

Age Without Limits - take a stand today



We are Supporting the Campaign - Will you?

Age UK Stockport is pleased to be supporting the new ageism campaign from the Centre for Ageing Better, '**Age Without Limits**' and hope you will get involved too!

Ageism shows up in everyday life in several ways, from our conversations with friends, to the headlines in our newspapers and in our experiences at work.

Negative attitudes to ageing are widespread across society - and older people are often portrayed in a way that reinforces negative associations with getting older.

Like any kind of discrimination, ageism can happen in big, obvious ways and in smaller, day-to-day interactions. Most people don't realise the things they say or think are ageist.

You can read more about the '**Age Without Limits Campaign**', how we have signed up to the **Age Friendly Employer Pledge** and also how you can join us on **20th March** for the first action day, where the theme will be '**See and be Seen**'.

We would like as many people as possible to get involved in the campaign because;

'Evidence shows that ageism causes significant harm to us all - as individuals, to the economy, to society and the way we view and interact with each other'.

See how you can help to challenge ageism inside!

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
Commonweal
56 Wellington Street
SK1 3AQ
Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Age Friendly Employer Pledge

 Age-friendly
Employer
Pledge

Age UK Stockport is pleased to be leading the way on signing up to the Age-Friendly Employer Pledge. The Board of Trustees have made the commitment, and the Chief Executive and Chairperson are the designated champions.

The pledge, from the Centre for Ageing Better, is a nationwide programme focused on promoting the value of older workers. It will interest all employers who are committed to improving work for people in their 50's 60's 70's and beyond AND are prepared to take action to support that commitment.

There are solid economic and financial reasons as there is good evidence that multi-generational workforces drive productivity and innovation. There is also growing evidence that they help contribute to a richer and positive culture.

As an Age-friendly Employer, we will...

1. Identify a senior sponsor for age-inclusion in our workforce – and publicly state our commitment to the pledge
2. Ensure that age is specifically named within our Equality, Diversity and Inclusion policies
3. Take action to improve the recruitment, retention and development of workers over 50 from one of the following areas: Create an age-friendly culture, Hire age-positively, Be flexible about flexible working; Encourage career development at all ages, Ensure everyone has the health support they need

We will commit to take action in at least one area every year and will report back on our activities and achievements annually.

We hope to encourage other organisations from all sectors to look into signing up – and would love to chat with anyone interested. For more information see

[Age-friendly Employer Pledge | Centre for Ageing Better \(ageing-better.org.uk\)](https://ageing-better.org.uk)

Join us for Welcome Wednesday

 WELCOME
WEDNESDAYS! STUDENTS AND
OUR COMMUNITIES
coming together to enjoy
activities and share
experiences.

The next one is on **13th March** at **Marple Sixth Form College**, Buxton Lane, SK6 7QY.

The students will be welcoming people into the college to enjoy activities and share experiences.

Please book your place by calling **0161 480**

1211 or email info@ageukstockport.org.uk

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Age Without Limits Campaign



Ageing Better has recently launched **Age Without Limits**, a hard-hitting new campaign highlighting the issue of ageism.

With new data from the charity revealing half of adults aged over 50 in England have experienced age discrimination in the last year, the campaign is set to change the way we all think about ageing, tackle prejudices and empower people to age with confidence.

Ageism is the prejudice that's hidden in plain sight. It's embedded in our society and even accepted as normal by those of us who are older. We see and hear casual ageism every day in the media, on TV, at work, in pubs, on social media, in family conversations.

Some examples of how and where people experience ageism include: In comments we make about ourselves: 'I'm too old for that', 'I'm having a senior moment', 'Not at my age'. Or people applying for jobs but being turned down because of their age, even if not explicitly told this is the reason. Or receiving different medical treatment – for example, receiving medication rather than counselling for a mental health problem. People can also assume they deserve less treatment because of their age - for example, you experience pain in your knee but don't go to the doctor because you think it's what you should expect at your age.

If you want to help change the way people think about ageing, there are a number of ways you can get involved, one of them is to '**spread the word**'.

You can do this by: Following the campaign on social media and share posts on [Twitter](#), [Facebook](#) and [Instagram](#).

