

Celebrating International Day of Older Persons



We would like to say a big **'THANK YOU'** to everyone who was involved with the celebrations at Welcome Wednesdays held at Stockport College. Everyone had a lovely afternoon being pampered by the college's beauty department, enjoying afternoon tea and pouring over heritage photos of Stockport.

There are more celebrations to come! Join us on **Monday 2nd October 10-2** at the Hub in Edgeley (SK3 9AB). Drop in to see a classic movie, make a greeting card, get your blood pressure checked and get advice about getting online. For more information see [Age UK Stockport | Events](#)

We look forward to seeing you there!

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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The International Day of Older Persons

Let's celebrate
ageing in our **place**
this International
Day of Older
Persons #IDOP2023



Every year we mark the United Nations International Day of Older People (IDOP) on 1 October. It is a day recognised by the UN as an opportunity to acknowledge and appreciate the extraordinary contributions and achievements of older people.

This year the theme in Greater Manchester is Celebrating the importance of neighbourhoods in ageing well. The key messages are;

- Older people's voices and contributions need to be valued so that neighbourhoods in Greater Manchester are good places for everyone to grow older.
- Our neighbourhoods are key to ageing well. At least 80 per cent of the time of those 70 and over is spent in the home and the surrounding area. We need to make sure our homes and communities are age-friendly.
- Our population is ageing rapidly, we all need to act to ensure places are accessible and welcoming to everyone we as age – Join the Age Friendly Movement!

If you are interested in joining a network to discuss issues for people in later life, or helping make Stockport a good place to age, please join our Age Friendly Network. The next meeting will be 10.30- 12.00pm on Tuesday 14th November. This particular meeting is a talk from GMP about scams and fraud, but the meetings are very much about whatever the group want them to be!

Don't forget to join us on Monday 2nd October 10 – 2.00pm at the Hub in Edgeley!

We Are Undefeatable (WAU)

WAU have just launched a Freedom To Move campaign fronted by comedian and former Strictly Come Dancing star, Bill Bailey!

There are a series of 5 minute follow-along videos that offer fun routines to get moving in different locations of the house. These videos are suitable for everyone's ability and level that feels comfortable to them!

Join Bill, Jagdeep, Pheobe, and Jade as personal trainer, Sandra leads you through routines to get you moving in the kitchen, bedroom, and garden and provides fun ways to build activity into your day-to-day routine. You can read more about it and see the videos here

[Freedom To Move - We Are Undefeatable](#)

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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.

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, so please book early to avoid disappointment!

We are also going to have events at the Hub in Edgeley on Monday 27th, Tuesday 28th and Wednesday 29th November 10am to 2pm all with a Winter Warmth theme! More details to follow next month, so save the dates!

Tea, Tech and Connect



During **Get Online Week** we are holding **Tea, Tech & Connect** on **Wednesday 18th October 10am - 2pm** at the Hub, in Edgeley, SK3 9AB

Why not come along and have a chat about getting online and staying safe online?

Feel free to bring along your devices and our volunteers can have a look and support you

with any problems you may be experiencing, or provide some guidance if you are unsure of how to use your tech.

If you are new to technology, our volunteers can talk you through devices that are available and provide reassurance.

Starting Point will be available to discuss free online courses for all and **Community Computers** can give you information about buying technology for less.

It's all **FREE** and we will have tea/coffee and cake!

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

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Age UK Stockport's Tandem Service



Tailored support in your home and in your life.

After a busy summer, the Tandem team are now getting ready to support all our clients through the coming colder months.

Winter can often be a difficult time of year particularly for those with mobility problems or difficulty getting out and about for essentials like shopping or appointments.

Our team at Tandem are always here to support you and we can tailor support to meet your needs. All our Support Workers are fully trained by us and are recruited from the local community.

We now also offer a special service to assist in ordering shopping on-line. **Easy shop ONLINE** recognises that some people do not have the available equipment or the technical knowledge to take advantage of the benefits of ordering shopping online and having it delivered by the supermarket to your door. The service is delivered at a special rate where no home visit is required.

Please do not hesitate to contact us if you have any queries or wish to discuss your support needs further.

If you are interested in helping people in your local community we are currently looking to recruit workers in SK6 – SK8 areas of Stockport. Full training will be provided.

Get in touch Tandem@ageukstockport.org.uk or Tel: 0160 480 1211

Out and About



Our Chief Executive Officer Margaret Brade is also a Trustee of **Sector 3** – the support organisation for Stockport's voluntary, community, and social enterprise sector.

Here pictured with (left to right, Kristian Wraxhall from **Pure Innovations**, Julia Hewer from **Signpost for Carers**, Margaret Brade, from **Age UK Stockport (AUKS)**) on a panel at a Sector 3 event.

The panel was to share information and experiences and answer questions from the audience around the formal tendering process for statutory services contracts. AUKS has

been delighted to have won a number of these tenders and contracts to deliver great prevention services, alone and in partnership with other voluntary organisations, across Stockport.

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Offline and Overlooked Campaign



Age UK is currently campaigning to make sure everyone can access the services they need - so that being offline doesn't mean being overlooked.

Public services are rapidly 'going digital'. If like 2.7 million older people in the UK you aren't an internet user, it's becoming harder – and in some cases impossible – to access day-to-day necessities such as banking, making NHS appointments or even just paying for car parking.

But it's not just those who aren't online. Plenty of people would just prefer to handle their finances, their bills or their health matters in person or over the phone. No one should feel forced to perform important tasks online if they don't feel comfortable.

We would always encourage people to get online and are able to offer the support through our digital drop in's both at the Hub in Edgeley and Brinnington to enable people to do this, but we realise this isn't suitable for everyone. If you would like to sign the petition you can here [Sign our petition! | Age UK](#)

If you or someone you know would like to sign the petition offline you can download a paper copy or request that Age UK send one out. Email campaigns@ageuk.org.uk or write to **Freepost Age UK campaigns** (no stamp required).

Events for October

Welcome Wednesday - Wednesday 11th October 1 -3pm

At Stockport College, Wellington Road South, SK1 3UQ.

The Students at Stockport college will be welcoming people into the college to enjoy activities and share experiences. Each one is different but always enjoyable!

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

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.

Just drop in - No need to book!

Free 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

1.00-1.30pm - 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