

International Day of Older Persons



Every year we mark the United Nations International Day of Older People (IDOP) on 1 October. It is a day recognised by the UN as an opportunity to acknowledge and appreciate the extraordinary contributions and achievements of older people. This year the theme in Greater Manchester is climate emergency and there will be more about that in the months to come.

We want to celebrate IDOP and also take the opportunity for us to get together and appreciate our fantastic local community.

We will be holding two leisurely walk and social events on Friday **1st October**.

12 - 2.00pm - Walk followed by light lunch and hot drinks, starting and ending at Brinnington Leisure Centre, Community Room SK5 8LS.

2.30 - 4.00pm - Walk around Woodbank Park followed by cake and hot drinks. Meeting near the carpark at the Turncroft Lane entrance SK1 4JR



Both walks will be suitable for wheelchairs and you can do as much, or as little of them as you like! The main aim is to get together and enjoy the fresh air. Hopefully the weather will be kind to us, but they will go ahead even if it rains so bring your brollies!!

We would love to see as many people as possible but please book your place by emailing us as follows:

info@ageukstockport.org.uk or you can just call 0161 480 1211 so we know how many lunches and cakes we need!

Don't forget to let us know which walk you would like to attend and also whether you have any dietary requirements.

We really do look forward to seeing you there!

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).

Age UK Stockport Update



We continue to bring back our support and services as part of recovery – so do check the website.

Living with COVID - 19

Just worth noting the latest Government Guidance as we move on.

Coronavirus (COVID-19)

Coronavirus remains a serious health risk. You should stay cautious to help protect yourself and others.

- Meet outside, or open windows and doors for indoor visitors
- If you think you have symptoms stay at home and take a PCR test
- Wear face coverings in crowded places and on public transport
- Check in to venues when you go out
- Wash your hands with soap regularly, and for at least 20 seconds
- Get vaccinated

See more here <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

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

Monthly News - September 21

Join us for a Cookery Demonstration

We are delighted to announce that Roving Chef Alex from **Vegetarian for Life** will be joining us to give a cookery demonstration via Zoom.



On **5th October 2-3pm** Chef Alex will be making Courgette Fritters, Panzanella, Imam Biyaldi and Cranachan.

<https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki>

<https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted>

<https://vegetarianforlife.org.uk/recipes/salads-and-starters/panzanella>

<https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan>

“The Greek Fritters make an ideal starter, light lunch or part of a buffet. The Imam Biyaldi although simple, is quite delicious. Panzanella is salad with a little twist. If you are not familiar with Cranachan, it’s essentially whipped cream, fruit and a touch of whiskey, what’s not to like?”

“These dishes are firm favourites of mine. I have made these quite a few times and still very much enjoy cooking and eating them. All of the dishes are flexible with the ingredients too.”

Vegetarian for life is a UK charity dedicated to supporting older vegans and vegetarians. You’ll find plenty of recipes and publications on their website including cooking for one, nutrition guidelines and veggie meals to your door. They also run a pen-and-phone-pal scheme, a great way to meet new, likeminded people and form some new friendships. They also run a monthly vegan lunch club via Zoom. It runs on the 4th Tuesday of every month, you cook the recipes in advance and join the chef and the rest of the attendees for a nice chat while enjoying the dishes you’ve prepared, meeting people from across the UK. You can find more information on their website <https://vegetarianforlife.org.uk/>

To join Alex for this cookery demonstration please email info@ageukstockport.org.uk for the Zoom link

The Big Knit - BIG ‘Thank You’!



A huge ‘THANK YOU’ to everyone who has sent in the little hats for the Innocent smoothie bottles and especially to Woodford WI who have knitted this small mountain of 500!

If you still have some to send in please get them to us by **24th September**.

THANK YOU!

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Our Handy Help & Gardening Service is Growing!



Our Handy Help & Gardening Service carries out minor repairs, improvements or adaptations in the home.

We pride ourselves on friendly and high quality work and you will find our prices are very competitive.

Demand for our service has grown and in response we are investing by recruiting new workers to improve on our already speedy response time, a new works vehicle and also improved equipment on the way.