[Signing up to join the movement](#) – you'll get a regular newsletter keeping you updated with opportunities to get involved.

Using and sharing the resources – there are a range of resources including a [guide to challenging ageism in everyday conversations](#), or you could find out if you are one of majority of people who unwittingly hold ageist beliefs by taking the [Are You Ageist? quiz](#).

It's time to
**See and
Be Seen**

#SeeAndBeSeen

We would love you to join us on **Wednesday 20th March 10am to 2pm** at The Hub, 2 Castle Street, Edgeley, SK3 9AB for the first **Age Without Limits Action Day**.

There will be lots going on including refreshments, and we will be able to celebrate ageing well in Stockport

and challenge the negative way ageing is represented in society.

Just turn up, no need to book!

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Award Nominations



Our Senior Lead Community, Hazel Batty has been nominated through the Stockport Women's and Girls Network for a Community Award for workers in the voluntary sector.

The Community Awards, now in its 3rd year, celebrate our local 'Sheros and Heroes' who do amazing work in our local community. The organisers noted: **"We like to think of this award**

ceremony as a day of recognition and celebration, but most of all it embraces who we are as a community together".

Hazel is delighted to have been nominated and is keen to get Age UK Stockport recognised as well in the process. We wish Hazel the best of luck for the award ceremony in March, although whatever happens the nomination is already a great



win.

Age UK Stockport are also part of the Digi Know Alliance which has been nominated for iNetwork Innovation Award in March.

It's All Happening in Stockport!



Do you know the new state-of-the-art transport interchange and rooftop park are nearly ready to open their doors. The new transport interchange will welcome bus passengers from Sunday, **March 17th** with the new rooftop park opening the following day.

Passengers will be able to access the interchange from entrances on Mersey Square, Swaine Street and Daw Bank and these entrances will be clearly signposted. From March 18 there will also be access to the interchange from the new rooftop park via both lifts and stairs. The park will feature play equipment, festoon lighting, and a community space.

There will be an opening celebration event as part of Stockport's Town of Culture events programme the following weekend, 23rd & 24th March.

On the Saturday, Global Grooves will be delivering street theatre, music, dance and procession and on Sunday, there will be tasters in the park for Tai Chi, yoga, a sculpture trail and guided walks.

A full timetable of events is available on the [Town of Culture](https://www.stockport.gov.uk/town-of-culture) website.

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The Handy Help & Gardening Service



As we emerge from the Winter months our Handy Help & Gardening team are preparing to support more people than ever across Stockport.

This Winter, working with our partners Eon & Shell energy, we supported nearly 300 households to stay warm, and reduce their energy bills with advice, fitting energy saving lightbulbs, home insulation products and technology.

Spring update:

If you have a garden and are struggling to keep on top of it, the team are currently offering reduced rates on garden maintenance packages. Give the team a call for more details.

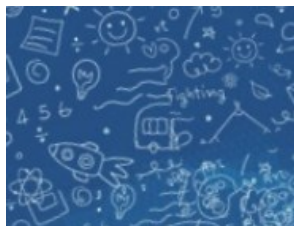
All our handy Help staff are fully trained to Age UK Standards, there's no call out fees and you'll find our prices are very competitive. You know you're in safe hands – we pride ourselves on high quality work and all our jobs are fully guaranteed and all our staff are all DBS checked. Plus all our profits go back into supporting Age UK Stockport's vital work so booking the team supports your community.

We can also support with a wide range of minor repairs, improvements or adaptations to enable older people to maintain their independence and improve their quality of life, health and wellbeing

Just a small selection of what we do: Fit key safes for carer access; cut lawns and hedges; build flat pack furniture; fit grab rails; fit door handles, latches, Yale and mortice locks and any other small jobs.

Get in touch by telephone, email or letter - Monday to Friday 9am to 5pm through the main office.

Make Your Mark in Edgeley!



Join us at the Hub in Edgeley on **Wednesday 6th March** between 11:00am and 1pm, when professional artist, Helen Middleton will be at the Hub, helping people to make simple line drawings that will be laser cut into a metal bench which will sit on Castle Street for people to enjoy for years to come!

