

## Winter Warmth Packs Going Out!



We would like to give a special **'THANK YOU'** to **Equilibrium Financial Planning LLP** who supported the Winter Warmth bags that are going to make a difference to everyone who receives one! The bags contain practical things to keep us warm and well this winter and also lots of information.

There are lots we can do to help keep ourselves well in winter. Including;

**Keep moving** - Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility.

**Eat well** - food gives you energy, which helps to keep you warm. So, try to have regular hot meals and drinks throughout the day

**Get your winter vaccinations – even if you're fighting fit**

**Make sure your home is warm enough** - Try to heat your home to a steady and comfortable temperature throughout the day. Close the curtains at dusk to help keep heat in.

**Wrap up well and stay stocked up** - Wearing plenty of layers is the best way to keep warm in winter. It's a good idea to stock up on cold and sore throat remedies, too.

If you would like more information about keeping warm and well this winter you can find it on the [Age UK website](http://www.ageukstockport.org.uk) and also on the [Council website](http://www.stockport.gov.uk).

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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)

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### Age UK Stockport Update

February already and in just another month and it will be two challenging and tricky years since this whole pandemic started. I certainly recall 'unprecedented' being one of the many new words that became part of our vocabulary in 2020!

At least we are now seeing what looks like the beginning of the end game in this pandemic as the Government lifts most restrictions. Our approach is to open up along with others so people can choose whether they come to physical events or not—and we are looking forward to seeing you. However we will also be keeping virtual and hybrid events whenever it is possible for the greater inclusivity they have provided for many—or we have learnt nothing!

We will be looking to open our office at Commonweal more from this month and returning to physical appointments and home visiting where wanted and beneficial.

However we will not be shelving the good infection control procedures that we have benefited from for the last 2 years. They not only protect from Covid—they are helpful for so much more! So expect continued handwashing, wipes, awareness of ventilation and not sharing objects and also some masks where helpful.

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### Online Community Champions 'Essentials' Training



Online sessions of the Champions 'Essentials' Training are now available digitally online. So, there will be lots of opportunities to get involved. If you have not already participated, we encourage you to get in touch to learn more about the Champions programme.

If you know of anyone (a colleague, friend, family member) who might want to get involved and become a Community Champion they can find more information [here](#).

Once you have completed your Community Champions 'Essentials' training there is also the opportunity to do some free accredited training to further develop your skills.

If you have any questions, or want to get in touch to find out more about the Community Champions role please

email: [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or

telephone **0161 480 1211** for an informal chat.

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## Monthly News - February 22

### Vaccine Information Session with Q&A

A panel of leading Stockport medics takes your questions and shares their experience with vaccine development and delivery, working on the frontline during Covid, and more.

Tuesday, February 15th  
7pm – 8:30pm  
Online  
Register at Eventbrite

Send your questions ahead of time to:  
[healthandwellbeing.libraries@stockport.gov.uk](mailto:healthandwellbeing.libraries@stockport.gov.uk)



Tuesday 15th February

Join an evening of information, stories from the front line of Covid, and answers to your questions from the experts.

In this online event, our panel for the evening includes Stockport researchers involved in vaccine development and trials at Stepping Hill Hospital, a Public Health nurse working in vaccine delivery, and a doctor working in ICU at Stepping Hill throughout the pandemic.

They will each share briefly about their experiences and discoveries during Covid, and then answer YOUR questions.

This is your opportunity to ask local people with hands-on experience all your vaccine and Covid questions. As we hope the event will be very popular, we are taking questions ahead of time.

**Send your questions** to: [healthandwellbeing.libraries@stockport.gov.uk](mailto:healthandwellbeing.libraries@stockport.gov.uk)

or drop them in at any Stockport Library.

**Book your FREE place for this exciting session on Eventbrite.**

This evening is organised jointly by the Stockport Library Service and Stockport NHS Foundation Trust Library.

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## £75m of Unclaimed Pension Credit in GM



It is estimated that 43,000 people across the Greater Manchester region could be eligible to benefit from £75 million unclaimed monies.

Pension Credit is a benefit for people over State Pension age. It tops up your income if you're struggling to make ends meet.

If you are entitled to Pension Credit it could also get you access to additional financial

benefits including a free TV licence for over 75s, housing benefit and council tax support, and money towards home insulation.

If you would like a free check to see what you are entitled to please get in touch with our **Information and Advice** team on **0161 477 1213** or visit the benefits calculator on the Age UK website <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/benefits-calculator/>



## Cost of Cold Campaign

Every person should be able to keep warm and well this winter. But many, including one million older people, are living in fuel poverty, and the energy price rise this spring means many more could struggle to afford their bills.

Many people are so worried that they're turning off their heating and cutting back on food to save money. The existing support that is available to people is nowhere near the scale of the energy price rise we'll face from April.

