

## A Great Day at Stockport Pride



We had a busy day on Sunday at Stockport Pride. Lots of people came to our information stand to say 'hello' and find out about Age UK Stockport. People that don't know us, are always surprised by just how much is going on in Stockport that we are involved with! We also enjoyed taking part in the walking parade.

## Age UK Stockport News Sheet

Copies available on our website [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)  
or direct to your inbox by signing up to email  
[info@ageukstockport.org.uk](mailto: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](mailto:info@ageukstockport.org.uk)  
Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)

### New Digital Drop In's at the Hub in Edgeley



Starting from this week, we will have Sky Volunteers at the hub offering support to adults who are digitally isolated or need support with technology.

They will be available **Mondays and Wednesdays 12 - 2pm**. We welcome you to bring along your devices and our Volunteers can answer any questions you may have and help you to use your devices. Our volunteers

will provide easy to follow instructions, whilst showing you what to do step by step.

If you don't have your own devices, we have some you can use during your visit.

There will also be a Sky Volunteer available on **Thursday mornings 10:30am - 12:30pm**, during our information and advice drop in.

Last Thursday, we were able to welcome MP Navendu Mishra and Cllr Janet Mobbs to the Hub, where they met with some Sky Cares Volunteers (pictured above).

The hub is open **Monday to Friday 10am to 3pm** for you drop in and look around.

We look forward to seeing you there, just turn up – No need to book!

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### Stockport County Celebrate 140 Years



On Saturday 29th July Stockport County celebrated their 140th anniversary with a pre-season friendly against Preston North End. Some of our groups and partners had the opportunity to attend the game as guests of the Trust, thanks to Dave Wardle, Trust Manager from Stockport Community Trust.

Stockport County is among the oldest clubs in the Football League; founded in 1883 as Heaton Norris Rovers, before being renamed Stockport County in 1890, it has become an integral member of the EFL and local community.

Before the game the guests were invited to the lounge to enjoy some food and socialise in a very relaxed environment.

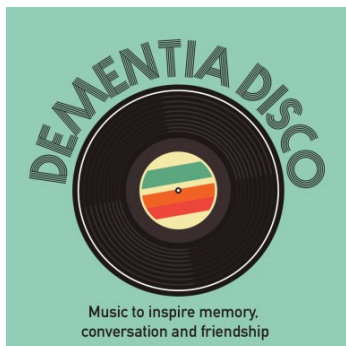
A great time was had by all and to top it all, the Hatters won 2- 0!

Thank you for letting us be part of the celebrations!

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## Dementia Disco



The Dementia Disco is for anyone living with Dementia in the Stockport area. Their aim is to use the power of music to inspire memory, conversation and friendship.

The team that have set up the disco, all have close family members living with dementia, and have seen how powerful music can be as a way to access happy, joyful memories. They have tried to create a place to enjoy and chat about music, and maybe have a dance to your favourite songs!

There are two discos in the Stockport area

- **Heaton Mersey Disco** at Heaton Mersey Conservative Club, 444 Didsbury Road, Stockport, SK4 3BS on the 4th Saturday of every month
- **Cheadle Hulme Disco** at Ladybridge Park Residents Club, Edenbridge Rd, Cheadle Hulme, Cheadle SK8 5PX on the 2nd Saturday of every month

Both are 5-7pm and have Free hotpot, tea, coffee and squash. The Disco is for all ages and friends and family are welcome.

There is more information on the website [www.dementiadisco.org](http://www.dementiadisco.org)

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## Understanding Dementia

Everyone's experience of dementia is different, so it's important that you try things out and find an approach that works for you.

Age UK have brought together a range of information and advice – from practical guidance, such as how you can make your home more dementia friendly, to emotional support, such as how to tell those close to you about what they can do to help.

Knowing where to start is often the hardest part – but whatever your situation, our information and advice is a good first step. There is also lots of information on the Age UK website [Dementia in the UK | Age UK](http://www.ageuk.org.uk)

There are also some useful information booklets including '[Living With Dementia](#)' which can help you better understand your diagnosis. There are 'quick read' summary boxes throughout the guide to make it easier to read.