If you have a small job in the home or garden that needs attention, don't hesitate to contact us, we are here to help. Contact us by telephone on **0161 480 1211**

Or by email on: Handyhelp@ageukstockport.org.uk

Have Your Say!

Stockport Council Invite Views on £14.5 Million Stockroom Development in Formal Consultation



Following a successful period of engagement, Stockport Council are moving to a formal consultation around the proposed moving of services from Central Library to the new town centre Stockroom development.

The council successfully bid for £14.5 million of the government's 'Future High Street' fund to create Stockroom, a learning and discovery centre that will attract multiple generations. It's set to take over currently vacant units in the Merseyway shopping centre.

Now, the council are seeking your views on whether services should be moved from Central Library to the Stockroom development. The council has promised to safeguard the Central Library building so it will remain for public use.

You can have your say on the proposals by taking the short survey [Click here to make your views heard](#). It should not take more than 10 mins to complete and could win a £100 High Street shopping voucher.

Paper copies are available from public buildings across the borough. Other formats are available on request by emailing consultation@stockport.gov.uk

Your views matter, so make sure you have your say before the consultation closes on **18th October**.

Help Shape Our Future - Join Our Board

Age UK Stockport has been around in Stockport since 1946 in various guises! We are currently looking for committed individuals, to share their time, experience and skills to make a difference to the lives of local people as set out in our [vision, mission and values](#). We are keen to encourage a diverse Board of Trustees that represents the population of the borough and would welcome applications from people of all ages and from all backgrounds.

Previous board experience is not essential, but we so need people with enthusiasm, together with an understanding of or willingness to learn about good charitable governance.

Your role as a Trustee is to work with other trustees as part of a team, providing leadership, strategic direction and collective responsibility for robust governance to ensure the charity is running effectively and efficiently and delivers benefit and value. All Trustees are volunteers and the positions are unremunerated. The time commitment required is typically around 8-10 hours a month.

This is an exciting and challenging time. Throughout the pandemic we've adapted existing services to make them safe and created new ones to meet increased or new demand for support. As a Trustee you will be part of shaping and guiding our future development and help to make a difference to local people and communities.

For more information see our website or for an informal chat contact Margaret Brade on 0161 480 1211 or email our Chairperson Sue.Altin@ageukstockport.org.uk

Campaign to Fix Social Care



On 24th July 2019, Boris Johnson, on his first day as Prime Minister, took to the steps of No. 10 Downing Street and promised to fix social care 'once and for all.' Two years later, we are still waiting. Age UK National and 10 older people campaigners decided to mark the occasion by delivering an anniversary card and cake to the Prime Minister at Downing Street.

The card shows that the Prime Minister has checked some major pledges off his to-do list, but fixing social care still remains. The Prime Minister must keep his promise and help millions of older people with their care costs, provide proper funding for care services, and give care workers the recognition they deserve. Recent action saw over 12,000 supporters email their MP to keep this pressure up.

Every action helps, so if you would like to get in touch with your MP via the Age UK National website and ask them to back social care reform you can do so [here](#).

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A 2021 look at Volunteering with AUKS



The contribution that volunteers make to the overall AUKS offer is considerable and has been significant for many years. It has been crucial to the work that we have been doing throughout the pandemic. This has included the vital input of volunteers who support the running of Step Out Stockport Day services, those who made regular wellbeing calls to clients

during lockdowns or volunteers who took part in supporting clients through such as the Walk and Talk project as things started to open up. We know that our ability to connect with local people and make a difference is much greater as a consequence of volunteer involvement and commitment.

We have also been lucky in being able to reap the benefits of the corporate support that **Sky** and its staff have offered, especially in respect of helping people to become digitally connected – something that has been essential for people socially isolated during the pandemic. Also, it is something we want to continue to support.

Thank you

So, we want to take this opportunity to say a heartfelt THANK YOU to all our volunteers, including those who because of all the restrictions have had to wait to start to get back to their work with us.

Looking Forwards

As we move towards a new normal, for all of us, it is the right time to reinvigorate our volunteer opportunities and take advantage of the appetite of people across local communities who want to make a difference in their areas by volunteering.

Engagement & Digital

We also want to offer the opportunity to help people engage, or reengage, after the forced social isolation caused by the pandemic. We will be very interested in hearing your stories and sharing our stories as well.

