



New Sky Up Digital Hub Opening 16th June!

We are excited to inform you about the opening of a new flagship **Sky Up digital support hub** in **Edgeley** on **Friday 16th June at 12 noon**. It will be one of ten flagship Sky community hubs in the UK and the only one in the northwest. The hub is also supported by match funding from Stockport Council as part of their commitment to make Stockport a radically digital borough.

The hub will offer a welcoming, comfortable community space where people can use Sky's devices and wifi for free and get help with tech and doing things online. We plan to run regular workshops, support sessions and drop-in sessions, all supported by Sky Cares volunteers (and a free cuppa)! The digital support hub is at 2 Castle Street, Edgeley, Stockport SK3 9AB, close to Stockport train station and the town centre.

Places are limited for the launch at midday on 16th, so if you would like to attend please email info@ageukstockport.org.uk or call 0161 480 1211 to book your place.

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).

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FREE Internet and Digital Support



Margaret Brade our CEO said *"We're excited to announce the opening of our new digital hub in partnership with Sky Up and DigiKnow. We've worked with the amazing Sky volunteers and our local DigiKnow network for several years, helping people to gain the skills and confidence to get online safely and make the most of the services and opportunities available online. The greatest causes of digital exclusion are a lack of skills, a lack of trust, and not having a reliable internet connection and with the support of our partners and volunteers we can overcome all three. We can't wait to welcome people to this great new space, with free-to-use technology and connectivity and an exciting new programme of informal training sessions."*



Age UK Stockport and Sky are part of the DigiKnow partnership of over 60 groups and organisations in Stockport that can help you learn how to do things online, borrow devices or

data for free, or buy low-cost refurbished devices. Look for the DigiKnow logo, visit stockport.gov.uk/digiknow, or call the **DigiKnow Helpline** on **07724 217888** to find out more.

More information about this exciting new project will be available on our website and in social media in the coming weeks!

Follow us on social media **@AgeUKStockport**

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Volunteers Week 1-7 June



Volunteers Week takes place 1-7 June each year. It's a chance to recognise all the varied contributions volunteers make to our communities and to say thank you.

We would like to say a big **'THANK YOU'** to all the fantastic volunteers at Age UK Stockport.

Sky Partnership Celebrated



The fantastic partnership between Age UK National and Sky recently won the 'Community Impact' award at this year's Third Sector Business Charity Awards! In Stockport we have certainly seen the benefit of this partnership.

In 2019, Sky launched their '**Sky Cares**' volunteering programme with Age UK as their flagship loneliness charity. Since then, Sky employees have been volunteering with local Age UKs across the country, giving their time to make friendship calls; hosting tea parties for older people in their communities; supporting local services; and galvanising their engineers to support with emergency food and care package drop offs during the pandemic. Last year alone, Sky delivered more than 4,500 hours of community volunteering throughout the UK.

In Stockport they helped us throughout the pandemic by delivering shopping to people who couldn't get out and by making friendship calls. They helped deliver warm packs last winter, they have invited us to celebrations at the Sky offices in Stockport and supported the digital drop ins. They have really made a difference to the lives of the people of Stockport and now we have the Sky Up Digital Hub opening.

We are extremely grateful for all their support!

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Free Tickets for Stockport Plaza



On **Saturday 1st July** The Doing Dementia Differently Big Band Extravaganza will celebrate the creative achievements of people living with dementia through the power of music.

'The Doing Dementia Differently' event will return to Stockport Plaza for the first time since 2019 but this time featuring the Stockport based 'New Lights Big Band' who will perform throughout the event.

You will be able to hear from the inspirational 'Doing Dementia Differently Intergenerational Choir' who were delighted to recently feature on Vicky McClure's, "Our Dementia Choir Sings Again" programme. Alongside important messages, films and stories about living with dementia we will also hear a range of music spanning many decades including some famous hits from the Swing era.

The Big Band will be accompanied by a range of vocalists, dancers and cheerleaders from Stockport School and their feeder Primaries.

This intergenerational event would like to welcome people from all over the local community to enjoy a fun and informative event where there will even be opportunities for audience members to join in with some well known songs.

All ages are welcome to this dementia friendly event.

If you would like to attend the event you can book your **free** tickets through the Stockport Plaza website by clicking [here](#)

You can find step by step instructions on how to book your tickets through the website [here](#)

Alternatively you can book them through the Stockport Plaza box office which is open Wednesday to Saturday and for an hour before each performance.

