

Join us for Welcome Wednesdays

**WELCOME
WEDNESDAYS!**

**STUDENTS AND
OUR COMMUNITIES**
coming together to enjoy
activities and share
experiences.



Wednesday 27th 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 of Stockport, Councillor Graham Greenhalgh, will be joining the celebrations.

There will be more information about the International Day of Older Persons (IDOP) in next month's newsletter, but it is a day recognised by the United Nations as an opportunity to acknowledge and appreciate the extraordinary contributions and achievements of older people.

This year's IDOP theme encourages people to get curious and be **proud about your place**; to come together across age-groups to discover your place's past, to celebrate the diverse range of people and places making yours a great place to age, and to commit to make changes, so more people can enjoy good later lives in your community – now and in the future.

With the theme in mind, we are asking people to bring old photographs of Stockport. There will also be afternoon tea, and beauty therapies and if previous Welcome Wednesdays are anything to go by, it will be a really enjoyable afternoon!

If you would like to come along on 27th September please call 0161 480 1211 or email info@ageukstockport.org.uk to book your place.

Places are limited so book early to avoid disappointment!

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

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ
Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Take 5 to Age Well



From 1st September, The Open University is launching a free, UK-wide public health campaign: **Take Five to Age Well**. Taking place during the UN's Decade of Healthy Ageing, the campaign invites you to join a community making small daily changes for better ageing across 5 categories: Eat, Drink, Move, Connect, and Engage and Think.

You can sign up online and commit to 30 days of healthy ageing habits that will boost your health and wellbeing now and into the future.

All the content is evidence-based and expert-led, helping to bring a lasting positive impact. They will offer various support channels including regular emails and a reminder WhatsApp 'coach'. This is open to everyone as ageing well research suggests "the sooner the better, but never too late" to adopt these habits - why don't you sign up today? <https://nquire.org.uk/mission/take-five-to-age-well>

For more information see wels.open.ac.uk/take5

If you don't have access to the internet but would like to take part please contact us for printed information.

Age Friendly Network Meeting



Join us on **Tuesday 12th September 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.

Scams is a topic that the network said they would like more information about and I am sure it will be a popular meeting!

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.

We look forward to seeing you there!

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Handy Help and Gardening Service



Summer has been a mixed affair with some sun and plenty of rain making it one of the wettest on record.

Fortunately, our gardens have loved it!

To help you manage, our Handy Help & Gardening team are offering reduced rates on garden maintenance packages. If you would like someone to keep on top of your garden over the coming months, give the team a call for more details.

Our Handy persons also carry out the small tasks people may feel unable to undertake themselves, such building flat pack furniture, fitting grab rails, fitting door handles and locks. We can also fit key safes for carer access.

All our handy Help staff are fully trained to Age UK Standards, there's no call out fees 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. Staff are all DBS checked with public liability insurance.

Plus, all our profits go back into supporting Age UK Stockport's vital work so booking the team supports your community.

Get in touch by calling 0161 480 1211 or Email: handyhelp@ageukstockport.org.uk

Warm Homes Programme

Living in a cold home can damage your health, so we are once again taking part in the Age UK Warm Homes programme. The Warm Homes programme is designed to help you stay warm and well through the cold months.

The Warm Homes programme can help you in two ways:

1. Help increase your income to pay for energy bills
2. Help make your home more energy efficient so you can stay warm in the winter.

If you, or someone you know, is over 65, living in a cold home or has a long term health condition then you may be eligible.

There will more information in the October newsletter, but if you need help now, contact our information and advice team on **0161 477 1213**.

[Advice on keeping warm and well in winter | Age UK](#)

Planning for Later Life Event

 GORVINS
SOLICITORS

As part of the Gorvins Solicitors care week, you are invited to an afternoon tea on **Tuesday 26th 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 Ambiance Care 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 this free event, please confirm your place by emailing; enquiries@gorvins.com or call on **0161 930 5151**

Results of the Hub Questionnaire

Thank you to all that took the time to complete our questionnaire during the initial six weeks of The Hub opening. We wanted to know what days and times best suited you when visiting the hub and what digital support you would be looking for.

The results show the most popular days were Mondays, Tuesdays & Wednesdays and the most popular times were 12 – 3.00pm.

When asked, 'What digital support, would you wish to see being delivered at the hub?' We had responses such as: Help with Internet banking; Searches on the Internet; How to use my tablet; How to put apps on; iPhone support; General help on my laptop; Learn more about scams; setting up emails; creating documents (e.g. with Word) and lots more!

We are pleased to say that clients that have visited to date, have already been supported with the above, plus much more.

In line with your preferences, we have commenced our **Digital support sessions** on Mondays and Wednesday afternoons 12 – 2pm, where we have Sky Cares volunteers on hand to support you with any queries related to your digital devices and technology.

