

Join us for Our AGM

Age UK Stockport Annual General Meeting

**Join us for our Winter Warmth themed AGM on
Wednesday 30th November 12 - 3pm**

At the Alma Lodge Hotel, 149 Buxton Road, SK2 6EL

**You are invited to attend and hear about our work and also about new services
and developments, all with a Winter Warmth theme.
There will be a hot lunch served during the event.**

This is the first in person AGM we have had since 2019, so we would like as many people as possible to join us for this special event. We have a great afternoon planned all with a Winter Warmth theme.

Are looking forward to welcoming all our guests including, the Mayor and Mayoress of Stockport, Councillor David Wilson and Ms Jeannette Slavinski and Steve Hughes, the Chief Executive of Stockport Citizens Advice. Steve Hughes will be speaking about the cost of living and winter warmth which is upmost in all our minds at the moment.

We will also be having a two course hot lunch so please let us know if you have any dietary requirements.

If you would like to join us, please **RSPV by 18th November 2022**
by telephone; 0161 480 1211 Or email; info@ageukstockport.org.uk

Places are limited! Please book early to avoid disappointment and please let us know if you are unable to attend having booked a place.

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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Free Health & Beauty Treatments



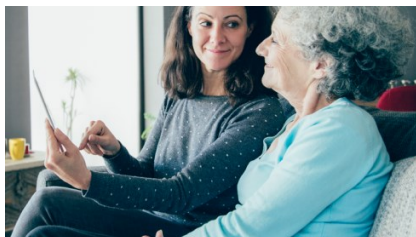
On **Thursday 8th December 10.30am to 12.30pm**, students at Stockport College will be offering a variety of health and beauty treatments exclusively to people referred by Age UK Stockport. They will take place in their Retreat Beauty Salons in Stockport College and following the treatments we will have time to get together and enjoy coffee and mince pies!

Each person will be able to choose two treatments from; manicures, pedicures, facials, back, neck and shoulder massages and lymphatic drainage.

If you would like to join us on 8th December please book your place by calling 0161 480 1211 or by emailing info@ageukstockport.org.uk and put 'Health and Beauty Treatments' in the subject line. **Places are limited!**

We are planning to do one of these sessions each term, but if you like to have a treatment at a time to suit you, including evenings, then you can book an appointment by calling 0161 296 5742, or by emailing retreat@tcg.ac.uk but these treatments would need to be paid for.

Age UK National Newsletter



Age UK National have started doing a monthly Information and Advice update email. It brings you timely, up-to-date information across a wide range of topics, from health and housing to money and legal issues.

Whether you're caring for a loved one, struggling with rising living costs, or thinking about setting up a power of attorney, Age UK's clear, easy-to-digest information and advice can help make things a bit easier – now or in the future.

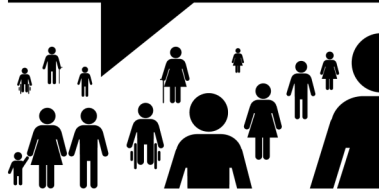
To sign up to receive Information and Advice updates:

- click the 'Sign up now' link below
- fill out your details on our newsletter sign-up page
- select 'Advice and tips on age-related issues'
- click 'Submit'

[Sign up now](#) Then you'll be all set up – and your first Information and Advice update will be with you soon!

Carbon Literacy Action Day

Carbon Literacy Action Day International



On the **7th November 2022** the second annual Carbon Literacy Action Day will be taking place.

Carbon Literacy is '**An awareness of the carbon dioxide costs and impacts of everyday activities, and the ability and motivation to reduce emissions, on an individual, community and organisational basis**', but what does that really mean?

The Carbon Literacy Project coined this phrase to describe an awareness of climate change, and the climate impact of mankind's everyday actions. Often when we think about climate change it seems like too huge of an issue for us, as individuals, to help solve, but we can all do our bit to help even if this means to become more aware of how our individual actions may contribute to the bigger picture. If you have access to the internet you can work out how large your environmental footprint is using the [WWF Footprint Calculator](#)

Are there any small changes you can make to lower this? Age UK Stockport are actively looking into what we can do to become more carbon literate as an organisation, our Central Services Manager, Rebecca Leyshon has completed her Carbon Literacy training and will be looking to engage AUKS staff to form a group that discusses environmental issues and individual approaches to the climate emergency. We look forward to sharing more about our Carbon Literacy journey with you as our group forms and we start to have meaningful discussions and grow ideas to push for positive change.

You can find out more here [Carbon Literacy Action Day - The Carbon Literacy Project](#)

Help Shape Covid-19 Commemoration Plans

The UK Commission on Covid Commemoration has recently launched a consultation giving people across the UK the opportunity to say how they think the pandemic should be remembered and with possible suggestions including the adoption of a Remembrance Sunday-style symbol, dedicated memorials and reflective spaces.