Also we are looking for people to volunteer their services if they have skills or an interest in the digital world, supporting our work to help those who are not connected digitally, to get online. This may range from getting a smartphone and learning how it is used through to support to use a tablet or a laptop. Or helping to run a Zoom meeting!

We are currently reviewing all our roles so watch this space for more in the coming weeks and months. Our website and volunteering page will be updated to reflect these expanded areas for people to volunteer in due course. In the meantime, please promote these roles to anyone that you know or are working with, who is interested.

<https://www.ageuk.org.uk/stockport/get-involved/volunteer/>

See overleaf for more

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Volunteering Continued...

Community Champions ** NEW OPPORTUNITY**

As well as the current roles that we offer people to work alongside us, we have exciting opportunities for people who want to get more actively involved in their local communities by becoming Community Champions. This is part of a boroughwide project being run by Stockport Council, of which we are just one player, that aims to connect with people who are most at risk from Covid-19 to reduce the impact of the virus on themselves and those around them. The Community Champions will be trusted voices within their community and will either live, work, volunteer, or study in Stockport.

We are actively looking for people who want to make a difference and have a passion for helping others. You may already know someone or be working with a person who would enjoy the opportunity that this role offers – if so please talk to them about becoming a Community Champion and pass on the details of anyone interested to Hazel Batty.

Anyone can be a Champion! You can be a Champion alongside your existing volunteering role or you can be new to volunteering. Those who are selected to fill these volunteering roles will receive a coordinated package of training which will upskill them for the project and provide a recognised qualification that will be beneficial longer term.

See more below and we hope to meet up with you soon. Telephone **0161 480 1211** or email info@ageukstockport.org.uk and mention volunteering and someone will get back to you.

Key facts about being a Community Champion

When can I start? Now! or any time that suits you.

Where will it be? In YOUR local community

What the time commitment? Hours, days are all flexible to suit!

What support will I get? You will be part of AUKS volunteer task force – a valuable and special group of people. You will also get support in your role from being part of a network of CC, through information and training. This network will link you in with other voluntary organisations as well. As an AUKS volunteer, you will be covered by Insurance and able to claim appropriate travel expenses.

Any requirements from me? The main requirement is your interest and willingness to be a more active part of your local community. There are two things we also ask: attend an introductory session available by Zoom and agree to abide by the CC Code of Conduct

What's it about? Informal conversations with friends, neighbours, work colleagues and members of your local community; sharing stories from Covid to help us all learn and support each other in the recovery and to better our wellbeing; sharing health and wellbeing messages supplied by Public Health; letting others like the Council know what your community interests and needs are, and so helping to improve local services.

Please get in touch if you have any questions!



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Zoom Dates For Your Diary



'Positive Smiles' - Alternate Tuesdays 11.00am to 12.00pm

Join us for a "virtual coffee morning" via Zoom. To sign up for this event please click on the relevant date below

21st September <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167722678045>

5th October <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167723685057>

19th October <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167724272815>



Knit & Natter Thursdays 11.00am to 12.00pm

Join Denise for a monthly Knit and Natter. Don't worry if you can't knit, you can just come along for the natter! **23rd September**

<https://www.eventbrite.co.uk/e/knit-natter-tickets-167724996981>

Follow the links to get the tickets or visit our website for a full list of events

<https://www.ageuk.org.uk/stockport/activities-and-events/events/>

Get Online Week 18th - 24th October



A bit of advanced notification for you for next month!

During Get Online Week 21 we are planning a full week of events, some online and some in person. More details to follow next month but just so you can save the dates:

Monday 18th - Digital sessions at One Stockport Hub (the old Argos store in Mersey Square)

Tuesday 19th - Positive Smiles as above.

Wednesday 20th - Drop in digital support at Brinnington Leisure Centre

Thursday 21st - Zoom Knit & Natter

If you need step by step guides to help you get started online you can find them on the Age UK website [here](#)

There are also handy sheets that you can print off including 'making the most of your device' which tells you how to download apps and make video calls on both Apple and android devices.

If you have any problems or need help please give us a call.

Age UK Stockport is a registered charity 1139547