

Winter Warmth Week and AGM

Age UK Stockport Annual General Meeting

**Join us for our Winter Warmth themed AGM on
Thursday 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 developments.
A hot lunch will be served during the event.

We would like as many people as possible to join us for this special event. We have a great afternoon planned including a two course hot lunch, so please let us know if you have any dietary requirements.

Booking essential - If you would like to join us please RSVP by 20th November 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.

On Monday 27th, Tuesday 28th and Wednesday 29th November 10am to 2pm we will be having drop in's at the Hub in Edgeley, all with a Winter Warmth theme!

Pop in for free hot drinks and cake and meet people who can help you stay warm and well this winter.

Our Handy Help team will be there with advice about the Age UK warm homes programme, which can offer **free** energy efficient equipment to help keep your home warm. We will also be having visits from Cracking Good Food, Groundworks, Startpoint, Community Computers, Carecall, the cost of living team and Public Health, to name just a few! See [here](#) for more details.

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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Step Out Stockport



Some recent photos from Step Our Stockport in Reddish. Step Out is a day-time service for adults offering a safe and welcoming place where people can socialise, join in with structured activities and receive support and assistance.

Activities include, craft sessions, singing, games, reminiscence, hairdressing, gardening plus lots more.

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.

Each session runs between 9.30am and 4.00pm, Monday – Saturday.

Get in touch: by telephone: **0161 480 0480** or Email: info@stepoutstockport.org

Or see our website [Age UK Stockport | Step Out Stockport](http://AgeUKStockport.com)

Age Friendly Network Meeting

Join us on **Tuesday 14th November 10.30am to 12.00** for the **Age Friendly Network** meeting. The main part of the meeting will be a talk about **scams** from Greater Manchester Police.

It will take place at The Hub, 2 Castle Street, Edgeley, SK3 9AB.
To book your place please email info@ageukstockport.org.uk
or call 0161 480 1211.

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Energy Advice at the Hub in Edgeley



We understand that energy prices and the cost of living crisis continues to have a major impact on a lot of people so in November there are a number of events at the Hub where you can get help and advice.

Thursday 2nd, 10am - 2pm – Energy Advice Drop In

The energy team from **Energyworks** will be offering

- Advice to reduce energy use
- Assistance on finding the best energy deals for you
- Advice on debt management; accessing financial information and services; and how to identify fraud
- Help with damp, mould and condensation

Thursday 9th & 16th November 10am - 2pm – Energy Advice Drop In

The energy team from **Citizens Advice** will be offering energy advice and energy saving tips. They will also look at ways to save money on your bills, some grants and benefits that are available and how smart meters can help you budget your money.

Why not pop in and have a chat?

The energy advice drop in's are running at the same time as the normal information and advice session at the Hub, 2 Castle Street, Edgeley, SK3 9AB

Cost of Living Helpline

Do you know there is a cost of living helpline in Stockport?

Stockport Council's cost-of-living helpline is open;

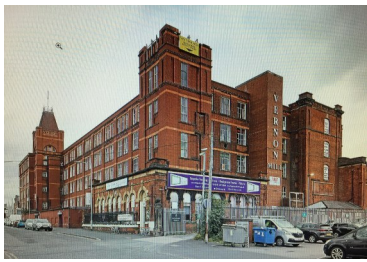
Monday - Friday 9.30am - 4pm on 0161 474 2140

The team on the helpline are equipped to help you understand what you're entitled to and signpost you to national support schemes. They can offer support with things like; financial guidance, help with benefit claims, and advice and guidance around saving money.

You can visit the council's online cost-of-living hub for a full rundown of all of the support options available to you.

[Cost of living support - Stockport Council](#)

Stockport Town of Culture



Vernon Mill Remembers.....

Do you know Stockport is currently Greater Manchester's Town of Culture?

There is lots going on in Stockport and as part of it, **Vernon Mill Artists** would like to research Vernon Mill and its history as a cotton spinning mill, part of Stockport's history and our heritage. An important part of the project is to record stories from people who worked there, or in other cotton mills in Stockport. They realise there will be few people alive who actually worked there, but they would love to hear from the families of people who worked at Vernon Mill, to share their stories and to record their experiences. Any photographs would also be very welcome. They hope to record the heritage of the mill, for the benefit of generations to come.

If you are able to help, please share your stories by contacting Pauline Wood
paulinewood_artisteducator@yahoo.co.uk

Age UK Christmas Raffle



Could you support the work of Age UK Stockport by buying a Christmas raffle ticket from the Age UK national raffle? If you buy a ticket you could have the chance of winning **£25,000** cash to spend as you like, or a brand new car!

If you're a lucky second prize winner you could win a cruise, or choose £5,000 in cash. There are 5,000 fantastic prizes to be

won and all the money raised by Age UK Stockport stays in Stockport.

Tickets are just £1 per ticket and are available from The Hub in Edgeley during their normal opening hours.

They are available from now until 22nd November and the raffle will be drawn on 15th December.

The full terms and conditions are available on the tickets or on the Age UK National website

[Win big every Christmas in the Age UK Raffle](#)

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Many of Age UK Stockport's services rely heavily on support from our wonderful volunteers.

- **The Befriending and Social Isolation services** offer vital support to help people reconnect with their community and combat loneliness. Both services need volunteers to provide Befriending support and are entirely volunteer-led!
- **Step Out** offers a safe and welcoming space for clients with varying physical, emotional and mental health needs. This services needs volunteers to help them facilitate fun and engaging activities and support with catering and hands-on tasks at their day centre.
- **The Information & Advice service** supports clients with queries ranging from benefits to blue badges and everything in-between! They rely on volunteers to help give out important information and signpost clients so they can get the right support as quickly and easily as possible.