Just drop in anytime between 11 and 1, you don't need any artistic talent, just a willingness to be involved!

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Discover the Benefits of Volunteering



A recent study published by *Shaping the Future with Volunteering* found that 80% of volunteers believe that their own wellbeing is greatly improved through helping others. Here's a few reasons why volunteering might help boost our own wellbeing:

Connecting with Your Community: Volunteering for local organisations like Age UK Stockport helps to forge meaningful connections with other people who share your interests and values. It is a great opportunity to become an integral part of your community and give back to those in need.

Boost Your Mood: Being able to see the positive impact your volunteering has on others often brings a natural uplift in mood. Volunteering can promote feelings of Inclusion and fulfilment, as well as providing a sense of purpose. Our Befrienders often comment on how their visits can massively improve a person's quality of life.

“Volunteering has helped to give me a sense of purpose in life, it's my reason to get up in the morning!”

- Leslie, Befriender

Enhance Mental Wellbeing: Taking a break from daily stresses to give back to your local community can help to promote mental wellbeing by encouraging us to practice gratitude and develop resilience. Visiting an older person for a cup of tea and a chat once per week could greatly increase a volunteer's sense of purpose and wellbeing.

Improve Physical Health: Volunteering is a great way to get you out of the house and promotes gentle, natural exercise. This might be supporting someone to walk to the shops, helping out in the kitchen at a day centre, or helping to bake a cake! This easy, natural movement provides great physical benefits.

Expand Your Skillset: Providing opportunities to learn new skills and gain valuable experience, volunteering offers a chance to explore interests outside of your comfort zone and develop as an individual.

If you know someone who is interested in volunteering, then please reach out to us below for an informal chat to discuss your interests and the opportunities that we have to offer.

Roisin Lynch, Volunteer Services Manager

volunteer@ageukstockport.org.uk

0161 938 0659

You can also apply on our website

[Age UK Stockport | Volunteer with us](#)

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Join us for a Music Tour of Stockport



We recently had a fascinating talk from **John Barratt** from **Seven Miles Out**, showcasing the Stockport Music Story and telling us all about the rich history of music in Stockport. John also does walking tours of Stockport and has offered to do one especially for us!

Join us on **Thursday 21st March at 11am** inside **Stockport Museum**, (30/31 Market Place, Stockport, SK1 1ES), to discover Stockport's rich musical history from the 1960's to the present day.

We will start inside Stockport Museum with a look around the Strawberry Studios exhibition full of fascinating musical memorabilia. We will then take a leisurely stroll around Stockport Old Town taking in the site of **The Sinking Ship**, the infamous club where The Jimi Hendrix Experience played in 1967 and the location of **Inter-City Studios** on Great Underbank, the fore-runner to the world renowned **Strawberry Recording Studios**. The tour lasts approximately two hours.

If you are interested in joining this free tour exclusively for Age UK Stockport participants, please book your place by calling 0161 480 1211 or email info@ageukstockport.org.uk

You can read more about the Stockport Music story on their website

[About the Stockport Music Story](#)

Information & Advice Service Update

In response to staffing and funding challenges, we have conducted a review of our service, placing a strong emphasis on the safety of our clients and the quality of our support.

Our decisions are guided by the principle of avoiding lengthy waiting times and ensuring individuals receive timely and accurate advice, tailored to their needs.

Despite these challenges, our dedicated staff remain available to assist clients, whether that be over the phone or in person at our Edgeley Hub.

Our commitment to providing accessible and reliable support remains unwavering.

Please continue to call our information and advice team on **0161 477 1213**, or email advice@ageukstockport.org.uk

There is Lots Going on at the Hub!



Some photos of recent sessions held at the Hub including arts, crafts & photography.

Have you been to the Hub in Edgeley yet? We are open as a **warm space** Monday to Thursday 10am – 1.30pm.

We also have **digital support** Monday and Wednesdays 12-2pm and Thursdays 10.30-12.30 and an **information and advice (I&A)** drop in on Thursdays 10am to 2pm.

There are also different organisations joining us at various times for example, **Stockport Councils Cost of Living Team** will be joining us at the normal Thursday I&A drop in on **first 3 Thursdays in March** and the **Home Library Service** are there 11-1pm on the last Thursday of each month.

