

Community Champions 2021



Age UK Stockport is delighted to be working with Stockport Council and other partners across the Voluntary and Community sector, and also local people in communities across Stockport, to be part of a new and exciting network of **Stockport Community Champions**.

This is part of a boroughwide project that will connect with people who have been most at risk from Covid-19 or the affects of the pandemic, to reduce the impact of the virus on themselves and those around them. Importantly this recognises and includes 'at risk older people' .

The focus will be the many important aspects of health and wellbeing now and in the future. As Age UK Stockport's mission since 2016 is exactly that - to support wellbeing—it is a fantastic opportunity.

The **Community Champions** will be trusted voices within their community and will either live, work, volunteer or study in Stockport. They will be both ordinary local people but special all at the same time!

People who are willing to help and want to make a difference in their local community. Good listeners with empathy to hear and share peoples experiences of the last long eighteen months! People who have or are interested in developing good connections to share with others.

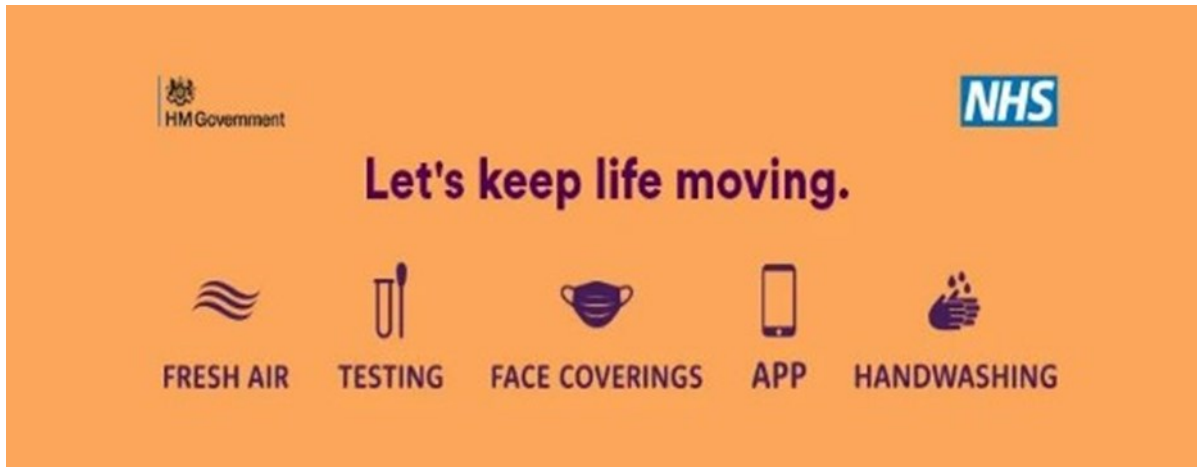
So if you think this might be you or becoming a Local **Community Champion** and being part of a new and growing network sounds like something to find out more about—please ring us on 0161 480 1211 and ask for Hazel Batty.

Watch out for more information on Community Champion in the coming weeks.

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).

Let's Keep Life Moving - Covid 19 Update



As Covid restrictions are relaxed, we will continue to offer our support to you in a range of different ways. That includes video and telephone calls, outside meetings and activities, handy help calls and visits and other face to face and home visits where needed and wanted.

We recognise that people may feel anxious with restrictions easing, and we also recognise that many of our clients have been what was the 'shielding' category for a long time now and are still being asked to be careful.

Your safety, and that of our workers as well as the local Stockport community remain our top priority and we will act to make sure safety is not compromised. Please be assured we will always seek to identify and choose the safest option possible to work with you in a way that feels safe and comfortable for you.

Before we do any face to face meetings or home visits, we will contact you to check your Covid status. That is check if you OR anyone in your household is currently unwell or experiencing coronavirus symptoms, been in contact with anyone who has tested positive for coronavirus within the last 14 days, been contacted by NHS Test & Trace to isolate / or waiting for a test result, or travelled from any red or amber in the last 14 days. If there are any concerns, we will rearrange to come back as soon as it is safe for all.

