

Well Done Hazel!



We told you in last month's newsletter that **Hazel Batty**, our Senior Lead Community, had been nominated for a Make a Difference Award, well she was awarded **International Women of the Year 2024 in Stockport!**

The awards ceremony was held at Edgeley Park on **International Women's Day**, Friday 8th March as a day to recognise and celebrate the work being done by workers in the voluntary sector in Stockport.

Hazel said,

"So honoured, shocked and proud to receive the Make a Difference Honours Award for International Women of the Year 2024 in Stockport.

What an amazing day and was so proud to be part of it and to bring along my inspirational mum with me, to share this moment"

A fantastic achievement, well done to Hazel and everyone involved!

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).

Photos from Last Month



Last month we enjoyed the first **Age Without Limits Action Day** at the hub in Edgeley. Many people dropped in during the day where they took part in interesting discussions, a quiz and even some digital support, all over a cuppa and cake!

We also headed over to Stockport museum for a really interesting talk from John Barratt about Stockport's rich musical history. Unfortunately, the expected walking tour was postponed due to the weather, but John did say we could reschedule for later in the year!

FREE Cognitive Behaviour Therapy Course

Starting on Monday 15th April 1-3pm at Stockport Homes Sheltered Housing Scheme in the lounge area of Oaktree Court, Cheadle, SK8 1EZ.

There will be 3 sessions on 15th, 22nd and 29th April for adults experiencing symptoms of low mood or anxiety.

Session 1- Wellbeing: Understanding the vicious cycle of low mood & anxiety, Relaxation & Mindfulness and making small lifestyle changes.

Session 2 - Motivation, behaviour change, and support networks.

Session 3 - How to manage unhelpful thinking and worry.

For more information see our website [Age UK Stockport | Events](https://www.ageukstockport.org.uk/events)

Please book your place by calling **0161 480 1211** or email info@ageukstockport.org.uk Places are limited.

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Well Done Lauren!



We are really pleased to share with you that **Lauren**, who works for Age UK Stockport as a member of the domestic abuse support service has obtained her Certificate as an **IDVA - Independent Domestic Violence Advocate** qualification from Safe Lives.

This highly respected qualification means that Lauren has received expert training in the domestic abuse field, and is recognised as able to provide support to clients deemed at high risk of significant harm or domestic homicide. The

IDVAs role is work alongside of a victim of domestic abuse to support and advocate for them and to ultimately help reduce the risk of serious harm from domestic abuse.

Lauren works as part of the domestic abuse team at Stockport Domestic Abuse Support, Stockport Support Hub. Through the Support Hub you can access one to one practical support and signposting for those who are, or have experienced domestic abuse and live in the Stockport area.

People can be referred by a professional, or self refer into the service via www.stockportsupport.com or by calling 0161 474 1042.

If you need help urgently or are in any danger, please call 999.

Meet Your Mayoral Candidates

The Greater Manchester Older People's Network (GMOPN) invite residents aged 50+ to attend their **Meet Your Mayoral Candidates Event**. On Monday 15th April 10:30am -2pm at St Thomas Centre in Ardwick Green, M12 6FZ.

The 2024 Greater Manchester mayoral election is due to be held on **2 May 2024** to elect the mayor of Greater Manchester. The Mayor of Greater Manchester is an important figure in the political life of the city region, entrusted with unique powers and responsibilities. This event will be an opportunity to hear the mayoral candidates priorities, ask questions, share your ideas and influence decision making in Greater Manchester. It is also an opportunity for the Network to highlight the priority issues for older people in Greater Manchester.

Lunch will be provided during the event.

Places are limited and you need to book your place by clicking the [booking link](#) or by calling 0161 834 9823.

Please book now to avoid disappointment.

Do You Know About 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.

We also provide high quality, locally sourced meals on-site.

For more information take a look at our page on the Age UK Stockport website:

[Age UK Stockport | Step Out Stockport](#)

Don't Forget to Vote!



Don't forget to vote at a polling station in the upcoming elections on the **2nd May**, you will need to bring with you an accepted form of Voter ID.

You may already have a form of photo ID that is acceptable. You can use any of the following: Passport, Driving licence (including provisional licence), Blue badge and certain concessionary travel cards

including the older persons bus pass. You can find a full list of acceptable ID on the Government website

[How to vote: Photo ID you'll need - GOV.UK \(www.gov.uk\)](#)

If you don't have an acceptable form of ID, you can apply for a **Voter Authority Certificate** before the deadline of **5pm on 24th April**.

[Applying for a Voter Authority Certificate | Electoral Commission](#)

If you need help applying, call Stockport Council's Elections team on **0161 217 6026** or email elections.office@stockport.gov.uk for help with any issues.

New Service for Sign Language Users



Walthew House has launched a new service for sign language users in Stockport and the surrounding areas – **'Deaf First Responder'**.

The service supports the deaf community to receive the best care and effective treatment in situations such as an emergency health issue, needing an emergency doctor, an accident or requiring A&E. The service is for:

- Sign language users (British Sign Language and Sign Supported English)
- Frontline healthcare providers - paramedics, A&E staff, anyone supporting a Deaf person in an emergency

As part of the project, Walthew House are offering tailored deaf awareness and sensory loss awareness training and resource packs to healthcare and other professionals.

