

## Three New Confidence Walks



Following on from the success of the confidence walks introduced last year, there will be three new ones starting week commencing **15th January!**

If you, or someone you know, would like to improve your balance; gain confidence in walking, all while increasing fitness, then this may be for you. The confidence walk sessions are run in partnership with **Life Leisure**, where specialist instructors will be able to offer advice & support, in a relaxed social environment!

The three new sessions are;

**Monday 1pm – 3.00pm** – Confidence Walk / Active Afternoon. At **Offerton Community Centre**, Mallowdale Road, Offerton SK2 5NX.

**Thursday 1.30pm – 2.30pm** – Confidence Walk - At The **Bramhall Village Club**, 2 Melbourne Road, Bramhall SK7 1LR.

**Friday 11.30pm – 12.30pm** – Confidence Walk - At **Woodley Civic Hall**, Hyde Road, Woodley SK6 1QG.

Each session costs just **£1.50** including refreshments.

**You can just turn up and pay on the day, no need to book!**

See a short video here [Confidence Walk \(youtube.com\)](https://www.youtube.com/watch?v=ConfidenceWalk)

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## 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)  
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## 'Thank You'

We would like to say a big **'THANK YOU'** so many people who made this Christmas period a little better for so many people ...



Especially to Sky Cares and the Sky office at Stockport, to Together in Cheadle, to Stockport County Community Trust, to the Active Communities Team at Life Leisure, to Sarah Middleton and friends and to 1st Bramhall Scouts. We would also like to acknowledge all the work done through positive collaborations with Stockport Council, Sector 3 and all our partners from the VCSE sector and Age UK, our national brand partner.

**THANK YOU TO YOU ALL !**



## Brinnington Art Trail



Last month saw the launch of the Brinnington Maps Arts Trail which was funded as part of the Stockport Town of Culture funding. The art trail was made by five different groups from Brinnington and one of them was from the Age UK Stockport Coffee morning and the confidence walking group that meets at Brinnington Park Life Leisure.

The art is displayed around Brinnington at each organisation so it can be enjoyed by the whole community. The photos above are from the artwork outside Life Leisure. If you would like to walk the whole of the trail you can pick up a map from the Leisure Centre. More information can be found here [Brinnington Maps Art Trail \(lifeleisure.net\)](http://lifeleisure.net)

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## Home Library Service at the Hub



Staff from the **Home Library Service** will be at the Hub on Castle Street on **Thursday 25th January** between **11am and 1pm** and then on the last Thursday of each month.

Home Library Service staff will be available to answer any questions you may have and help you to sign up for the service. It takes less than 10mins to sign up and is completely free!

Once you have signed up the Home Library Service delivers books to your home every three weeks.

You can also find out more information by contacting Home Library Service on **0161 474 5600** or

emailing [homelibraryservice@stockport.gov.uk](mailto:homelibraryservice@stockport.gov.uk)

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## Age UK Stockport's Tandem Service



As another year ends, the Tandem Support Service shows no sign of slowing down!

This year the Service has provided almost four and a half thousand hours of support to clients helping them maintain their independence.

Helping with everything from shopping and light household tasks, to travel to appointments and leisure activities.

Our team at Tandem are always here to support you and we can tailor support to meet your needs. All our Support Workers are fully trained by Age UK Stockport and recruited from the local community.

We now also offer a special service to assist in ordering shopping on-line.

**Easy shop ONLINE** recognizes that some people do not have the available equipment or the technical knowledge to take advantage of the benefits of ordering shopping online and having it delivered by the supermarket to your door. The service is delivered at a special rate where no home visit is required.

Please do not hesitate to contact us if you have any queries or wish to discuss your support needs further. Pick up one of our new leaflets for more information or get in touch: [Tandem@ageukstockport.org.uk](mailto:Tandem@ageukstockport.org.uk) Tel: 0161 480 1211

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## Age Friendly Network Meeting

Join us on **Tuesday 16th January 10.30am to 12.00** for the **Age Friendly Network** meeting. During the meeting we will be having a short talk from **SMBC Adult Social Care** about adult social care work and assessments.

There will also be a 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.

Join us for tea/ coffee and biscuits to get together to discuss the network and any issues you would want the network to discuss and have a look around our new hub .

The meeting will take place at The Hub, 2 Castle Street, Edgeley, SK3 9AB.