So, Age UK National are asking everyone to sign their petition to the Prime Minister asking him to;

Remove the 5% VAT rate on energy bills from April until at least the end of 2022 to help everyone deal with the increase.

Provide a one off £500 payment to people on low incomes who already qualify for the Cold Weather Payment.

If you would like to add your name to the petition and help to protect people from unaffordable energy bills click on the link below.

Please sign the letter to the Prime Minister [here](#)



## AGE WELL WITH ABL



Our highly skilled staff deliver a range of FREE nutrition and exercise sessions supporting anyone over the age of 65 who would like to improve their health and wellbeing. ABL Health can help you lose weight safely and effectively by making long term lifestyle changes.

- FREE 12 week programme
- Strength, balance and low level exercises
- Fully qualified Exercise and Nutrition Professionals
- Make friends, group support and have a social tea and coffee

### For More Information

Call: 0161 870 6492 Email: WELLNESS.ABLSTOCKPORT@NHS.Net Text: STOCKPORT to 62277

#### STAY UP TO DATE



The newest program that went live on the 12th October 2021 is called AGE WELL with ABL. Age Well supports anybody 65+ with strength, balance and also low level activity levels.

The nutritional advice is tailored slightly to meet the needs of the older population and members are welcome to stay and socialize after the group with a cup of tea or coffee.

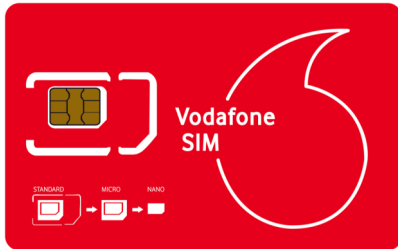
Check out on social media as well.

### Further Support

ABL Health deliver the Tier 2 Weight Management Service across Stockport. This is a FREE service that anybody over 18+ can join with a BMI ranging between 25 – 35 (*to calculate your BMI search for the NHS choices BMI calculator, you will need to know your height and weight to get an accurate BMI reading*). The 12-week program promotes life-long healthy behaviour change and weight loss with weekly sessions that focus on food, nutrition, exercise, sleep, water intake and so much more.

If you are interested in finding out more about ABL Health and how they can support you, call 0161 870 6492.  
Or text STOCKPORT to 62277

## Connected Community's Project



I am sure you will agree, the last 12 months or so have been challenging and more and more people are finding it harder to stay connected with others as a result of covid restrictions and general concerns about mixing in the community. Staying connected with others is an important way to improve your mental health and feelings of wellbeing, it can even have positive effect on your physical health even reducing the chance of heart disease and strokes.

At Age UK Stockport we have been working on different ways to help people stay connected and as the world moves more and more online, keeping people connected digitally is more important than ever.

Last year Age UK Stockport applied to the **Vodafone Connected Charities Project** and we are pleased to say we have now received **50 spanking new Pay as You Go SIMs that will each come with 20GB data plus unlimited calls and texts each month for a period of six months... all free of charge!**

If you don't already know, we run two online **Zoom** groups, called '**Positive Smiles**' and '**Knit and Natter**', (see the next page for dates and times). The aim of these groups is to bring people together for a relaxed chat over a cup of coffee and connect with others and make new friends.

We realise that connecting to the internet is often the biggest challenge for people wanting to join online groups, this is where we can help by providing you with one of our prepaid sim cards which hopefully you can use to join in one of our online groups, or just stay connect with friends and family if you wish.

If you, or someone you know, would like to take advantage of this fantastic opportunity of a 6 month pre paid sim card please contact us at [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or call us on **0161 480 1211** and we can provide more information on how we can support you to get up and running with your new SIM.

To be eligible, all we ask is that you tell us how you have benefited from using your free data at the end of the 6 months!

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## Digital Drop In

Don't forget we are doing digital drop in's at **Brinnington Park Leisure Complex** (the community room on the left hand side), Northumberland Road, Stockport SK5 8LS.  
The next one is **Thursday 17th February 12-3pm.**



## Upcoming Activities

*Due to Covid 19 - please check all 'In person' events before attending*

## Regular Activities

### Monday

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

### Tuesday

[Online](#) - Positive Smiles' - Tuesday 8th & 22nd February 11.00am to 12.00pm

### Wednesday

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

### 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 12noon (BPLC)

### Friday

ActiviTea Lunch Club - 12-2pm at The Cherry Tree, Romiley, SK6 4EY

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### Knit & Natter is back! Thursday 24th February 11am – 12.00noon



Join us for a Knit and Natter. Don't worry if you can't knit, you can just come along for the natter! We can knit for charity or just bring along your own project.

The aim of the group is to have a natter and get people connected!

24<sup>th</sup> February <https://www.eventbrite.co.uk/e/knit-natter-tickets-245745209537>

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](#)

Age UK Stockport is a registered charity 1139547