For more information call **0161 480 2612** or email admin@walthewhouse.org.uk

New Walk Starting in Woodbank Park!



Following on from the success of the Brinnington and Woodley community walks we have a new walk starting in Woodbank park, Offerton.

The walk will take place on Mondays 1-2.30pm and is designed as an outdoor confidence, or social walk so is suitable for everyone!

We will walk around the beautiful Woodbank park which is quite flat and there are plenty of opportunities to take a rest if you need to.

If you would like to join us meet at Woodbank Park car park, which is behind Woodbank Community Centre, off Turncroft Lane, Offerton, SK1 4BL.

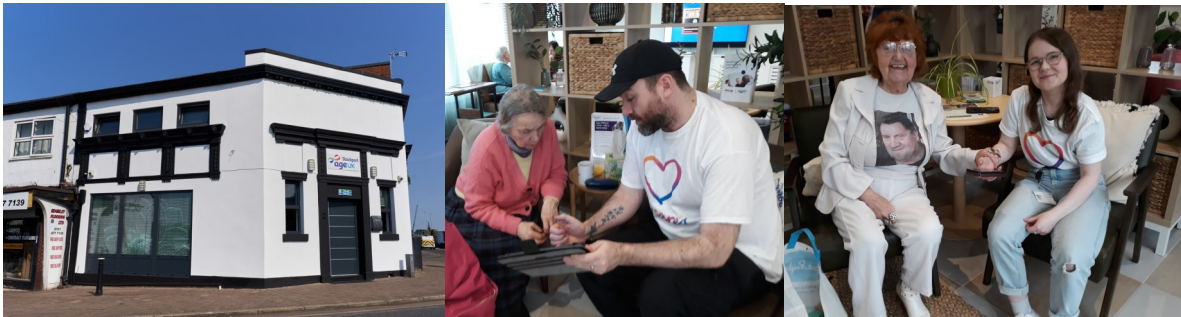
Just turn up, no need to book!

If you can't make this, but would like to see what other activities are happening in your area, you can always check out our website

[Age UK Stockport | Regular Activities](#)

Many of the activities are just turn up and join in, so you can decide on the day!

Digital Support & Jewellery Making at the Hub



From the beginning of April the Hub in Castle Street, Edgeley, SK3 9AB will be open for the following hours;

Weekly Drop In Sessions for digital support

Monday 12:00pm – 2:00pm

Wednesday 12:00pm – 2:00pm

Thursday 10:30am – 12:30pm

Information & Advice Drop In

Thursday 10am - 2:00pm



This is a drop in session for signposting and quick queries, if you need an appointment to complete a Blue Badge application, please call our team on 0161 477 1213.

New Jewellery Making!

Would you like to make some personalised gifts of jewellery for family, friends, or even yourself? Then join our jewellery making sessions starting on Friday 10th May. There will be 6 sessions 12-2pm on the following Fridays and it costs just £5, to cover the cost of the materials for all 6 sessions!

There are only 12 spaces available for each session so book early to avoid disappointment! To book a place call Gemma on 0161 480 1211.

Need Help Finding a Dentist?

If you or someone you know needs support finding a NHS dentist, you can use the website [NHS Find a dentist](https://www.nhs.uk/healthwatch/find-a-dentist) or contact the Healthwatch Stockport team on **0161 974 0753** to find out what is available in the Stockport area.

If you are an unregistered patient in need of **urgent** dental care you can contact the Greater Manchester Urgent Dental Helpline on **0333 332 3800**, opening times 8am – 10pm, 7 days a week

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Monthly Activities

Saturday Social Walk - 6th April meeting at 9.45am for a 10am start.

Meet at the Purple Pakora carpark 10 Brabyns Brow, Marple, Stockport SK6 7DA for a walk to the Roman Lakes. 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 - 24th April at Stockport College, Wellington Road South, Stockport SK1 3UQ.

The students will be welcoming people into the college to enjoy activities and share experiences. To book call 0161 480 1211 or email info@ageukstockport.org.uk

Weekly Activities

Monday (except public holidays)

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 – 2.30pm – Outdoor Confidence / Social Walk. Meet at Woodbank Park car park, behind Woodbank Community Centre, SK1 4BL.

Join us for a walk around the beautiful Woodbank park. The walk is suitable for all abilities and there are plenty of opportunities to take a rest. Just turn up, no need to book!

Tuesday

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 Bramhall and Hazel Grove area

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

Continued on the next page...

Weekly Activities Continued

Wednesday

10.30am to 11.30am - Confidence Walk - At Brinnington Park Leisure Complex, SK5 8LS. Indoor walking aimed to improve balance and gain confidence.

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.

Thursday

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

10.30am to 12 noon - Coffee Morning - At Brinnington Park Leisure Complex. Everyone welcome!

12.15pm - 1.00pm - Free Chair-based Exercise Class followed by light meal. At Brinnington Lighthouse Centre, SK5 8LS. This class is designed for beginners and you can just turn up you don't have to book .

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 Brinnington Park Leisure Complex - Free gym session in partnership with Life Leisure

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](#)

Age UK Stockport is a registered charity 1139547