

Wishing everyone a very 'Happy New Year'!

THANK YOU' to so many people who have made the Christmas period a little better for so many others....



Special thanks go to: Sky Stockport and Sky Cares who donated gifts; Sarah Middleton, Peter Boxall and 1st Bramhall Scouts who provided Christmas hampers; our WIN and TPA partners; Health Watch; Sector 3 and all partners from the VCSE sector; Stockport Council CCG and Foundation Trust; and Age UK our national brand partner. **THANK YOU TO YOU ALL!**

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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Age UK Stockport Update

Another New Year and it is hard to believe we are still in a place of uncertainty with regard to Covid 19, government restrictions and safely operating services and activities. However we are not in a national lockdown as we were a year ago, Plan B definitely gives us more say in how we live and keep safe with Omicron, and it does feel there is reason to feel more optimistic about how things will go in 2022.

So in terms of an update for a month ahead it feels unwise to say too much! It would be best to check in weekly with any activities —check our website for updates and also look out for and know we will be following any government changes in restrictions. Also note our '**Covid is Still here Campaign**' on page 5 below as a reminder on how to go about our lives whilst also taking care.

We are excited to be planning returning to old services and activities and creating new one's, renewing old collaborations and creating new one's and meeting up with more of you in 22—see below for a first important opportunity!



YOUR Stories

Your Lived Experience

Age UK Stockport are gathering feedback from people about how peoples lives have been affected or changed through living through the last 20 months of the Covid pandemic. We are working in conjunction with Stockport Council on this as they want to learn from people's experiences as they plan for the future.

We know everyone's experience has been different, and we have a saying we use a lot to remind of us that— 'we have all been in the same storm— but we are all in different boats'! We would really like to hear about how Covid has affected or changed your life and what it has felt like for you.

If you do write to us you can do so anonymously if you wish or even if not we will only ever share the stories or information anonymously.

If you would like someone to ring you to talk to about it just let us know and we will arrange it.

Also please let us know if there is any information or advice you would like around Covid 19?

Tel—0161 480 1211

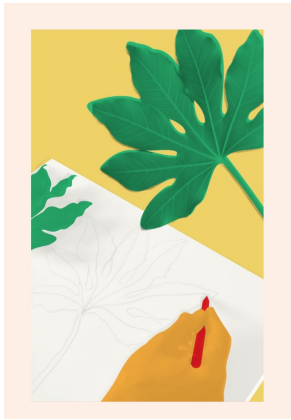
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Mindful Art Activity Book



City Arts have produced a free PDF activity booklet to download as part of their 'Create to Connect' project. The specially designed booklets detail art activities that people can do at home, or in a group. They are designed to be used by people who have not done much art before - although they can be adapted to push skills a little further.

It is designed to help you feel more connected to others and to boost your wellbeing.

Throughout, you'll find hints and tips helping you to think positively, reduce your stress levels and channel your creativity.

Specially devised by 10 professional artists, these creative activities will help you explore nature and practice mindfulness. You'll learn about free writing, poetry, drawing and painting. We hope that you enjoy experimenting and being creative!

[Click here to view and download the booklet on the City Arts website.](#)

Christmas at Step Out Stockport



It was a busy time at Step Out, our day centre in Reddish in the lead up to Christmas. There was card making, biscuit decorating, Christmas parties and even a visit from Father Christmas!

If you would like to know more about Step Out services visit our [website](#) or call **0161 480 0480**

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A Lifeline for People Suffering with Long COVID



Stockport's Long COVID peer support group is providing a lifeline for people who are still unwell weeks and months after they first caught COVID.

The group offers chat, friendship, advice and above all understanding from other people who know just what it's like to live with long COVID.

The group meets:

- Every Wednesday on Zoom, 11.30am to 12.30pm – it's a drop in so you can just join in when you feel like it
- For a drop in coffee morning on the third Monday of every month (excluding bank Holidays), 10.30 to 11.30am at Vernon Park café (inside the park) Turncroft Lane, SK1 4AR. Just come along and say hi to the group.
- Members can also join the group's Whatsapp

For more information about the group and to join the Zoom, please email Marie.omalley@stockport.gov.uk or phone 07800 618570

Do you know where to report scam messages?

