



Welcome to the Age UK Stockport (AUKS) June Newsletter!

Bringing you the latest news and information
about our services and events.

Age UK Stockport working locally for YOUR WELLBEING



Help lead the future of our work

Our current Chair is standing down later this year having served the maximum term for the role. We are looking for a dedicated, creative person, with a range of appropriate professional and life experiences to become our next Chair.

The time commitment of being our Chair is about 16 hours a month.

The closing date for applications is now Tuesday 23rd June 2026 and interviews are Monday 29th June 2026.

For more information please visit our website at

<https://www.ageuk.org.uk/stockport/about-us/more-about-age-uk-stockport/trustees-governance/>



Step Out Stockport

If you are caring for a loved one or know someone who would love to get out for the day and meet new friends in a safe environment, why not come and see us at Whitehill day centre.

Whitehill is open 6 days a week Monday- Saturday 9.30am-4.00pm.

We welcome visitors who would like to come and have a look round.

We have a highly skilled team, that offer excellent quality support to all our members in a safe space.

Our Activity coordinator and her Team have a wide range of fun and interesting activities you are welcome to join in with.

This month members enjoyed decorating their own vases, with hand-picked flowers for their vases they were then taken home to display in their windows.

For more information take a look at our page on the Age UK Stockport website at <https://www.ageuk.org.uk/stockport/our-services>.

Please contact our office on 0161 480 0480 to arrange a visit.



Thank you to the Handy Ladies for providing a wonderful afternoon tea recently for our Gift of Friendship Service.

We were able to bring three of our clients who get weekly visits from our volunteer companions. Great to see them enjoying a trip out!

Lonely? Isolated? Then we can help! We have trained and DBS checked volunteers ready to visit people like you in your own home every week for up to 6 months. For more information get in touch.

0161 480 1211 or email volunteer@ageukstockport.org.uk



Signpost for Carers Resources for Carers Week 8th-14th June 2026

Carers Week 2026 runs from 8th–14th June, and this year's theme shines a spotlight on recognising and supporting the thousands of unpaid carers who play a vital role in our Stockport community. Whether caring for a parent, partner, child, neighbour, or friend, unpaid carers provide essential support that often goes unseen — and Carers Week is our chance to celebrate them and ensure they know help is available.

Here in Stockport, Signpost for Carers continues to be a lifeline for people who provide unpaid care. They offer practical advice, emotional support, information, and opportunities to connect with others who understand the challenges of caring.

Throughout Carers Week, Signpost will be:

- Sharing resources to help carers access benefits, training, and wellbeing support.
- Highlighting local services available across Stockport.
- Promoting carers' rights and raising awareness of the support carers are entitled to.
- Encouraging carers to reach out if they need help, a listening ear, or guidance.

Whether you're new to a caring role or have been supporting someone for years, Signpost for Carers is here to help you navigate the journey.

A promotional graphic for Signpost for Carers. It features a central collage of four diamond-shaped photos: a man and woman looking at a document, a woman smiling at a child, a woman holding a cup to an elderly woman, and a woman hugging an elderly woman. The text is arranged around and over these images. At the top right is a small 'Sign Post' logo. The main headline is 'ARE YOU AN UNPAID CARER?' in large green letters. Below it is a question: 'Do you provide regular care and support to a someone you know who has an illness, disability, mental health condition or age-related needs?'. The 'SignPost' logo is in the center. To the right, it says 'Signpost For Carers, here for carers every step of the way.' At the bottom left, it says 'Supporting Stockport's Carers for 40 years' with a QR code. At the bottom right, it provides contact information: 'Scan the QR code to visit our website', '0161 442 0442', and 'info@signpostforcarers.org.uk'. At the very bottom, it lists registration numbers: 'Registered Charity No. 1085727. A Charitable Company Limited by Guarantee. Registered in England No.4176004'.