The Commission is also seeking suggestions on suitable dates to hold a national day of remembrance and views on how future generations should be educated about the sacrifices made throughout the pandemic, as well as marking key achievements such as the development of the vaccines and the valuable contribution made by volunteers.

To take part in the consultation visit

[Covid Commemoration Consultation](#) before 5th December.

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Ways to Keep Well This Winter



Winter can bring extra challenges to keeping well. It may be tough, but there are things we can do to help to keep us well.

1. Get your flu jab and Covid-19 autumn booster

Get your free flu vaccine if you are aged 50 and over or a carer from your GP or local pharmacy. Make sure you check which other winter vaccines you are eligible for.

2. If you're worried about your health – get it checked out.

If you have a health concern speak to your GP. You can also call 111 or go to your local pharmacy. Putting things off can make things worse so if you have concerns, get it sorted.

3. **Ask for help** - Winter can be hard, don't be afraid to ask for help. Whether you reach out to friends, family, or Age UK Stockport, we are here to help.

4. **Keep your spirits up** - If you are struggling to keep your spirits up, you are not alone. Talking to friends and family about how you are coping can help, but if you've been feeling low for a while and are struggling to cope speak to your GP.

5. **Keep moving and eat well** - Try not to sit still for more than one hour at a time. Moving even a little bit can help you to keep strength and mobility. Eating and drinking enough is also important. If you are finding it difficult to prepare and eat three big meals, try smaller ones throughout the day. We can give you advice if you are concerned about weight loss or mobility. If you are worried about filling your fridge, you can contact us, or visit [here](#) for some support.

6. **Make sure your home is warm enough** - It is best to heat your home to a comfortable temperature throughout the day and you may be spending more time in your home this year, which may put an extra strain on your finance. If money worries are preventing you from heating your home properly, get in touch so we can make sure you are getting all the support you can.

If you are worried about someone's health call 111. If it is an emergency or you think they are in danger call 999, or 112 from a mobile.

Find out more ways you can help [here](#).

For more tips, advice and ways to get support this winter, visit

www.ageuk.org.uk/winter or call the Age UK Advice Line free on **0800 169 65 65** (8am-7pm, 365 days a year)

You can contact us Monday to Friday 9am - 5pm on **0161 480 1211** or by emailing info@ageukstockport.org.uk

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Welcome Wednesdays at Cheadle & Marple



In October we had a digitally themed day at Stockport College but for the next two **Welcome Wednesdays** we are going to other colleges in the same group.

On **Wednesday 16th November** we are going to be at **Cheadle College**, where the theme will be '**Winter Warming and Healthy Eating**'. Some of the students will be demonstrating healthy, warming recipes on a budget and there will be all the usual crafts, games and afternoon tea. Cheadle

College is on Cheadle Road, Cheadle Hulme, SK8 5HA.

On **Wednesday 14th December** Welcome Wednesdays is going to be at **Marple College** and as it's in December it has to have a Christmas Theme! Marple College is at Buxton Lane, Marple SK6 7QY.

Welcome Wednesdays take place 1-3pm at both sites. Places are limited, so please book your place by calling 0161 480 1211 or by email info@ageukstockport.org.uk

If you would like to attend either session but are struggling to get there, please give us a call as we may be able to help.

Join us for a Christmas Carol Concert

We would love you to join us at our **Christmas Carol Concert on Friday 9th December at 1.30pm** at the beautiful **St Mary's Church**, in the Marketplace, Churchgate, SK1 1YG.

We are very pleased to be joined by the **Doing Dementia Differently Intergenerational Choir** and **Warren Wood Primary School Band and Choir**.

There is no need to book and we look forward to seeing you there.

Age Friendly Network Meeting

Please join us for our first face to face Age Friendly Network meeting to be held on **Tuesday 22nd November 2022 10am – 12pm**.

At Stockport Homes, Cornerstone, 2 Edwards Street, SK1 3NQ.

Join us for tea/ coffee and pastries to get together to discuss getting the network established and any issues you would want the network to discuss.

Book a place by emailing info@ageukstockport.org.uk or calling 0161 480 1211.

Events & Activities for November & December

Digital Drop In - Thursday 10th November 12 - 2pm

At Brinnington Library, First House, SK5 8EN. No need to book, just drop in!

Welcome Wednesday - 16th November 1-3pm - At Cheadle College, Cheadle Road, Cheadle Hulme, SK8 5HA. See page 5 for details.

Age UK Stockport AGM - Wednesday 30th November at 12 noon - At the Alma Lodge Hotel - see the front page for details

Christmas Carol Concert - Friday 9th December 1.30pm - At St Mary's Church in the Marketplace, Churchgate, SK1 1YG. 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 Centre (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

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](#)

Age UK Stockport is a registered charity 1139547

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