

### New Sky Up Digital Hub Launch Photos



The brand new **Sky Up Digital Hub** is now open in **Edgeley**! What a fantastic launch day we had, as you can see from the photos. We would like to say a big **'THANK YOU'** to everyone at Sky and Stockport Council for making it happen and to everyone who came along to make it a special day. Now we would like to welcome everyone to make use of these amazing facilities.

During **July** we will be open **Monday to Friday 10am to 3pm**, so you can pop in and have a look around and give us your views about future opening times.

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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)  
(you may unsubscribe at any time).

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## We Value Your Opinion!



During July, we would like **YOUR** views on our future opening times at The Hub, so we can organise our staff and Sky Digital / Digi-Know volunteers to be here to deliver the best support. Please follow the link below to complete a short questionnaire.

[Age UK Stockport Sky Up Digital hub \(office.com\)](https://www.ageukstockport.org.uk/sky-up-digital-hub-office.com)

You can also contact us via telephone, email, or simply come in and have a chat with us at The Hub.

Address: The Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB

Email: [TheHub@ageukstockport.org.uk](mailto:TheHub@ageukstockport.org.uk)

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## Information and Advice at the Hub

### Drop In - Thursday



On **Friday 26th June**, the **One Stockport Hub** in Merseyway will be closing for refurbishment. Whilst the One Stockport Hub is closed, our very popular Information Drop-in Sessions will be at **Edgeley**. They will be held on **Thursday 10am – 1:00pm** from **6th July**.

If Edgeley is not convenient for you, you can access our information and advice service in the following ways:

By phone: **0161 477 1213**

By email: [advice@ageukstockport.org.uk](mailto:advice@ageukstockport.org.uk) / [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

By drop-in at The Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB on

**Thursdays 10 am to 1 pm** – This is a general drop In to find out more about Age UK Stockport support and services.

Wednesdays by Appointment only – for Blue Badge applications.

Due to the length of time it takes, and also the information needed to complete the application form, an appointment must be made in advance. To make an appointment please call our Information and Advice team on 0161 477 1213.

For more information visit our website

[Age UK Stockport | Information and advice for later life](https://www.ageukstockport.org.uk)

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## Volunteers Week Thank You



We kicked off Volunteer's Week 2023 with an Appreciation Lunch for our fantastic volunteers. It was our way of showing how grateful we are for all of their hard work and commitment, and gave our volunteers the chance to network and meet more of the wider team.

Both volunteers and staff came together and enjoyed a delicious lunch at our Commonweal office where they were able to swap stories, advice and offer valuable feedback. We had some lovely quotes from our clients on display to showcase just how important our volunteers are, and each volunteer left with a certificate of thanks and a little box of chocolates!

It was great to see so many of our volunteering team all together and we hope that even more of you will be able to attend our next event.

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## Royal Mail Stamp Swap Out Scheme



### Do you have any old stamps?

Royal Mail have added barcodes to all their 'regular stamps'. Regular stamps without a barcode\* will no longer be valid after **31 July 2023**. After that items sent with an 'everyday' non-barcoded stamp will incur a surcharge. If you don't think you will be able to use up all your non-barcoded stamps before 31st July you can swap them for the new barcoded ones. \*Any special stamps like the Christmas or picture ones are not affected.

You can get the 'Stamp Swap Out' form via the following methods:

Download and print off a form from the [Royal Mail website](https://www.royalmail.com/stamp-swap-out) You can also request a form by calling Royal Mail's customer services team on **03457 740740**. If you want to pick up a form in person you can pick one up from your local Royal Mail delivery office or Post Office.

Old stamps are returned **FREEPOST**

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### Stockport Pride - Sunday 30th July



On **Sunday 30th July** we are going to be joining the LGBTQ+ community for the annual celebration of equality, diversity and inclusion at **Stockport Pride**.

It's free to come along to Stockport's Historic Market Place, where there will be entertainment on stage, including numerous musicians and drag queens. There'll also be community groups and charities (including Age UK Stockport), as well as a selection of food and drink.

**Stockport Pride is 11am until 6pm in the Market Place**, and walking parade will start at noon. We will be having a stall and also taking part in the procession through the town centre, we would love to see you there, just look out for the banner!

