

## Join us at Welcome Wednesdays



**Wednesday 28th September** sees the return of **Welcome Wednesdays 1-3pm** at Stockport College. The students will be welcoming people into the college to enjoy activities and share experiences and this one is going to be extra special because they will be celebrating the **International Day of Older Persons** (1st October) and the Mayor and Mayoress of Stockport, Councillor David Wilson and Ms Jeannette Slavinski will be joining celebrations.

See the article on the next page for more information about the International Day of Older Persons.

There will be afternoon tea, talks, boardgames, arts and crafts, hand massages and judging by previous Welcome Wednesdays, it will be a really enjoyable afternoon!

Welcome Wednesdays will run monthly, with different themes each month, the next one will be 19th October and will have a digital inclusion theme as it is during Get On-Line Week.

If you would like to come along on 28th September please call Age UK Stockport on 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) to book your place. Places are limited so book early to avoid disappointment!

**We look forward to seeing you there!**

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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).

### International Day of Older Persons



The International Day of Older People (IDOP) is observed on October 1 each year. On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older People as recorded in Resolution 45/106. The holiday was observed for the first time on October 1, 1991. [Wikipedia](#)

The theme for this year is: **The Resilience and Contributions of Older Women.** The United Nations says; The COVID-19 pandemic has exacerbated existing inequalities, with the past three years intensifying the socioeconomic, environmental, health and climate related impacts on the lives of older persons, especially older women who constitute the majority of older persons.

In Greater Manchester there will be a specific theme; **She will be heard - celebrating older women's resilience and contributions.** The key messages will be:

- Women over 65s are the fastest growing age demographic in Greater Manchester. Let's challenge the invisibility older women often experience and celebrate the diversity of women in later life.
- Let's celebrate the huge economic and social contribution older women make to Greater Manchester, recognising older women as valuable not vulnerable.
- Older women's voices need to be heard so that Greater Manchester is a great place for all women and girls to grow older.

There will be more in next months newsletter about IDOP.

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### New Website for Stockport Support Hub



The new website for Stockport Support Hub is now live!

Please visit the website <https://stockportsupport.com> to find more about the Hub and the services within Stockport.

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

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## Planning For Later Life Event



As part of the Gorvins Solicitors care week, you are invited to an afternoon tea on **Tuesday 27th September - 11.30am until 2pm.**



There will be talks on wills, lasting powers of attorney, trusts and care planning. The event is **free** and will help you find the expert care and support you need for both now and in the future.

We will also be there, along with Signpost Stockport for Carers and Home Instead who will all be available to answer any one-to-one questions on the day.

The event is an opportunity for guidance, information and a break from your day-to-day routine, with a selection of tea, coffee and cakes for you to enjoy.

If you would like to attend, please confirm your place by emailing; [enquiries@gorvins.com](mailto:enquiries@gorvins.com) or call Amuneeq Mashiana on **0161 930 5151**

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## We Are Undefeatable returns



"[We Are Undefeatable](#)", the campaign that supports and encourages people living with long-term health conditions to find ways to move more, is back with a new summer campaign that helps you work with your condition, not against it.

Being 'Undefeatable' is understanding that how you feel changes from day-to-day and that everybody's situation is unique. Moving more when you can is just as important as accepting when you can't. Every movement can enable more and is worth celebrating, no matter how small it might seem to someone else.

If you don't know where to start, why not explore We Are Undefeatable's '[Ways to Move](#)' page for some inspiration.

There are [Move to Your Mood](#) routines, with the effervescent Gok Wan. These videos encourage you to listen to your body and move based on how you feel, giving you simple yet effective routines to get you started – Have a look at the '[Make Your Move](#)' series of routines.

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## Blue Badge Appointments Available



Starting from **6th September** face to face appointments for Blue Badge applications will be available on Tuesdays at the **Stockport One Hub** .

Due to the length of time it takes, and also the information needed to complete the application form, an appointment must be made in advance.

To make an appointment please call our Information and Advice team on **0161 477 1213**. If your call goes through to the answer machine please leave a message and we will get back to you.

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## Help Shape Our Future - Join Our Board

The overall responsibility for the governance, finances and direction of Age UK Stockport lies with the Board of Trustees. Along with this responsibility goes the pleasure and satisfaction of direct involvement in a large local charity.

We are currently looking for committed individuals, to share their time, experience and skills to make a difference to the lives of local people as set out in our [vision, mission and values](#). We are keen to encourage a diverse Board of Trustees that represents the population of the borough and would welcome applications from people of all ages and from all backgrounds.

Previous board experience is not essential, but we need people with enthusiasm, together with an understanding of or willingness to learn about good charitable governance.

Your role as a Trustee is to work with other trustees as part of a team, providing leadership, strategic direction and collective responsibility for robust governance to ensure the charity is running effectively and efficiently and delivers benefit and value. All Trustees are volunteers and the positions are unremunerated. The time commitment required is typically around 8-10 hours a month.

As a Trustee you will be part of shaping and guiding our future development and help to make a difference to local people and communities.

For more information see our [website](#) or for an informal chat contact Margaret Brade on 0161 480 1211 or email our Chairperson Sue.Altling@ageukstockport.org.uk

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## September is World Alzheimer's Month

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

This year's theme, 'Know Dementia, Know Alzheimer's,' will have a special focus on post-diagnostics support. The campaign will aim to highlight the importance of support for people living with dementia and families following a diagnosis.

There are various Dementia Friendly Cafés and support groups around Stockport which we have shown before, but this month we would like to highlight, The Tapestry at St Agnes Church, Off Gorton Rd, North Reddish, SK5 6RA. It takes place 12pm – 2pm on Wednesdays and describes itself as a friendly get together for people with dementia, their family, carers and friends. Price is £4 per person, which includes lunch. If you would like to attend please telephone Alison on 07540 792409 so she knows how many they are catering for.

If you would like to know more about support groups for people living with dementia you can contact us, or the Alzheimer's Society on 0161 477 6999 or email [stockport@alzheimers.org.uk](mailto:stockport@alzheimers.org.uk)

There is also lots of information on the Council's website [Dementia care - Stockport Council](#)

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## Cost of Living Payments and Scams



The first half of the Cost-of-Living payments started to be issued from 14th July and it has seen a significant increase in scammers attempting to obtain personal information from customers by sending out texts suggesting that customers are eligible for Cost-of-Living payments, but that they need their bank details to make the payment. **This is not true.**

If you are eligible:

- you will not need to apply for the payment - the payment is automatic by the same method you receive your benefit.
- DWP will **never** ask for personal details by SMS or email.

If you are struggling don't forget benefit checks can be done very quickly and confidentially over the phone, so ring **0161 477 1213** to book an appointment. Or use [Age UK's Benefits Calculator](#)

It's free and the details you provide are kept anonymous

## Events & Activities for September

**Digital Drop In - Thursday 8th & 29th September 12 - 2pm**

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

**Planning for Later Life Event - Tuesday 27th September 11.30am - 2pm**

**Welcome Wednesday - 28th September 1-3pm** see front page for details

**Save the Date! - Age UK Stockport's AGM - Wednesday 30th November**

### 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)

#### Tuesday

**Marple Community Walk** - Meet at **Queens Court**, Church Street, Marple SK6 6BS at **10.30am** for a leisurely walk, followed by refreshments. No need to book!

#### Wednesday

**Women's Walking Football** - 1pm to 2pm (BPLC). Just turn up, pay and play!

#### 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

**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**

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