

Community Walk Starting in Marple!



Following on from our successful Brinnington and town centre walks, we are starting a walk in Marple every **Tuesday** morning, beginning on **12th July** and we would like to invite you along!

The walk will set off from **Queens Court**, Church Street, Marple SK6 6BS at **10am** for a leisurely walk, followed by refreshments.

The first walk will be along the canal towards New Mills, it is a good accessible route, taking in some great views of the countryside. We will then finish back at the community room at Queens Court for **free** refreshments and more socialising.

If you are looking get out a bit more in the fresh air and also to meet new people in a safe and supportive environment, this could be just what you are looking for!

It will be ideal for those who haven't been active in a while and are wishing to return to some gentle form of physical activity, whilst enjoying the company of others. The walks are designed for all abilities, and everyone is welcome.

If you would like more information email info@ageukstockport.org.uk or call **0161 480 1211**. Otherwise just turn up **10am Tuesday 12th July!**

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 UK Stockport Update

Services continue to open up and we are seeing more of you face to face as we attend various events around Stockport.

Don't forget if you would like to talk to someone from Age UK Stockport face to face, we have the **Thursday Drop In** at the Stockport One Hub, 16-22 Merseyway (the old Argos) every **Thursday 10am to 3pm**.

Please be aware, we are not able to complete forms at the drop in. if you do need help completing forms, like Blue Badge applications, you do need to make an appointment. To make an appointment please email advice@ageukstockport.org.uk or call **0161 477 1213**

Helping Older People In Ukraine



We continue to be asked about supporting the disaster happening in Ukraine right now. We don't generally take on international themes in our local work, but this feels like an important exception, so please see information below from Age UK's internal arm Age International.

Research carried out by our colleagues in Ukraine highlights the urgent needs of older people as the conflict continues to escalate:

- 91% of older people report that they do not have enough food to eat
- 79% of older people report that they do not have access to sufficient clean drinking water
- 34% of older people require urgent medication for their chronic illnesses
- 75% of older people report that they need hygiene items such as toothpaste, soap, and toilet paper

It is part of the Disaster Emergency Committee so you can give and donate with confidence.

[Click here](#) for the humanitarian appeal on the Age International website

'Reconditioning' After The Pandemic



Many people reduced their physical activity when the pandemic started, mostly due to shielding, changes in routines, social restrictions and working from home. Since restrictions have lifted, without even knowing it, many of us are still less active. This will have led to a reduction in your fitness and ability to recover after physical activity; and may

have impacted on your mood, confidence and wellbeing. This is sometimes referred to as "deconditioning", and can happen when we become less active, less mobile, on a daily basis. A lack of movement over time makes it harder to get out of your armchair, those stairs seem steeper, bending or lifting seems harder and the less you move, the less you feel like moving.

It is possible to recondition your body, just like a car that's been sat for a while. Whatever your age, moving more and sitting less is good for you. It can make both your body and your mind feel and perform better. Any activity that gets your heart beating a bit faster, such as faster walking or cycling helps energy levels. You don't need to buy special equipment, it can be as simple as putting on your shoes and going for a walk.

Using those stairs more often, getting up and walking about every hour, dancing to your favourite tunes all count as activity. You can build up to other activities such as yoga, golf, walking football or other sports that can help your strength, endurance and balance. These can help us feel more stable and confident to continue doing those everyday things that matter to us.

The National Falls Prevention Co-ordination Group (NFPCG) have developed some resources intended to help both individuals and health and care professionals to start the journey to becoming more active and to recondition.

The resources can be found [here](#) and include a leaflet that has an embedded QR code which will take readers to an audio recording of the content and an 'easy read' version available with a yellow background, to ensure those with a visual impairment are able to access the content.

Why not start your reconditioning by joining us for a walk on around Reddish Vale on Monday mornings? The walk sets off from **Hollow End Towers**, SK5 8NY at **10.30am** and finishes at Brinnington Park Leisure Complex for a well earned brew. Or try the new **Marple** walk on Tuesdays.

Our walks are designed for all abilities, and everyone is welcome!

You just turn up, no need to book, but if you would like to speak to someone about the walks give us a call on **0161 480 1211**

or email info@ageukstockport.org.uk

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Handy Help Service

Do you know Age UK Stockport has its own Handy Help Service?

