

## Support with Managing Your Energy Bills



Even with spring just around the corner, energy bills remain a worry for lots of us.

The Age UK website has information to help you use energy more efficiently, boost your income, and feel more in control of your money. You can find lots of useful information here

[Help with the cost of living | Age UK](#)

There is also a useful guide which looks at different ways you could save money on your energy bills. It covers:

- making your home more energy efficient
- getting the best energy deal
- what to do if you can't pay your energy bill
- help you can get with paying your bills.

The '**Save Energy, Pay Less**' guide also lists useful organisations that you can contact for further information and support with saving money on your energy bills.

You can download the guide [here](#). You can request a free printed copy of this guide by calling the **Age UK advice line on 0800 678 1602** (it is also available in large print or audio format). The advice line is open 8am-7pm, 365 days a year.

You can also contact the Age UK Stockport Information and Advice team by calling **0161 477 1213**, or emailing [advice@ageukstockport.org.uk](mailto:advice@ageukstockport.org.uk) or by dropping into the One Stockport Hub, 16-22 Merseyway, SK1 1RA (the old Argos) on Thursdays between 10am and 3pm. A lot of support can be given over the phone, but face to face appointments are also available if required.

There is also [Cost of living support - Stockport Council](#) on the Council website which includes where to get help if you are struggling to pay your energy bills and details of warm spaces in Stockport.

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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).

Age UK Stockport  
Commonweal  
56 Wellington Street  
SK1 3AQ  
Telephone: 0161 480 1211  
Email: [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)  
Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)

## The Handy Help & Gardening Service



Handy Help & Gardening Service employs a team of time-served workers with decades of experience between them.

All our handy Help staff are fully trained to Age UK Standards including specialist Covid Secure training and you'll find our prices are very competitive.

You know you're in safe hands – we pride ourselves on high quality work and all our jobs are fully guaranteed and all our staff are DBS checked.

Plus all our profits go back into supporting Age UK Stockport's vital work.

Here's what one client said recently about the Service....

*"Dad's previous gardener had let him down who he had for years, and hadn't come to cut his grass since April 2022 as he was engaged in more lucrative contracts.*

*The grass was a foot high and was like a meadow. The men worked incredibly hard for two hours and did an excellent job in strimming and cutting the grass and hedges and restored the garden to its former self. This greatly pleased Dad which was worrying him at a time when Mum is very ill at home, Mum and Dad both being in Hospital recently."*

We can also support with a wide range of minor repairs, improvements or adaptations to enable older people to maintain their independence and improve their quality of life, health and wellbeing

Just a small selection of what we do:

- Fit key safes for carer access
- Cutting lawns and hedges
- Building flat pack furniture
- Fitting grab rails
- Replacing toilet seats
- Fitting door handles, latches, Yale and mortice locks
- And other small jobs

Get in touch by calling 0161 480 1211

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## Join us for Welcome Wednesday

The dates for the next three months are;

- Wednesday 10th March at Marple Sixth Form College
- Wednesday 26th April at Stockport College
- Wednesday 17th May at Marple Sixth Form College

For more information see [Age UK Stockport | Events](#)

Age UK Stockport  
Commonweal  
56 Wellington Street  
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## Oasis Cartoon and Memory for March

*“While staying in a youth hostel in Snowdonia one year I abseiled down my favourite mountain Tryfan.*

*I still do it regularly - But only in my dreams!”*

## Do You Know the Signs of a Stroke?

**FACE** Has their face fallen on one side? Can they smile?

**ARMS** Can they raise both arms and keep them there?

**SPEECH** Is their speech slurred?

**TIME** To call 999 if you see any single one of these signs

**WHEN STROKE STRIKES, ACT F.A.S.T.**

**ACT F.A.S.T.** Help us help you

NHS England, in association with the Stroke Association, recently relaunched the **Act F.A.S.T.** stroke campaign. The campaign highlights that a stroke is a medical emergency and urges the public to call 999 immediately if they notice any single one of the signs of a stroke in themselves or others.

