay in control of your finances and [Avoiding Scams](#) which can help in spotting the warning signs that someone might be trying to scam you.

There is also a useful NHS website [Abuse and neglect of vulnerable adults](#) which includes what you can do if you think you are being abused or neglected, which is to tell **someone you trust as soon as possible**. Speak to friends or care workers who may have an understanding of the situation and be able to take steps quickly to improve the situation, talk to professionals such as a GP or social worker about your concerns, or call the **Hourglass helpline on 0808 808 8141** for advice.

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## Big Knit Final Call!

We need the woolly warriors of Stockport to get their knitting needles out and craft as many little hats as possible by **30th June 2022** for the **innocent Big Knit** campaign.

Each little hat will be matched with an innocent smoothie bottle, which will go on sale from October 2022. For every hat we send, 25p will go to Age UK Stockport, raising vital funds for the Charity so it can continue to help older people who have no one to turn to.

Please drop your hats off at Commonweal, or take them to the One Stockport hub on Thursdays between 10am and 3pm.

**'THANK YOU'** to everyone who has already dropped them off.

## Hoarding Awareness



Last month it was hoarding awareness week where organisations, including Age UK, raised awareness of the risks associated with hoarding

Hoarding affects approx. 1.2 Million people in the UK and is usually based on traumatic life events, such as; loss of a relationship, bereavement, redundancy and empty nest syndrome. Hoarding is now classed as a medical condition.

As part of the new **Stockport Home Support** service, provided by Age UK Stockport we have appointed a specialised Hoarding Lead,

Lead, Sarah Priestly said, *'We are here to support people whatever the situation and to empower them to take back control of their space.'*

This exciting new role that has been introduced to lead on from the fantastic work the team were doing throughout the pandemic, working with people who are struggling with hoarding.

An 8 step plan has been created with input from Hoarding UK to support people to reclaim their space. The intervention used will be person centered and a multiagency approach, that means we will take every individual case on its own merits and to refer to other agencies that can support you or need to be involved all with your input and consent.

If you have been affected, or someone you know has been, then please call 0161 480 1211 for an informal chat and practical and emotional support.

For more information see [www.helpforhoarders.co.uk](http://www.helpforhoarders.co.uk) or [www.hoardinguk.org](http://www.hoardinguk.org)

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## Could you Claim Pension Credit?

Figures show that some three quarters of a million are missing out at the moment, so we urge anyone who thinks they may be eligible to put in a claim without delay. The Chancellor has recently announced a £650 one off cost of living payment for means tested benefit recipients, which has highlighted the importance of claiming.

Benefit checks can be done very quickly and confidentially over the phone, so ring 0161 477 1213 to book a telephone appointment.

Or visit the [benefits calculator](#) on the Age UK website

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## Walking Football in the News!



Last month the Age UK walking football programme was in the news! First of all there was Jimmy's story which was on social media during Mental Health Awareness week. Jimmy describes how he went from feeling isolated and alone to coaching walking football sessions, as part of The Age UK Walking Football

programme and re-engaging with his community after completing EE Playmaker by England Football.

You can see the video [here](#)

Then Dion Dublin went to visit Age UK Salford's walking football was on BBC Morning Live.

If you would like to get involved and discover the benefits of the walking football programme then why not come along to Brinnington Leisure Complex? Our men's sessions are held every Monday at 12.30 to 1.30pm and the ladies sessions are every Wednesday 1- 2pm. If you would like more information call 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) **We would love to see you there!**

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## Ofgem Scam Emails

**Action Fraud** National Fraud & Cyber Crime Reporting Centre  
**0300 123 2040**

Action Fraud has received 752 reports in four days relating to fake emails purporting to be from Ofgem. The emails state that the recipient is eligible for a rebate as a result of a newly announced government scheme. The links in the emails lead to genuine-looking websites that are designed to steal your personal and financial information.

**Remember**, your bank, or any other official organisation, won't ask you to share personal information over email or text. If you need to check that it's a genuine message, contact the company using details from their official website or app.

If you receive a suspicious email, forward it to the Suspicious Email Reporting Service (SERS) - [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

## Start Mondays with a Walk!



Following on from last month's successful wellbeing walk, we are now doing a walk every Monday morning. Come rain or shine, Brinnington residents will be out for a walk in Reddish Vale. We all know getting out in nature can really help our mental health and wellbeing, so why not come along and try it out!

The walk sets off from **Hollow End Towers**, SK5 8NY at **10.30am** and finishes at Brinnington Park Leisure Complex for a well earned brew.

Our walk is designed for all abilities, and everyone is welcome! You just turn up, no need to book, but if you would like to speak to someone about the walk give us a call on 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

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## Money Maximising Roadshow

Stockport Council and partners are committed to supporting residents particularly with regards to the rising cost of living, so why not attend a **Spend Well, Live Well Money Maximising Roadshow** event on **8th June from 12 to 4 PM at Woodley Civic Hall?**

The event will bring together a range of services and organisations, including Age UK Stockport, to provide free and impartial financial advice and guidance to support those who want to help make their money go further.



There will be;

- Energy benefit and debt advice
- Food support
- Health and wellbeing support
- Help with white goods
- Digital assistance
- Job advice

The event is open to everyone and will include arts and craft activities. Free food available between 12noon – 1pm.

**Hope to see you there!**

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## Upcoming Activities for June

### Digital Drop-in 12-3pm at Brinnington Park Leisure Complex (BPLC)

Thursday's 9<sup>th</sup> & 30th June

In the community room (on the left hand side) Northumberland Road, Brinnington, SK5 8LS. If you need help to get on line why not pop in? Sky Community Volunteers and our staff will be there to offer support for all things digital. You can bring your own phone, tablet or laptop that you need help with, or use our equipment.

We look forward to seeing you there, just turn up – No need to book!

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## Regular Activities

### Monday (except public holidays)

**Community Walk** - Meet at Hollow End Towers, Northumberland Road, Brinnington, SK5 8NY at 10.30am for a leisurely walk followed by free refreshments. Just turn up!

Walking Football - Mondays 12.30 to 1.30pm at Brinnington Park Leisure Centre (BPLC)

### Wednesday

**Active Afternoons & Women's Walking Football** - 1pm to 2pm (BPLC)

### 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

**ActiviTea Lunch Club** - 12-2pm at The Cherry Tree, Romiley, SK6 4EY

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