

New Thursday 'Drop In'



We know that sometimes people like to see us face to face so we have started a 'drop in' on **Thursdays 10am to 3pm** in the **One Stockport Hub**, 16-22 Merseyway, SK1 1RA (the old Argos).

A member of staff will be available to share information about services and support, so if you are in Stockport, why not pop in!

If you are coming to see us at the One Stockport Hub please be aware of the new precautionary measures to prevent the spread of the new COVID-19 Omicron variant in the UK. From Tuesday 30 November face coverings will be compulsory in shops and other settings such as banks, post offices and hairdressers, as well as on public transport unless individuals are exempt from doing so.

Also, if you are not up to date with your COVID vaccinations there is now a vaccination walk in centre at the One Stockport Hub. They are offering free COVID vaccinations without the need to book! The vaccination walk in centre is open on **Thursdays, Fridays and Saturdays, from 10am until 3pm**, each week until Saturday, 18 December, without the need to book.

It will include boosters for those people who are eligible, having had their last dose at least six months ago; vaccinations for 12-15-year-olds who may have missed theirs at school, or during home-schooled commitments; and 16-18-year-olds needing their COVID jab. Or if you still need your first or second dose, then just go along! More information on the [council's news pages](#).

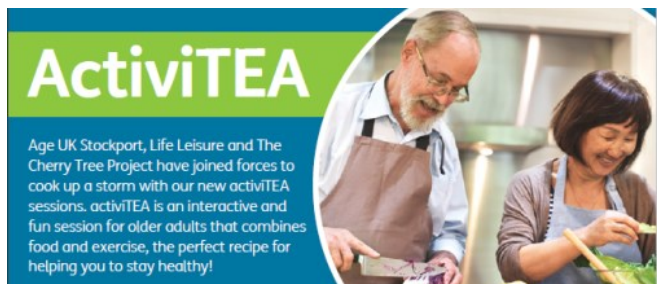
As we are just about to publish this newsletter we are very aware that with the new Omicron variant things are again uncertain, so please keep an eye on our website to keep up to date!

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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New Ageing Well Projects - ActiviTEA



We have partnered with Life Leisure and The Cherry Tree Project to cook up a storm with our new ActiviTEA session. ActiviTEA is a fun and interactive session that combines food and keeping fit, the perfect recipe for helping you to stay healthy!

The sessions will take place each **Thursday 5.30pm to 7.30pm** starting 18th November, at **The Cherry Tree Cafe**, Romiley, Stockport, SK6 4EY.

We anticipate that these sessions will be extremely popular, so it is essential to book onto these sessions in advance. To book or for further details contact us at info@ageukstockport.org.uk or 0161 480 1211

Do You Need Help to Get Online?



Last Thursday we started our digital drop-in at Brinnington Leisure Centre. Sky Communities volunteers and our staff were there to offer their support for all things digital. We had a number of people attend, some brought their own phones and laptops that they were having problems with and some used our equipment, but everyone came away having learnt something new!

The next session is **Thursday 16th December 12-3pm**

For more information visit the [activities page](#) of our website 0161 480 1211.

If you can't attend our sessions, do you know about **Digiknow**?

A few weeks ago, Digiknow took part in **Get Online Week**, helping Stockport residents access the internet. They ran over seventy sessions at the One Stockport Hub in Merseyway and other locations across Stockport, finishing the week with a Digifun day of activities at the Hub.

If you or someone you know needs support, the DigiKnow network of community groups, organisations and Digital Champions can help. They even loan devices to get online.

Call the **DigiKnow Helpline on 07537 127 095** or visit [Stockport Local directory](#) to find a community group that can help.

Or you can find out more on their website, linked below.

<https://www.stockport.gov.uk/topic/help-doing-things-online>

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Well Done Jimmy!



Jimmy Glindon, one of our volunteers has set up a community café to help encourage people in Brinnington to get socially active after lockdown.

Jim originally joined the walking football project, that we run in Brinnington and is now he is hoping to inspire others by hosting a weekly community café at

Brinnington Leisure centre, which will focus on providing people with a place to socialise as well as open up opportunities to get moving.

Jim said: *“Joining the walking football has given me a much needed pick-me-up, both mentally and physically. I’ve noticed a real difference. I’ve had to move a few notches in my belt and I no longer ache for days after each session, but I also feel so much brighter and happier day to day”.*

“I think a lot of people have struggled during lockdown and perhaps don’t know where to start, so I thought a community café could be a good way of encouraging people to get out and about to socialise and get a little more active”.

“It’s a free coffee morning where you can just come a chat, if you’re interested in taking part in some of the community events that’s great, but there’s no obligation at all. For some people just walking down each week will be enough to get moving a little more.”

The weekly coffee morning, which Jim runs with support from our Ageing Well Lead, Dominic Bell and Life Leisure that provide the space in the Community Room. Dominic said *‘It is amazing to see what Jimmy has achieved so far and we look forward to seeing how the café evolves to improving the health and wellbeing of the community’*

Gareth Ball, Active Communities Officer for Life Leisure, said: *“We are really happy to support Jim’s weekly café. Being active isn’t always about taking part in an exercise class, it’s about being motivated to try something new which can get you moving a little more. We think the café is a brilliant idea and we are more than happy to support it.”*

The café, which is open to all residents, takes place in the community room at Life Leisure in Brinnington every **Thursday from 10.30am- 12.00pm** and visitors are welcome to drop in.