To book your place please email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or call 0161 480 1211

## Activities Starting in Bramhall & Woodley

**Bramhall Coffee Afternoon - Tuesday** 12.30pm to 1.30pm - At Bramhall Library, SK7 2DU.

Why not join us and Life Leisure's Active Community Team and meet and chat with like minded people in the Bramhall community and find out about activities in the Bramhall and Hazel Grove area. Starting from 16th January - We look forward to seeing you there!

**Woodley Community Walk - Wednesday** 1 - 2.30pm – Why not meet us 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. Starting from 17th January - Just turn up, for a warm welcome whatever the weather!

**Community Gym Session - Thursday** 1 – 2pm - at Stockport Sports Village- Free gym session! Starting on 18th January we will be running a Community Gym session in partnership with Life Leisure. It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. Just turn up, no need to book!

We look forward to meeting you at all the new activities, you don't need to book them you can just turn up on the day, but if you would like further information you can call 0161 480 1211 and ask to speak to Danny.

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## Cancer Awareness at the Hub

On **Thursday 11th January**, Stockport Council's Public Health team will be at the Hub on Castle Street talking about cancer. They aim to dispel myths about cancer and share useful information on cancer prevention, cancer warnings signs and cancer screening.

The team are also supporting individuals to become **Answer Cancer Champions** to continue to raise awareness of cancer in their communities.

Find out more at

[Cancer awareness in the community - Healthy Stockport](#)

or get in touch with the team at [cancer.aware@stockport.gov.uk](mailto:cancer.aware@stockport.gov.uk)

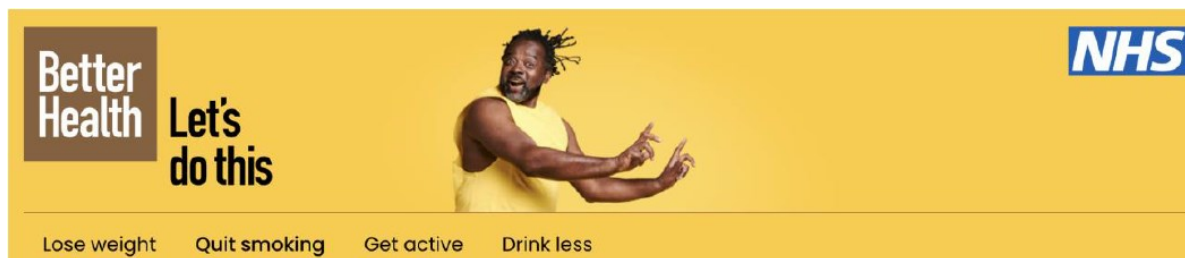
**Just pop in between 10am and 1.30pm.**

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## A Healthier Start to the New Year



The new year is often a time when we think about our health, with those new years resolutions! If you would like some help to get you started there are some free tools, useful information and support here [Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The focus for January is to quit smoking. When you quit smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

It's much easier to quit when you get the right support and there are lots of options to choose from. Check out the free tools and tips to help you stay on track.

### What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



It's much easier to stop smoking when you get the right support and with professional help, you're 3 times as likely to quit for good. You can get help in Stockport by phoning: 0161 474 3141

Send an email to [START@stockport.gov.uk](mailto:START@stockport.gov.uk) or check out the website

[Stop smoking - Healthy Stockport](http://www.ageukstockport.org.uk)

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## Monthly Activities

### **Saturday Social Walk - 13th January meeting at 9.45am for a 10am start.**

Meet at the Café at Etherow Country Park, George St, Compstall, SK6 5JD. The walk will last for about 2-2.5 hours. Wrap up warm and come along to get your steps in and meet new people! No need to book.

February Walk - Saturday 3rd February. More details to follow shortly.

**Welcome Wednesday 1-3pm - 31st January** - At Stockport College, Wellington Road South, SK1 3UQ. **Join us for a pamper session!** Please book by calling 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) Places are limited.

## 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

**New! 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.

**New! 12.30pm to 1.30pm – Bramhall Coffee Afternoon** - At Bramhall Library, Bramhall Lane South, SK7 2DU.

Continued on the next page...

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## 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

**New! 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](mailto: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!

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

**New! 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!

**New! 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://www.instagram.com/ageukstockport)

Age UK Stockport is a registered charity 1139547

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