Groundwork Greater Manchester will be at the hub on Thursday **14th March** to discuss the Resilience for Communities project and how Edgeley is involved.

We have had some excellent feedback about the hub including from Lisa, who's mum had been feeling very stressed by a lot of spam and possible scams on her phone. They came in and saw a digital volunteer from Sky and also got details of a call screening service for her landline. She also needed gardening help and support to complete a Blue Badge application.

Lisa said, "This was all done over a cup of coffee in relaxed and really lovely setting"... "I would thoroughly recommend this service. In these times of difficulty speaking to people in person, it is both reassuring and inspiring to know that this friendly drop in exists".

Why not call in and find out what's going on?

Monthly Activities

Saturday Social Walk - 2nd March meeting at 9.45am for a 10am start.

Meet at the Vernon Park Car Park, Stockport Road West, SK6 2BP (opposite British Gas). The walk will last about 2-2.5 hours. Wrap up warm and come along to get your steps in and meet new people! No need to book.

Welcome Wednesday 1-3pm - 13th March - At Marple Sixth Form College, Buxton Lane, Stockport SK6 7QY. The students will be welcoming people into the college to enjoy activities and share experiences. Please book by calling 0161 480 1211 or email info@ageukstockport.org.uk

Weekly Activities

Monday (except public holidays)

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

9am - 11am - Free Breakfast Club - At The Lighthouse Centre, Northumberland Road, Brinnington SK5 8LS. Any one welcome to come along for breakfast food and drinks.

10.30 am - Brinnington Community Walk - Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up!

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

1pm – 3.00pm – Confidence Walk / Active Afternoon. At Offerton Community Centre, Mallowdale Road, Offerton SK2 5NX. Indoor walking aimed to improve balance and gain confidence. £1.50 charge including refreshments

Tuesday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley.

9am - 10.30am - Brinnington Community Clean - Litter picking and general maintenance. Meet at Brinnington Park Leisure Complex (BPLC) SK5 8LS

11.30am - 1pm - Free Community Bingo - At BPLC, SK5 8LS.
This session is supported by the Lighthouse Centre.

12.30pm to 1.30pm – Bramhall Coffee Afternoon - At Bramhall Library, Bramhall Lane South, SK7 2DU. Come and find out about activities in the Bramall and Hazel Grove area

Continued on the next page...

Weekly Activities Continued

Tuesday Continued

1pm to 2pm - Confidence Walk - At Life Leisure Avondale, SK3 0UP.
Indoor walking aimed to improve balance and gain confidence.

Wednesday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

10.30am to 11.30am - Confidence Walk - At BPLC, SK5 8LS. As above

12 to 2.00pm - Digital Drop In - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

1 - 2.30pm – Woodley Community Walk - Meet at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX for a leisurely walk around Hulmes Wood Nature Reserve. Followed by refreshments at the Leisure Centre.

2pm - 3pm - Free Ladies Multi Sport Group - At Brinnington Park Leisure Complex, SK5 8LS. A fully disability inclusive indoor sports session being run in conjunction with Keira's Kingdom. Covering sports such as badminton, boccia, table tennis and many more! For more information contact keiraskingdom@outlook.com

Thursday

10am to 1.30pm - Warm Space - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

10.00am to 2.00pm - I&A & Digital Drop In (10.30-12.30) - At The Hub, SK3 9AB

10.30am to 12 noon - Coffee Morning - At BPLC - Everyone welcome!

1 – 2pm - Community Gym Session - at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX - **Free gym session!**

1.30pm – 2.30pm – Confidence Walk - At **The Bramhall Village Club**, 2 Melbourne Road, Bramhall SK7 1LR. £1.50 charge including refreshments.

Friday

10.30am - Community Gym Session - at BPLC - Free gym session!

11.30pm – 12.30pm – Confidence Walk - At **Woodley Civic Hall**, Hyde Road, Woodley SK6 1QG. £1.50 charge including refreshments

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/>

Or follow us on social media [@AgeUKStockport](https://twitter.com/AgeUKStockport)

Age UK Stockport is a registered charity 1139547