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## Advice for LGBT+ People

The laws affecting lesbian, gay, bisexual and trans (LGBTQ+) people have changed, mainly in a positive way. This is part of a wider shift in views and attitudes. And whilst most of the issues, advice and policies relating to later life apply to everyone equally, there are some things that affect LGBTQ+ people differently.

Whether you want to better understand your rights as an LGBT+ person or you'd like some advice on telling health and social care services about yourself, the Age UK website is a good place to start. [Advice for LGBT+ older adults | Age UK](#)

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## Share Your Views



Age UK Stockport is all about supporting local people's wellbeing in later life. To do this well, we would like to hear from you.

Please click the [here](#) answer some brief questions!

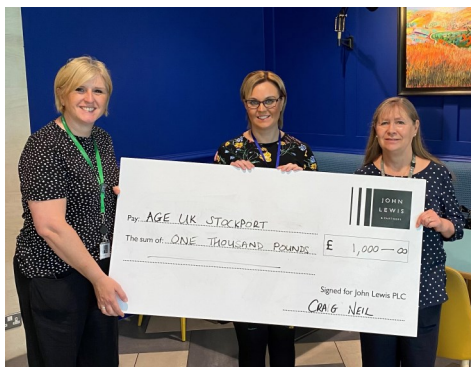
Or you can pick up a paper copy from the Hub.

**Thank you for your time**

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## Thank You to John Lewis Cheadle



We would like to say a big 'THANK YOU' to John Lewis in Cheadle who recently gave us a very generous donation of £1,000.

The donation will be used by our Hospital Discharge team at Stepping Hill Hospital, to support the most vulnerable people that are being discharged from hospital. It will be used to supply resources that facilitate a discharge such as bedding, kitchen equipment, warm clothing and oil filled radiators.

Our Hospital Discharge Team seek to support people with what they need to ensure a timely and safe return home. This is vitally important for the wellbeing of the person who is ready to return home and also to relieve pressure on hospital beds for other people who may be waiting. Due to the cost-of-living crisis some people find it hard to pay for basic resources and this can delay a discharge home. The team are therefore delighted to have these additional funds to offer this support.

If you or a loved one is in Stepping Hill Hospital, or have recently been discharged and would like to access this service please contact a member of your care team who can reach the Hospital Discharge Team on your behalf.

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## Two Campaign Wins

We're delighted to say that following a campaign from the Age UK network the [government has now announced](#) that the age for free prescriptions will not change and will remain frozen at **60**! This is a huge win for older people and a result of a significant coordinated effort across the Age UK Network.

This news will no doubt come as a relief especially in the middle of the cost of living crisis.

The other win is following a campaign from Which, that will ensure consumers can withdraw and deposit cash for free.

Measures to protect free access to cash have been unveiled by the government in an amendment to the Financial Services and Markets Bill.

The Bill will ensure people can continue to conveniently withdraw and deposit cash. This means the FCA will have greater power over major banks and building societies to ensure reasonable free access to cash is preserved for those that need it. You can read more about it here

[Which? wins campaign to protect free access to cash](#)

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## Age UK Stockport's Tandem Service



Tandem is a flexible Service which can be tailored to meet your needs.

Our team of friendly Support Workers are fully trained by Age UK Stockport and recruited from the local community.

Our team can assist with a range of activities including practical tasks at home, domestic support, companionship, leisure activities and supporting with hospital and other appointments

From July we will also have a new service - **Tandem Easy Shop ONLINE**.

A special service that offers support and assistance to 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.

If you are interested in helping people in your local community we are currently looking to recruit workers in SK6 – SK8 areas of Stockport. Full training will be provided.

Get in touch [Tandem@ageukstockport.org.uk](mailto:Tandem@ageukstockport.org.uk) or Tel: 0161 480 1211.

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## Free Mindfulness Workshop

Do you want to learn how to implement mindfulness into your day-to-day life? Come along to a free workshop on **8th August at 1.00pm** where you can learn techniques & strategies.

### What is Mindfulness?

Mindfulness is about learning to pay calm and steady attention to our present moment experience, whatever that experience is. In doing this we aim to be more alive to what we are experiencing and so able to savour the pleasant aspects of our experiences and be less 'pushed around' by the unpleasant ones.