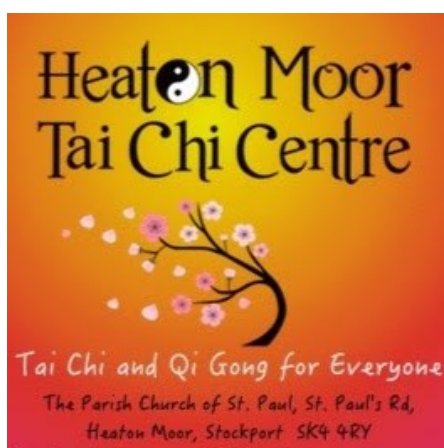
Carers Week 5 - 11 June



We are delighted to be supporting Carers Week 2023. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Caring for a friend or relative can be hugely rewarding – but it can also be challenging. So it's good to know what support is available for you and the person you care for. Age UK have a guide called '[Advice for Carers](#)' which looks at both the practical and emotional sides of caring. It covers things like benefits and flexible working hours, as well as how your caring role could affect your wellbeing and social life. It also points you in the right direction if you need support – so you know you're never alone. If the person you care for has dementia, you might also want to read our guide '[Caring for Someone with Dementia](#)'. You can access both these guides by clicking on the links, or if you need a paper copy, or have a question about being a carer in Stockport, call our office on 0161 480 1211 (Monday to Friday 9-5).

Tai Chi and Qigong for Everyone



"Relaxed flowing movements to improve and maintain health and wellbeing. Take part at your own pace under no pressure. You can use a chair to build participation at own pace if required."

If you would like to join a class, there are classes for beginners on Tuesdays 12-1pm and 18.30-19.30 and on Fridays 11.15-12.15 at St Paul's Church Hall, Heaton Moor, Stockport, SK4 4RY.

Each class (pay on arrival) is £8 or £28 for four classes in advance (used at own convenience). If you go to two classes in one week, the second is half price.

To sign up phone Ivan on 07870 630979 or email info@heatonmoortaichicentre.com

The style is Easily Accessible Chen Style Tai Chi for Health and Qigong. Taught by Ivan who is an award winning instructor with 6 years of teaching experience.

This is not an Age UK Stockport project, but we thought it might be of interest.

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Celebrations at Step Out Stockport



There were lots of celebrations for King Charles III coronation at our day centre in Reddish. Dawn had made cakes and biscuits which everyone enjoyed decorating. Some members particularly enjoyed playing a game called 'King Splat' where you had to throw ears at a poster of a King! There were certainly lots of memories made whilst they danced the afternoon away.

Step Out Stockport is a day time service for adults offering a safe and welcoming place where people can socialise, join in with structured activities and receive support and assistance. It is open Monday to Saturday 9.30am to 4pm (except on public holidays).

If you would like to find out more about Step Out Stockport, please call **0161 480 0480** or email info@stepoutstockport.org or visit our website [Age UK Stockport | Step Out Stockport](http://AgeUKStockport.org.uk)

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Monthly News - June 23

Free Indoor Confidence Walking Sessions



Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness?

After the very successful pilot session in Brinnington we are now running more sessions in partnership with **Life Leisure** in other areas.

Tuesdays 1pm - 2pm at Life Leisure Avondale, Heathbank Rd, Cheadle Heath, Stockport SK3 0UP.

Starting on Monday 12th of June 2.15pm - 3.15 pm at Stockport Sports Village. Lambeth Grove, Woodley, Stockport SK6 1QX.

At each session there will be specialist instructors who will be able to offer advice & support, in a relaxed social environment. **Just turn up, no need to book!**

To see a short video of the confidence walk click [here](#)

Digital Drop In - 8th June

Digital Drop In - Thursday 8th 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. Everyone welcome.

Oasis Cartoon and Memory for June



"I tried water skiing with my wife when we were on holiday in Spain. I kept falling off as she shot off into the distance. I was still struggling as she returned making eyes at the Spanish instructor !"

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 for a leisurely walk followed by free refreshments. 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.

Tuesday

9am - 10.30am - Brinnington Community Clean - This is a volunteer lead group for people wanting to improve physical and mental well-being whilst also giving something back to the community. Consisting of litter picking and general maintenance. Meet at Brinnington Park Leisure Complex (BPLC)

Wednesday

10.30am to 11.30am - Confidence Walk - At BPC, SK5 8LS. Indoor walking aimed to improve balance; gain confidence, all whilst increasing fitness.

Thursday

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

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/>

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

Or follow us on social media **@AgeUKStockport**

Age UK Stockport is a registered charity 1139547

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