A stroke can happen anywhere, also anyone may witness somebody showing one of the stroke signs. The Act F.A.S.T. (Face, Arms, Speech, Time) acronym provides a memorable way of

identifying the most common signs of a stroke and emphasises the importance of acting quickly by calling 999.

- F – Face** Has their face fallen on one side? Can they smile?
- A – Arms** Can they raise both arms and keep them there?
- S – Speech** Is it slurred?
- T – Time** to call 999. If you see any one of these signs

# Photo ID Needed for May Elections

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in Stockport at the local elections on Thursday 4th May when all 63 seats on Stockport Council will be up for election.

### Which forms of ID can I use to vote?

You may already have a form of photo ID that is acceptable. You can use any of the following:



- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards including the older persons bus pass.
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards.

For more information on which forms of photo ID will be accepted, visit the [Electoral Commission website](#) or call their helpline on 0800 328 0280

### If you don't have an accepted form photo ID

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a **Voter Authority Certificate**. You can apply for this [here](#)

Alternatively, you can complete and return a paper application form which can be requested from the Electoral Services Office at the Council using the details below.

In order to vote in the local elections on Thursday 4 May 2023 using a Voter Authority Certificate, the Elections Office must have received your application for the Certificate by 5pm on Tuesday 25 April 2023. This is a legal deadline and cannot be changed.

If you need any help with applying for a Voter Authority Certificate or want to request a paper application form, contact the Elections Office via: [elections.office@stockport.gov.uk](mailto:elections.office@stockport.gov.uk) or call **0161 217 6026**.

If you have any questions or would like to find out more, go to [electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID), or call their helpline on **0800 328 0280**.

Do you know you can [register to vote anonymously](#) if you're concerned about your name and address appearing on the electoral register for safety reasons?

There is also the facility to register to vote if you have no fixed address [here](#)

## Do You Know About Ring and Ride?



Ring & Ride provide accessible, low cost transport to disabled people and older people with walking difficulties. If you qualify, you can book a Ring & Ride accessible minibus to take you, and an accompanying adult, door to door for journeys of up to 6 miles in Greater Manchester.

There are some exceptions where registered users may travel more than 6 miles from their home

address as long as the destination is within Greater Manchester.

Trips which may be considered include:

- Travel to the nearest local hospital
- Travel to the nearest town centre or accessible transport facility

Ring & Ride minibuses are suitable for taking many kinds of wheelchairs, and all drivers have had special accessibility and disability-awareness training.

This service operates between 8am to 10.45pm Monday to Saturday and 8am to 10.25pm on Sundays.

For more information about vehicles, bookings and fares please visit: <https://tfgm.com/public-transport/ring-and-ride-minibuses> or contact the

Customer Contact Centre on **0161 200 6011**

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## New Walking Football!



We have a new walking football session starting on Thursday evenings in partnership with the **Stockport Community Foundation!**

The first session will be on

**Thursday 2nd of March - 6.30 to 7.30pm**

**At Life Leisure Holdsworth Village** (Adjacent to Broadstone Mill), Broadstone Road,

Reddish, Stockport, SK5 7AT.

This will be a **free session for anyone over the age of 50 who is new to Walking Football.**

We have a specialist coach leading the session and we welcome people of all abilities

**Why not come along and give it a try?**

For more information email

[Daniel.Drayson@ageukstockport.org.uk](mailto:Daniel.Drayson@ageukstockport.org.uk)

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## Events & Activities for March

**Digital Drop In - Thursday 9th March 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 Marple College - Wednesday 15th March - 1-3pm**  
At Marple Sixth Form College, Buxton Ln, Marple, Stockport SK6 7QY. 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! If you would like to attend but will have difficulty getting there, please let us know as we can usually help.

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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!

### 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)

**Coffee Morning** - 10.30am to 12 noon (BPLC)

**Free! Walking Football** - 6.30pm to 7.30pm - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

### 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