The workshop is being run in partnership with NHS Stockport Talking Therapies, Sky Stockport and ourselves and is being held at the Sky office in Stockport, 4th Floor boardroom, 2 Lawrence Street, SK1 1DL. Book a place by calling **0161 480 1211**, or just turn up on the day.

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

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## Age UK Stockport's Step Out Service



At **Step Out Stockport** we provide daytime service for adults at Whitehill Resource Centre in Reddish. This includes structured activities, support with personal care, moving & handling, medication & we cater for specific dietary requirements.

Whitehill is a safe and welcoming place, where people can attend for the day and enjoy meeting new friends and engage in a wide range of activities. We work closely with Adult Social Care, the Meadows & other agencies, as well as the members relatives to ensure that every member receives an outstanding quality service.

If anyone you know may be interested in this service, please share the information on our website [Age UK Stockport | Step Out Stockport](https://www.ageukstockport.org.uk/step-out-stockport) or we can post you a paper copy of our leaflet. We invite people to come and have a look round the centre in the first instance - this is by appointment only. To make an appointment please call 0161 480 0480. After a look around visit, we would invite the person to come for a taster session, where they would come for a couple of hours, so we could get to know one another a little more. During the taster visit an assessment will be carried out by a trained member of staff to observe the person's support needs.

**We look forward to welcoming you to the centre!**

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## Cheadle Hulme Leg Club Social



CHEADLE HULME LEG CLUB

Do you or a family member suffer from leg ulcers or lower limb issues?

Would you like to get out of the house and meet new people?

Come and meet your local District Nurses for an informal drop in to find out how leg club might work for you.

This is a free group which is just starting at Parish Rooms, Church Road, Cheadle Hulme, SK8 7JB on **Wednesday 12th July 9.30am to 12.30pm**.

This is a drop in session and refreshments will be provided.

Call Ruth on 07939 691532 for more information.

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## A Poem by Donna Ashworth

Don't prioritise your looks my friend,  
they won't last the journey.

Your sense of humour though, will only get better.

Your intuition will grow and expand like a majestic cloak of wisdom.

Your ability to choose your battles, will be fine-tuned to perfection.

Your capacity for stillness, for living in the moment, will blossom.

And your desire to live each and every moment will transcend all other wants.

Your instinct for knowing what (and who) is worth your time, will grow and flourish like ivy on a castle wall.

Don't prioritise your looks my friend,  
they will change forevermore,

that pursuit is one of much sadness and disappointment.

Prioritise the uniqueness that makes you *you*,

and the invisible magnet that draws in other like-minded souls to dance in your orbit.

These are the things which will only get better.

From her book "[The Right Words](#)"

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### The Creative Corridor Project - Get Involved!



#### Could you be Stockport's Banksy?!

A new street art initiative is starting in Stockport this summer and organisers are looking for people to try their hand at a spot of creating. No experience with spray paint necessary, just an open mind and willingness to try new things. Interested? Read on...

**GRIT Studios** is a creative makers space in central Stockport which is home to an array of grafters and crafters, including willow weavers and stained-glass restorers.

Over the past 18 months, creatives have been engaging local residents and business owners in a huge clean-up operation, involving litter picks and paint and plant days. Their work has seen one of Stockport's dirtiest streets turn a corner, with planters and art installations appearing throughout.

Taking things up a gear, thanks to funding from **Arts Council England**, the studios now have plans to create a number of large-scale murals and art installations from outside their studio down to the top of the Underbanks. Brightening up the local area with their creative corridor and encouraging people to explore their local environment.

The project is keen to involve as many local people as possible from across the borough. Whether you're a seasoned professional or haven't picked up a paintbrush since school, everyone is welcome to come and create some community artworks.

If you'd like to be involved or learn some more, please contact

[hello@peoplewithgrit.org](mailto:hello@peoplewithgrit.org) or telephone 0161 480 1211 and we can pass on your details.

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## Events for July

**Digital Drop In - Thursday 13th July 10.30am - 12pm - At Brinnington Park Leisure Complex**, Northumberland Road, SK5 8LS. If you need help with anything digital come along and see one of our Sky volunteers.

**Age Friendly Network Meeting - Tuesday 25th July 10.30am - 12.30pm At The Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB**

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

To book a place to please email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or call 0161 480 1211. **We look forward to seeing you there!**

## 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 BPC, 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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