Please be assured that during any meetings or visits, we will continue to observe social distancing measures, wear appropriate protective equipment, and sanitise our hands on a regular basis. We will always seek outside venues or the best ventilated spaces possible. If visiting your home, we will ask you to open a window or door to improve ventilation and minimise risks.

As social care workers our workers have had priority status to receive the Covid-19 vaccination and are requested to undergo regular lateral flow testing.

Please do not hesitate to contact us if you have queries or concerns.

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Two New Ways to Get Involved!

We believe that Stockport should be a fantastic place to age well and that everyone should have the opportunity to achieve this. We are committed to engaging with the older residents of Stockport, listen to what they need in order to be more active and do our utmost to put this in place. Here are just a couple of activities going on now...



We are currently running a Walking Football session in partnership with Life Leisure at Brinnington Leisure Centre SK5 8LS every **Monday 12.30- 1.30pm**. It is open to both men and women that want to enjoy a slowed down version of the beautiful game. The sessions are £3 each and you can sign up either at <https://faevents.thefa.com/Book?SessionID=173082> or <https://www.lifeleisure.net/active-communities-team/i-wish-id-tried/> or simply turn up on the day, pay and play. It is a great way to meet local people and stay active enjoying a popular sport at a slower pace.



We want the residents to be at the heart of what is going on in Brinnington. This drop-in style session is your opportunity to come down, have a brew and a chat, and tell us what you would like to see going on in your local area. There will also be an opportunity to try out some of the activities on offer, like Table Tennis and Swing ball. Local Voices will run each **Wednesday 12pm-1pm**, so come along and let us know what you would like to see in Brinnington.

For further information on any of the projects above or to simply register your interest, please contact Dominic Bell (Age UK Stockport Ageing Well Lead) by email dominic.bell@ageukstockport.org.uk or by phone 07887405837.

The Big Knit - Final Call

We are really grateful to everyone who has already sent your miniature knitted hats to go on the Innocent Smoothie Bottles. Each hat that we send raises 25p for AUKS and really makes a difference to the lives of older people in Stockport.

We have until 24th September to reach our target! So please drop your hats off at Commonweal as soon as possible or get in touch if you need them collecting! **THANK YOU!**

If You Are Feeling Lonely



We all feel lonely at times – it's a natural human emotion and it can affect us at any age and stage of our lives.

Being or living alone does not necessarily mean you'll feel lonely. You may choose to spend time alone and enjoy your own company. A lack of company can lead to loneliness, but you may feel lonely even when surrounded by people.

Loneliness is the feeling of sadness that can come from not having the social contact you'd like. Loneliness can affect anyone, but some common experiences can make you more likely to feel lonely: a close relative or friend has died, or you've lost contact with friends or family, a relationship has broken down, a loss of work or change of employment, you live alone, you've an illness which makes you feel isolated from others, either emotionally or because it makes it hard for you to get out, you're caring for someone and do not have the opportunity to socialise or you're shy or have social anxiety. Whatever the reason there is help available. There are lots of tips on how to ease loneliness and information about the support available in Stockport and nationally on Healthy Stockport website <https://www.healthystockport.co.uk/loneliness-and-isolation> There is also a new leaflet available 'Top Tips to Help You Connect' which you will find in libraries and other places around Stockport or we can post one to you.

Little Moments - Stationery for Family & Friends Living Life with Dementia



The Little Moments collection from Sitori is available for family and friends caring for a loved one living with Dementia. The range includes journals, trackers and memory books, each specifically designed to help with day-to-day Dementia life.

Little Moments stationery includes lots of handy features such as daily reminders for medication, body and brain exercises as well as monitoring important things like mood, sleeping habits, hydration and nutrition. Not only is Little Moments practical, but the books and planners are also designed with beautiful style, creating a special place to capture memories, making them a lovely keepsake to look back on every now and then.