For more information go to www.lifeleisure.co.uk

For more information on the Walking Football project or any other projects delivered by Age UK Stockport go to

www.ageuk.org.uk/stockport/activities-and-events/regular-activities/

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New Physical Activity DVD

The Richmond Group of Charities' physical activity coalition - [Movement for All](#) - has developed a new physical activity DVD aimed at people living with multiple long term health conditions.

Working with the wider partnership behind the award-winning campaign [We Are Undefeatable](#) and a team of expert instructors, the sessions have been specially designed for people who may experience symptoms such as fatigue, pain, stiffness and low mood. The project is supported by National Lottery funding from Sport England.

The series – [Make Your Move](#) - aims to support people to be active at home and is available on DVD and on [YouTube](#). The charities hope the DVD and online videos will motivate people to be active in a way that works for them, using simple and varied instructed activities that are designed to improve strength, balance, coordination and energy and reduce stress, and are suitable for a variety of activity levels.

There are [6 different physical activity sessions](#), each around 15 minutes long with a chance to take pauses throughout, and no specialist equipment needed.



- Dance with Anne
- Energy with Alex
- Balance with Sandra
- Strength with Alex
- Boxing with Michelle
- Mindfulness with Sandra

Each one can be tried independently of the others, in any order. No experience or knowledge of a specific activity is needed.

Developed by experienced instructors, the videos offer three different ways of doing the exercises - from a chair, assisted and standing, and have an introduction from Dr Andrew Boyd, GP and Clinical Champion for Physical Activity.

They focus on ensuring the audience are being mindful of the day-to-day fluctuations in symptoms and therefore their ability to perform the activities. The sessions are accompanied by appropriate safety messages, instructions and signposting to more information and support.

How can you get it?

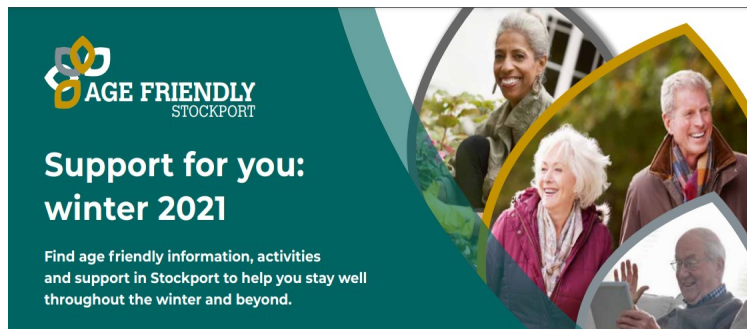
The video is available on [YouTube](#) and on DVD.

To order a DVD for someone who hasn't got access to the internet please email info@ageukstockport.org.uk or call 0161 480 1211

You can also access them through the [activities at home](#) section of our website where you will find links to other useful websites and activities.

Age Friendly Support During the Winter

Stockport Council have produced a new booklet where you will find lots of age friendly information about activities and support in Stockport that will help you stay well throughout the winter and beyond.



It includes:

- Ways to boost your mood
 - Ideas on staying connected
 - Ways to keep independent
 - Support with your money
- And lots more!

It is available to download from our website [here](#)

If you would like a paper copy please get in touch and we can get one to you as soon as they are available.

Have Your Say on a New Political Map



New boundaries are being proposed for council wards in Stockport and The Local Government Boundary Commission wants to hear what residents and local organisations think about the proposals. The commission is reviewing Stockport to make sure councillors will represent about the same number of electors and is proposing that there should be 21 wards and 3 councillors per ward. 16 wards will have their boundaries changed

under the draft recommendations, while 5 will remain the same. Proposed changes include:

- the creation of a Norbury ward as a result of the proposed abolition of the existing Stepping Hill ward
- significantly different warding arrangements for the Cheadle and Cheadle Hulme areas based on the local evidence received

If you want to give your views on the proposal visit the

[Local Government Boundary Commission](#) website.

This stage of the consultation closes on 10 January 2022.

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Jingle Bakes



This Christmas, you can enjoy your favourite treats and spread some festive cheer whilst helping raise funds for Age UK Stockport. How? By organising a Jingle Bakes Christmas bake sale between **10-12 December!**

Whether you're a natural in the kitchen or a complete novice, we'd love for you to get involved. Big fan of gingerbread biscuits? Great, bake as many as you can and invite friends, family and colleagues to enjoy them. A dab hand at a yule log?

Fabulous, why not make two? If baking really isn't your thing, nip to the supermarket and cheat.

Anyone can join in, whatever their age, from kids to grandparents and everyone in between! Hold your Jingle Bakes sale at home, at work – wherever you want. Encourage your guests to bring something too (all the better if it's homemade) as every slice, every sliver, and every bite of every biscuit, every crunch and every munch means more funds for us to be able to give older people the support they need at Christmas, and beyond. Contact info@ageukstockport.org.uk or telephone **0161 480 1211** to find out more.

Upcoming Activities

Monday

Walking Football - Mondays 12.30 to 1.30pm at Brinnington Park LC

Tuesday

Online - Positive Smiles' - Tuesday 14th December 11.00am to 12.00pm

Wednesday

Active Afternoons & Women's Walking Football - 1pm to 2pm

Thursday

Jimmy's Coffee Morning - 10.30am to 12noon

ActiviTea - 5.30 - 7.30 at The Cherry Tree, Romily, SK6 4EY

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](https://www.instagram.com/ageukstockport)

Age UK Stockport is a registered charity 1139547

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