Right now we are busy supporting many people with tidying up gardens however, 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.

Why use us?

We've got decades of handyperson experience behind us and all our Handy Help staff are fully trained to Age UK Standards including specialist Covid Secure training. Our prices are 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. Just a small selection of what we do:



- Fit key safes for carer access
- Cutting lawns and hedges
- Building flat pack furniture
- Fitting grab rails
- Replacing toilet seats
- Fitting door handles, latches, Yale and mortice locks
- And other small jobs

Get in touch with Handy Help at Commonweal by calling **0161 480 1211**

Big Knit - 'THANK YOU'!



We would like to say a big **'THANK YOU'** to everyone who has sent in hats to go on the Innocent Smoothie bottles. The deadline for sending in the hats was 30th June 2022, which we were able to meet, so all 2,000 of our hats will be appearing on bottles later this year!

When will they appear on the Innocent Smoothie bottles?

Your creations will start appearing in supermarkets from October this year – so keep a look out for them!

We will post more information nearer the time on social media.

If you have missed the deadline or just enjoy making them, we are hoping there will be another campaign so send them in, or drop them off at Commonweal.

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Have Your Say – Your Polling District Review



Following the publication of new ward boundaries by the Local Government Boundary Commission earlier this year, Stockport Council is now reviewing its polling districts and the location of polling stations around the borough. See the final recommendations for the new ward boundaries on the [Local Government Boundary Commission website](#).

While a ward is an electoral area of the borough represented by 3 Councillors, polling districts are areas of a ward where polling stations are located. The polling districts may change due to the shift in ward boundaries, and polling station locations may change too.

The council wants to hear your opinion on the proposed changes, and is welcoming residents to be a part of the consultation process around the polling district review. The first stage of the consultation opens on 7th July and runs to 18th August, the consultation is your chance to have your say on the upcoming changes.

Representations to the consultation can be made: Online using [this link](#)

Via email to localwardboundary@stockport.gov.uk

By posting your comments to: Electoral Services, Room 132, Town Hall, Edward Street, Stockport, SK1 3XE or by using the physical forms available in public buildings across Stockport from 7th July.

We encourage you to share your views on the proposed voting arrangements.

Climate Action Now Summit is Back!

This is a chance for Stockport residents to come together to talk about, share and grow climate action in our borough. This year's summit will further demonstrate the council's commitment to tackle climate change and their commitment to be a carbon neutral region by 2038. They will focus on two themes that are impacting both climate change and cost of living: Energy and Food.

The event will run from **12pm to 4:30pm on Friday 15th July**.

This year's summit is a hybrid event. When booking, you can choose either an online or an in-person ticket. **All tickets are free.**

Tickets can be booked at www.stockportcan2022.eventbrite.co.uk

Places are limited, so book now to avoid disappointment

Upcoming Events & Activities for July



Market Place - Sunday 31st July - 11am to 6pm

We will be having an information stand on the indoor market at Pride. There will also be a parade, starting promptly at **noon** from Redrock. It is for walkers, wheelchair users and mobility scooters only, and will walk through the town centre, finishing at the Market Place for an afternoon of entertainment and information.

More information at [Stockport Pride - Celebrating Stockport's LGBTQ+ Community](#)

If you are going, please do come and say hello!

Regular Activities

Monday (except public holidays)

Brinnington Community Walk - Meet at Hollow End Towers, Northumberland Road, SK5 8NY at 10.30am for a leisurely walk followed by free refreshments. Just turn up!

Walking Football - Mondays 12.30 -1.30pm at Brinnington Park Leisure Centre (BPLC)

Tuesday

Marple Community Walk - See front page for details

Wednesday

Women's Walking Football - 1pm to 2pm (BPLC). Just turn up, pay and play!

Thursday

Drop In Thursday - 10am to 3pm - Chat to AUKS staff at One Stockport Hub, 16-22 Merseyway, SK1 1RA (the old Argos)

Jimmy's Coffee Morning - 10.30am to 12 noon (BPLC)

Friday

ActiviTea Lunch Club - 12-2pm at The Cherry Tree, Romiley, SK6 4EY

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/>

<https://www.ageuk.org.uk/stockport/activities-and-events/events/>

Or follow us on social media [@AgeUKStockport](#)

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