Also the '[Caring For Someone With Dementia](#)' guide offers practical and emotional support for people who care for someone living with dementia.

Both guides are available to read or download by clicking on the links or you can get a paper copy by calling **0800 169 65 65**

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## Physical Wellbeing & Sleep Workshop



This Workshop is a **FREE** Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

### How could the Workshop help?

The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

### Some of the topics/ techniques you will learn on the course include:

- Understanding the vicious cycle of low mood & anxiety.
- How small changes to our lifestyle can have a big impact on our wellbeing.
- Relaxation and Mindfulness
- How to improve your activity levels and in turn improve motivation.
- How to improve your sleep.

### When & where is the Workshop?

The Workshop will be at Sky, 4th Floor boardroom, 2 Lawrence Street, Stockport SK1 1DL on the **15th August** at 1pm and will last for 1 hour & 30 minutes.

### How to book onto the Workshop?

Book your space by calling 0161 480 1211 or turn up on the day.

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

## Improving Your Wellbeing - 3 Sessions

Some of the topics/ techniques you will learn on the course include:

**Session 1 on 5th September**- Wellbeing: Understanding the vicious cycle of low mood & anxiety, Relaxation & Mindfulness and making small lifestyle changes.

**Session 2 on 12th September** - Motivation, behaviour change, and support networks.

**Session 3 on 19th September** - How to manage unhelpful thinking and worry. Do you want to learn how to implement mindfulness into your day-to-day life?

The Workshops will be at the Sky Offices as above **1 - 2.30pm**

**Please book by calling 0161 480 1211**

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### Free Home Library Service



If you live in Stockport and have difficulties visiting a library, you can use the free Home Library Service (HLS).

The service is open to all ages and is also available to full time carers. You can also join the HLS on a temporary basis, for example if you're recovering from an operation.

When you join, you'll be asked to give the library team an idea of what you like to read. For example: crime, thrillers, romance, etc. The team of experienced staff will choose the items for you according to your preferences. You can change your preferences over time and also let them know what you think about your book choices.

To apply for the HLS call our team on 0161 474 5600 or email [homelibraryservice@stockport.gov.uk](mailto:homelibraryservice@stockport.gov.uk)

When you join the HLS you cannot use any other Stockport Library. You will also have to give up your existing library card for the duration of your time with the service

Every 3 weeks a volunteer or member of the library staff will visit you to change your books. You'll be informed of the day of the week and the approximate time they will call. You can keep any items you have not finished and return the rest. Staff will renew any outstanding items for you.

They also have a wide range of other items for loan, including: large Print books, talking books and DVDs.

For more information see [Home library service - Stockport Council](#)

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### Out and About Last Month



- Last month we were information sharing and supporting people living with dementia and their carers, in the Heatons.
- We shared information about Age UK Stockport with a Stroke Support Group in Hazel Grove.
- Scott (a support worker with our Tandem service) visited Reddish Vale Farm with Barry.

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## Free Regular Community Activities

### Monday (except public holidays)

**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!

**1.00-1.30pm - Free Breathing Exercise Class** - At The Lighthouse Centre, SK5 8LS. This class is designed to relax and improve mental wellness.

**2.15-3.15pm - New! Confidence Walk** - At Stockport Sports Village, Lambeth Grove, Woodley. SK6 1XQ. Indoor walking aimed to improve balance; gain confidence, all whilst increasing fitness.

### Tuesday

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

**1pm to 2pm - Confidence Walk** - At Life Leisure Avondale, Heathbank Road Cheadle Heath, SK3 0UP. As above

### Wednesday

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

### Thursday

**10.00am to 1.00pm - I&A Drop In** - At The Hub, 2 Castle Street, Edgeley, SK3 9AB

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

**12.15pm - 1.00pm - Free Chair-based Exercise Class.** At Brinnington Lighthouse Centre. This class is designed for beginners to exercise. Following the exercise class a light healthy meal will be provided.

**6.00pm to 7.00pm - Free! Walking Football** - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

### Friday

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

**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

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