These are just a few of our services that rely on volunteers to help support our clients...

How can I help?

With as little as one hour per week, you could help us continue to offer these life-changing services to our clients.

To learn more about the volunteering opportunities we have available, please visit our website: [Age UK Stockport | Volunteer with us](#)

Or, you can contact our Volunteer Services Manager for a brief, informal chat about your skills and interests: Roisin Lynch volunteer@ageukstockport.org.uk
0161 938 0659

Brinnington Digital Drop In

Thursday 12th October 10.30am - 12pm

At Brinnington Park Leisure Complex, Northumberland Road, SK5 8LS.

If you need help with anything digital come along and see one of our Sky volunteers. You can either bring your own telephone, tablet or laptop or use one of ours.

Why not join us! Just drop in – no need to book!

Signed Manchester United Football Raffle



We have been given a signed **Manchester United** football to raffle. If you would like to be in it, to win it! You can buy raffle tickets from the Hub in Edgeley during their opening hours, or at our AGM on 30th November. Tickets cost £2 each and the raffle will be drawn at the AGM, so you will have it in time for Christmas!

Do You Know About Stockport Support Hub?

We are proud to be part of the support hub, which has been developed to make it easier for anyone needing support to get to the right service. The services are;

- **Community Support** - Covering community activities, groups, peer support, learning and volunteering opportunities, and providing support to develop community activities <https://www.pureinnovations.co.uk/>
- **Home Support** - Providing practical support to help you maintain your home environment and live safely and independently in your own home. <https://www.ageuk.org.uk/stockport/>
- **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. <https://www.signpostforcarers.org.uk/>
- **Your Support** - Providing a dedicated Key Worker to help you make changes to improve your health and wellbeing and build your confidence. <https://stockporttpa.co.uk/>
- **Transport support** - Providing transport if you are you struggling to get to appointments and activities or finding it difficult to use public transport <https://www.stockportcarscheme.org.uk/>
- **Domestic Abuse Support** - If you are affected by domestic abuse. <https://talklistenchange.org.uk/>

You can contact any of the services directly using the links above or by completing the Stockport Support Hub online referral form on the website [Stockport Support Hub](#)

You can also call **0161 474 1042**, and a text option is available for the deaf community on **07539 468 560**.

If you are not sure, get in touch!

New Activities!



Saturday Social Walk - Starting in November and then on the **first** Saturday of each month, we will be walking from different locations around Stockport. We will meet at 10am and walk for 2- 2½ hours.

The first one is **Saturday 4th of November** for a walk along the Middlewood Way and along the Macclesfield Canal. The walk will start and finish at the Railway Pub, Rose Hill, Marple SK6 6EN.

This walk is being run in conjunction with Life Leisure's Active Community Team.

Tuesday - Social Spin Class 9.30 - 10.30am - At Brinnington Park Leisure Complex, SK5 8LS. Join us for indoor cycling, with a difference! This session is being offered in conjunction with Life Leisure's Active Community Team for just £1.

Tuesday – Free Community Bingo 11.30am – 1.00pm – At Brinnington Park Leisure Complex, SK5 8LS. This session is supported by the Lighthouse Centre.

Wednesday – Free Ladies Multisport Group 2- 3pm - At Brinnington Park Leisure Complex, SK5 8LS. A fully disability inclusive indoor sports session being run in conjunction with Keira's Kingdom. Covering sports such as badminton, boccia, table tennis and many more!

For more information contact keiraskingdom@outlook.com

None of the sessions need to be booked, you can just turn up on the day!

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/>

November Welcome Wednesday

Wednesday 22nd November 1 - 3pm at Cheadle Campus (Cheadle Road, Cheadle Hulme SK8 5HA). The students at Cheadle College will be welcoming people into the college to enjoy activities and share experiences. This month's activities include board games and afternoon tea, but each one is different, why not give it a try!

If you would like to come along but would have difficulty getting there, please give us a call.

To book a place to please email info@ageukstockport.org.uk or call 0161 480 1211. **We look forward to seeing you there!**

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Regular Community Activities

Monday (except public holidays)

9am - 11am - Free Breakfast Club - At The Lighthouse Centre, Northumberland Road, Brinnington SK5 8LS. Any one welcome to come along for breakfast food and drinks.

10.30 am - Brinnington Community Walk - Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up!

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

12.30-1pm - Free Breathing Exercise Class - At The Lighthouse Centre, SK5 8LS. This class is designed to relax and improve mental wellness.

2.15-3.15pm - Confidence Walk - At Stockport Sports Village, Lambeth Grove, Woodley. SK6 1XQ. Indoor walking aimed to improve balance and gain confidence.

Tuesday

9am - 10.30am - Brinnington Community Clean - Litter picking and general maintenance. Meet at Brinnington Park Leisure Complex (BPLC)

1pm to 2pm - Confidence Walk - At Life Leisure Avondale, SK3 0UP. As above

Wednesday

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

10.30am to 11.30am - Confidence Walk - At BPLC, SK5 8LS. As above

Thursday

10.00am to 2.00pm - I&A & Digital Drop In (10.30-12.30) - At The Hub, SK3 9AB

10.30am to 12 noon - Coffee Morning - At BPLC - Everyone welcome!

12.15pm - 1.00pm - Free Chair-based Exercise Class followed by light meal. At Brinnington Lighthouse Centre. This class is designed for beginners.

6.00pm to 7.00pm - Free! Walking Football - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

Friday

10.30am - Community Gym Session - 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/>

Or follow us on social media [@AgeUKStockport](#)

Age UK Stockport is a registered charity 1139547