Supporting
Stockport's
Carers

for 40 years



Scan the QR code to visit our website

0161 442 0442

info@signpostforcarers.org.uk

Registered Charity No. 1085727. A Charitable Company Limited by Guarantee. Registered in England No.4176004



Top tips for staying cool in a heatwave

- Check on older neighbours or relatives who live alone and are living with health issues – Especially if they are at higher risk of becoming unwell in extreme temperatures.

- Stay inside during the hottest time of the day, 11am to 3pm – If you do go out, use sunscreen of factor 30 or above, wear a hat and keep in the shade when possible.
- When inside, try to keep your home cool – Keep curtains and blinds closed in rooms that catch the sun, and shut windows during the day to keep hot air out and cooler air in. Open windows in the evening when the temperature has gone down. Identify the coolest room in the house so you know where to go to keep cool.
- Have cool baths or showers, or splash yourself with cool water throughout the day – Sprinkling clothes with water regularly, splashing cool water on your face and a damp cloth on the back of the neck helps keep your temperature regulated.
- Change the timings of activities – If you have a walk that you like to take, make sure you do this at a different time of the day such as in the early morning or evening, when it's cooler. Also limit or avoid activities like housework and gardening when it's particularly hot.
- Stay hydrated – Drink lots of water throughout the day, even if you aren't thirsty. Limit alcoholic drinks as these can increase the risk of dehydration.
- Eat normally but try to have more cold foods – Particularly salads and fruits as they contain a lot of water.
- Choose the right clothes – It may sound obvious, but light-coloured, loose cotton clothing can help you stay cool in the heat. Dark colours absorb the light and can make you feel even warmer.
- Check for weather forecasts and temperature warnings – On TV, radio, and online at www.metoffice.gov.uk
- Know the symptoms of heat exhaustion and heatstroke – And what to do if you or someone else has them.



the light Stockport

PRESENTS

SUMMER HOLIDAY



FOOD, FILM AND FUN
WITH FRIENDS.
JOIN AGE UK
STOCKPORT

16TH JULY 2026

STARTS AT 11AM

**TICKETS ONLY £5
FOOD AND FILM INCLUDED.**

TO BOOK YOUR PLACE
CALL 0161 480 1211

LIMITED AVAILABILITY

THE LIGHT STOCKPORT
REDROCK UNIT 10
BRIDGEFIELD STREET,
STOCKPORT, SK1 1SA

WWW.AGEUK.ORG.UK/STOCKPORT

Earn cashback for Age UK Stockport

📍 Stockport, Cheshire

£92.99 raised

17 supporters

Start raising free donations today

Join thousands of others raising for good causes



Turn your daily shopping into free donations!

Easyfundraising is an easy and completely free way to support great causes just by shopping online. This can be used to turn your everyday purchases into valuable donations, at no extra cost to you.

If you're planning to buy anything online, simply going through Easyfundraising first can make a real difference and help raise funds for our organisation. Every purchase, big or small, contributes and adds up over time.

Please visit the website below to find out more and get started – it's a simple step that can have a big impact!

<https://www.easyfundraising.org.uk/cause/ageukstockport/>



Celebrating Volunteering Excellence at the Stockport Rocks Awards

Age UK Stockport's Hazel Batty and Nikki Thompson were delighted to attend the recent Volunteering Stockport Rocks Awards at Edgeley Park. It was a fantastic evening celebrating the incredible individuals who give their time, energy and compassion to support our community.

We were especially proud to see one of our wonderful volunteers, Les Wyatt, named as a finalist. Although he didn't take home the award on the night, he is absolutely a winner in our eyes. His dedication and kindness make a real difference every single day.

The evening was filled with fabulous entertainment, including a vibrant performance from the Dementia Intergenerational Choir, along with great food, lively company and a room full of inspiring stories. Among the well deserved winners were Mary Dutton MBE of Brinnington, pictured with Hazel, who was recognised for her outstanding contribution to volunteering by being awarded for Volunteer of the year.

Events like this remind us just how strong the spirit of community is in Stockport. We are incredibly proud of all our volunteers and grateful for everything they do.