For more information visit www.sitori.co.uk

Would You Like to Become a Pen Pal?



Are you, or someone you know feeling isolated, lonely or just want someone new to talk to? Then why not join the Healthwatch Stockport Pen Pal Scheme!?

At the beginning of the COVID-19 pandemic it was noticed there were many lonely, isolated and vulnerable people out there, many of them elderly with little or family nearby. To help combat the loneliness Healthwatch Stockport and ourselves decided to

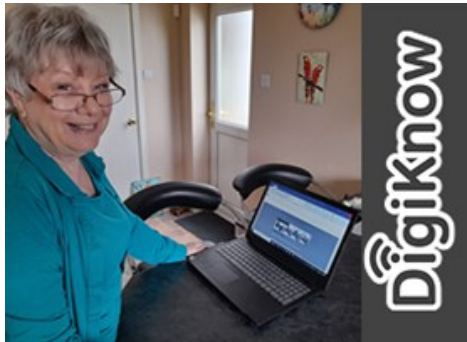
set up a pen pal scheme whereby people in the community could volunteer to write to a 'pen pal' in the community.

Healthwatch Stockport have now matched a number of volunteers and pen pals who are exchanging letters on a regular basis, so why not get involved?

To help the pen pals get started with writing a letter they will receive FREEPOST envelopes, a pen and some writing paper.

If you would like to know more about the pen pal scheme please contact Shirley Hamlett on 0161 974 0753 or via shirley@healthwatchstockport.co.uk

Could You Become a Digital Champion?



Over the past year, being online and having digital skills has changed from being an advantage, to being essential. We've all learned to do more online, for work or home schooling, ordering shopping and prescriptions, finding out information, or keeping up with family or friends.

But across Stockport, many adults still lack access to the internet and the skills to go online.

Which is why DigiKnow are looking for volunteer 'Digital Champions' to help family, friends, colleagues or people in the community to get online.

Anyone who has used the internet can become a Digital Champion. You only need basic digital skills as there's training available. Mostly you need to be enthusiastic about the benefits of being online and sharing this with others. You can choose when you'd like to start and how many hours you'd like to do.

If you'd like to become a Digital Champion, call the DigiKnow Helpline on **07537 127095** or email digital@stockport.gov.uk

You can also call the same number if you need support!

Nutrition and Hydration Project



Good news! The research that was completed for the GM Nutrition & Hydration Programme which some of you may remember, or even been involved in, involving the paper-weight armband, has just been published in the British Medical Journal.

The study was found to add to what was already known on the subject the following; ' The PaperWeight Armband intervention is deliverable at scale in the community, without need for clinical expertise. The initial evaluation suggests it is associated with positive outcomes, principally weight gain or stabilisation. A longer and larger research trial is now needed to assess and understand its impact.'

You can read the full report on our website; <https://www.ageuk.org.uk/stockport/activities-and-events/campaigns/nutrition-and-hydration/>

On the same page you will find hits and tips and booklets to download on maintaining a healthy weight. If you are unable to download them or need a paper copy please call us on 0161 480 1211.

Ageing with Pride



To mark Pride Month 2021, The Centre for Ageing Better have gathered stories from a number of older LGBT+ people to share their perspectives on inequality, community and how attitudes towards LGBT+ people have changed.

You can read their stories here <https://www.ageuk.org.uk/stockport/about-us/news/articles/ageingwithpride/>

We are committed to ensuring those of all ages, regardless of sexuality or gender, enjoy good later lives and are #AgeingWithPride.

There are monthly Zoom calls about everything LGBT+ running throughout the year. Each featuring a different musical or art performance, guest speakers, breakout rooms, fun quizzes and interactive games. The next one is **Friday 27th August 1-2pm**. If you would like to join email amelia.harrington@pureinnovations.co.uk for the link.

Age UK Stockport is a registered charity 1139547