Also on Thursdays 10:30am - 12:30pm for those who may be attending our weekly Information and Advice drop in.

Please do come along and get involved.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Changes to Landline Telephones



Between now and 2025 most telephone providers will be moving their customers from old analogue landlines over to new upgraded landline services using digital technology. This means services that rely on the old landline system such as home phones and healthcare devices will need to be switched over.

How will it affect me and what do I need to do?

The good news is your landline isn't going anywhere and for most people, this change will be straightforward. Your telecoms provider (Virgin Media O2 or BT) should contact you before the switchover to check in and discuss what you need to do to make sure your service isn't affected. If you have an internet connection, the change may be as simple as plugging your phone into your broadband router rather than the socket on the wall.

However, some services may be affected, and we're encouraging everyone to know what to check and spread the word:

If you or someone you know uses a telecare device connected to a phone line (such as a fall monitor, lifeline, or personal alarm), you should contact the provider of this service so that they can advise on how the switch could affect you.

If you have other devices connected to your phone line, such as alarm systems, you might need to upgrade your device to make sure it is compatible. If you are unsure about how a device might be affected, contact the equipment supplier or manufacturer to find out whether it will remain functional on a digital phone line.

You should tell your telecom provider now if you have no other way of making emergency calls. Digital landlines cannot carry a power connection, so in the event of a power cut, they will not work. If you have a mobile phone, you can still use this, but if you've no other means of calling the emergency services, your telecoms provider will offer a solution to allow calls to be made to emergency services.

Be scam aware - The digital switchover will be **free of charge**, and no one should ask you for any payments. If somebody tries to sell you equipment or get you to sign up to expensive contracts as part of Digital Switchover, don't rush into any decisions, seek a second opinion, and speak to your phone company who will be able to advise you about what you need.

How to get further help

There is more information on the government's website:

[UK transition from analogue to digital landlines](#)

The Age UK website [Changes to landline telephones](#)

Stockport Homes have guides for their Carecall customers on the Carecall website: [Digital telephone switchover](#)

There will be lots more information over the coming months.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

SMILE and IWIT Sessions



SMILE (Simple Movements Improve Life Everyday) is a low impact and gentle exercise concept developed by Life Leisure. The programme provides fun, engaging and adaptable exercise and physical activity sessions for older adults. The variety of sessions available are designed to support those with long term health conditions and/or disabilities to help improve physical health, mental health and wellbeing. The sessions are available throughout Stockport and a timetable can be found on the Life

Leisure website [Active communities \(lifeleisure.net\)](https://www.lifeleisure.net/active-communities)

I Wish I'd Tried (IWIT) provides a variety of sport and exercise sessions, which are open to individuals over the age of 25 across Stockport. The sessions include Pilates, badminton, table tennis and walking football and cost from £3 per session.

The project aims to inspire more people to get into sport and encourage them to participate in one or more 30 minute sports activities a week. Participants are encouraged to have a go at something new, something different or something they wish they had tried before!

There's no excuse for saying 'I wish I'd tried' because now you can! A timetable can be found on the Life Leisure website [Active communities \(lifeleisure.net\)](https://www.lifeleisure.net/active-communities)

For more information contact Lisa.Arrandale@Lifeleisure.net

Improving Your Wellbeing Workshop

There are three FREE workshops being run by Stockport Talking Therapies

Some of the topics/ techniques you will learn on the course include:

Session 1 on 5th September- Wellbeing: Understanding the vicious cycle of low mood & anxiety, Relaxation & Mindfulness and making small lifestyle changes.

Session 2 on 12th September - Motivation, behaviour change, and support networks.

Session 3 on 19th September - How to manage unhelpful thinking and worry.

The Workshops will be at the **Sky Office**, 2 Lawrence St, SK1 1DL
1 - 2.30pm. Please book by calling 0161 480 1211

More details are on our website [Age UK Stockport | Events](https://www.ageukstockport.org.uk/events)

Thank You to Volunteers from AstraZeneca



We would like to say a big 'THANK YOU' to the volunteers who came from Astra Zeneca in July and transformed the outside of Step Out Stockport.

They painted, scrubbed, weeded, cut back overgrown hedges and generally made the outside of the centre look a whole lot better! This was all made possible by Employee Volunteering who facilitated the day, so we would of course like to say a big 'THANK YOU' to them too and especially to Penny who organised everything and managed the project, so we just reaped the benefits!

If you would like to know more about volunteering with us, please check out our website [Age UK Stockport | Volunteer with us](#) or give us a call on 0161 480 1211.

Activities at Step Out Stockport



There is always something going on at our day centre in Reddish. Last month one of the activities was stencil painting and you can see from the photos how good they were.

Find out more [Age UK Stockport | Step Out Stockport](#)

or give us a call on 0161 480 0480.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

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