Join us for our next

AGE FRIENDLY NETWORK MEETING



We're excited to include some helpful and informative talks in our upcoming session:

- Accessibility in our town.

Join us for tea, coffee, and biscuits as we get together for a relaxed catch-up.

It's the perfect time to:

- Connect with others in the network
- Share any issues or ideas you'd like us to explore as a group.
- Take a look around our hub space.

We are going to have speakers from Transport for Greater Manchester on Access for All scheme and Sign post for carers.

Join us afterwards to celebrate carers day



10.30am - 12pm
Tuesday 9th June



THE AGE UK STOCKPORT
HUB,
2 CASTLE STREET,
EDGELEY, STOCKPORT,
SK3 9AB



RSVP TO BOOK A PLACE TO
INFO@AGEUKSTOCKPORT.ORG.UK
0161 480 1211

LEARN MORE
www.ageuk.org.uk/stockport

Javier Jerez Roig is an (PhD, PT) Associate Professor (Serra Húnter fellow) Head of the Research Group on Methodology, Methods, Models and Outcomes of Health and Social Sciences (M₃O), Care Area Coordinator of the Institute for Research and Innovation in Life and Health Sciences in Central Catalonia (IRIS-CC), Research Adviser of the Catalan Board of Physiotherapists.

They are conducting research with the Healthy Ageing Group at the University of Manchester and if you are over 50 would like you to participate in this research project.

They have ethical approval from The University of Manchester to conduct a research study in people aged 50 years and over who experience urinary incontinence. The study aims to support bladder health and the prevention and self-management of urinary incontinence through our digital intervention called KOKU Bladder (*Keep On Keep Up your Bladder health*).

KOKU Bladder includes educational materials on bladder health, practical self-management advice, pelvic exercises, simple behaviour change tools (such as reminders and progress tracking), and optional access to a moderated online support community.

More info: <https://kokubladder.com/>. We want to understand:

- Whether the programme is acceptable and easy to use.
- Whether it may help improve bladder-related symptoms.
- How participants engage with digital content.



ARE YOU 50+ AND EXPERIENCING URINE LEAKAGES?

Join our pilot study!



**A step by step
ONLINE PROGRAMME
to support bladder health.**



WHO CAN PARTICIPATE?

- ✓ Women and men aged 50 and over
- ✓ At least 1 urinary leakage in last 30 days
- ✓ No physio treatment in last 6 months



**GET FREE
FULL ACCESS**

TO CHECK ELIGIBILITY DO ONE OF THESE:

SCAN



OR ACCESS:

WWW.REDCAP.LINK/KOKUBLADDER

OR CONTACT OUR REPRESENTATIVE:

✉ chloe.french@manchester.ac.uk

Age UK Stockport Wins Industry Excellence Award

Age UK Stockport is proud to announce that we were nominated for and delighted to receive the Industry Excellence Award at the Trafford and Stockport College Group Partnerships in Excellence Apprenticeship and Skills Awards.

The ceremony took place on Thursday 21st May at the People's History Museum, Manchester (M3 3ER).

Our Senior Lead, Hazel Batty, accepted the award on behalf of Age UK Stockport. Hazel expressed how honoured she was, highlighting that this achievement reflects the fantastic collaboration between Age UK Stockport and the Trafford & Stockport College Group.

This award shines a light on the powerful intergenerational work, meaningful work-experience opportunities, and the ongoing involvement that both organisations champion. It recognises the shared commitment to creating opportunities that benefit learners, older people, and the wider community.



Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - JUNE 2026

For more information on specific activities, please call 0161 480 1211.