Fake emails and text messages are a common tactic used by cyber criminals, their goal is often to convince you to click a link. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords and personal information.

In order to try and convince you that their messages are legitimate, criminals will pretend to be someone you trust, or from some organisation you trust. This could be your Internet Service Provider (ISP), local council, even a friend in need. And they may contact you by phone call, email or text message.

Reporting suspicious emails:

If you have received an email which you're not quite sure about, you can report it by forwarding the email to the Suspicious Email Reporting Service at: report@phishing.gov.uk

Reporting suspicious text messages:

You can report suspicious text messages to your mobile network provider, for free, by forwarding the text to **7726**.

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: [ncsc.gov.uk/cyberaware](https://www.ncsc.gov.uk/cyberaware)

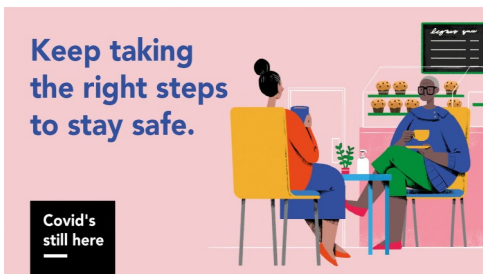
Your Help Needed to Go Carbon Neutral!

Stockport Council's very first Climate Action Now Summit took place last month and the council, along with residents, businesses and community groups shared their stories of the great work that has taken place so far, as well as future plans to tackle climate change.

As a council they are committed to being carbon neutral by 2038 but to do this, major changes will need to be made to the way people in Stockport and across Greater Manchester heat their homes.

An online survey has gone live asking residents to have their say on what low carbon heating they want in their homes. You can find out more about low carbon heating methods and choose how you would prefer to heat their home in the future. The results will be used to shape the council's plans to deliver carbon neutrality. Have your say by filling out this [quick survey](#), which is open until 7 January 2022. There is more information on the Council's website <https://www.stockport.gov.uk/news/stockport-wants-residents-help-to-go-carbon-neutral>

Covid's Still here



We are all too aware, with the arrival of the Omicron variant that Covid is still here, but back in early December when things were starting to open up the Age UK's in Greater Manchester received some funding to ensure local older people know the steps they can take to live safely with the continued risk of Covid.

We all want to do our best to protect each other. And there are plenty of things you can do to feel safe.

- **Wear a face covering**, unless you're exempt, when you're shopping, using public transport or out in public places.
- **Wash your hands** regularly, especially when you get home after being out, before handling or eating food, and after sneezing or blowing your nose. Using hand sanitiser also helps when you are out and about
- **Keep windows open** at home, even a little, when you have visitors.
- **If you're feeling unwell**, the best thing to do is stay at home and arrange a PCR test to make sure you don't pass the virus on.
- **Follow the current testing advice** to help protect you and others.
- **Keep up with any boosters or jabs**

For more information or if you need a little more help taking these steps, or are worried about how Covid is affecting you, we are here to help, just contact us in the usual way.

Upcoming Activities

Age UK Stockport Annual General Meeting 2021

5.00pm Monday
24th January 2022

Our 2021 AGM will be a short event this year prior to our regular Board Meeting to ensure we meet all the legal requirements. We will be approving the 2020 Minutes, the annual 2021 report and accounts, confirming trustee appointments and appointing our auditor for the next year. The time energy and costs of the usual event, including presentations and activities and lots of good food and refreshments is being held in reserve for an event to get us all together just as soon as it is safe for all to do so in 2022. So watch this space!

Invites have been sent directly to our registered members or you can RSVP by emailing info@ageukstockport.org.uk or ringing 0161 480 1211 on or before 21st January 2022

Regular Activities

Please note all physical activities will be subject to a full review for Covid safety in January 2022 — please check before attending

Monday

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

Tuesday

Online - Positive Smiles' - Tuesday 11th & 25th January 11.00am to 12.00pm

Wednesday

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

Thursday

Jimmy's Coffee Morning - 10.30am to 12noon (BPLC)

ActiviTea - 5.30 - 7.30 at The Cherry Tree, Romiley, 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://twitter.com/AgeUKStockport)

Age UK Stockport is a registered charity 1139547