The Age Uk Stockport Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB

Monday	Tuesday	Wednesday	Thursday	Friday
1 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	2 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm	3 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	4 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	5 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
8 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	9 Age Friendly Network Meeting 10.30am -12pm National Carers Week Event 12pm—2pm	10 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	11 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	12 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call to book
15 Romance Scam awareness session with GMP 10am—1pm KOKU Exercise class 1pm & 2.15pm	16 Pre booked, face to face Blue badge application 10am-2pm	17 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	18 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	19 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
22 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	23 Pre booked, face to face Blue badge application 10am-2pm Healing Through Harmony 2pm—3pm	24 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	25 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	26 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call to book
29 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	30 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm			

This document is available as a standalone document that is in bigger text size. If you would like a copy of this you can pick up a copy at our Hub in Edgeley or call us on 0161 480 1211

Community Activities Calendar



Weekly Community Activities Calendar - June 2026

For more information on specific activities, please call 0161 480 1211

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brinnington Community Walk. 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY	Brinnington Community Clean. 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS	Confidence Walk. 10.30am to 11.30am Held at Brinnington Park Leisure Complex, SK5 8LS Woodbank Evening Walk 18:00 - 19:30 Meet at Car Park Little Moor Ln Stockport SK1 4BL	Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road,	Confidence Gym Session 10.30am Held at Brinnington Park Leisure Complex, SK5 8LS	Saturday Social Walk. 10am Held on the first Saturday of each month from various locations around Stockport lasting for 2-2½ hours.
	Confidence Class. 10am - 11am Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5		Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm Held at Brinnington Lighthouse Centre, SK5 8LS		
	Community Bingo. 11:30am – 1:00pm Free At Brinnington Park Leisure Complex, SK5 8LS		Confidence Class. 1:30pm – 2:30pm At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR		
	Confidence Walk-Life. 1pm – 2pm Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP				

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Step Out Activities Calendar



Step Out Monthly Activities Calendar - June 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st AM - Lets make music together. PM -Dominoes, cards, board games.	2nd AM - Music in mind PM - Pizza making Reminiscing	3rd AM - Armchair exercises PM - Parachute Group Session & Floor Games	4th AM - PM - Dominos & Music or Ball Bingo	5th AM -crosswords & Quiz. PM -Karaoke with members and staff.	6th AM – Quiz & reminiscing PM - Pamper afternoon
8th AM -Lets make music together. PM - Music / ball bingo	9th AM - Music in Mind PM - Parachute Group Session & Dominos.	10th AM - Name that TV Tune PM - Karaoke with members and staff	11th AM - Crossword & Quiz PM - earbud painting Reminiscing with a cuppa	12th AM - 60s/70s Music Quiz PM - Parachute Group Session & Floor Games	13th AM - Quiz, reminisce PM - Good old sing along
15th AM - Lets make Music Together PM - Arts & crafts. Reminiscing with a cuppa	16th AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	17th AM - Reminiscing & Who I'm I Quiz PM - Afternoon Movie & Group Puzzle Making	18th AM - Ball Bingo PM - Pub lunch	19th AM - General Knowledge Quiz PM - Music or Ball Bingo	20th AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
22nd AM - Lets make Music Together PM - Parachute Group Session & Floor Games	23rd AM - Music in Mind PM - Dominos & other Table Games. Wooden/Tiles Art & Crafts	24th AM - Quiz & pamper PM - Parachute Group Session & Floor Games	25th AM - Quiz, reminiscing PM - Ball / music bingo	26th AM - Reminiscing & Who I'm I Quiz PM - Lets celebrate love. Party	27th AM - Armchair Exercise to Music PM - Who Wants to be a Millionaire Quiz
29th AM - Let's make music together. PM - Musical bingo.	30th AM -Music in mind. PM - Karaoke with staff & members.				

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We rely on your support to help older people in Stockport.

Giving online is quick and easy. You can make a one-off donation or a regular donation to support our work and specify your own amount to donate.

All donations received by Age UK Stockport will be used locally to the benefit of local people. Your donation makes a real difference and a little bit of help really does go a long way.

If you would like to donate please visit our website at <https://www.ageuk.org.uk/stockport/get-involved/donate/>

Contact Us:

Age UK Stockport
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56 Wellington Street
Stockport
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: <https://www.ageuk.org.uk/stockport/>