

Let's Connect!



Mental Health Awareness Week is happening between **9 to 15 May 2022** and the theme this year is **loneliness**. During the week we are being encouraged to **build meaningful connections** with your friends, family, colleagues and communities, so we have a number of opportunities for you to do this!

Monday 9th May – Wellbeing Walk - Meeting at **10.30am** at **Hollow End Towers** in Brinnington, SK5 8NY for a leisurely walk followed by **free refreshments**.

Wednesday 11th May – Town Centre Wellbeing Walk - Meeting outside the **Produce Hall** in the Market Place at **1pm** for a walk around the town followed by **free refreshments**.

Thursday 12th May – Join us for Coffee and a Chat 10.30 - 11.30am
This is a great space for people to meet and chat with like-minded people in the Brinnington community and make new connections!

Also on Thursday 12th May a Digital Drop In 12 - 3pm
A great opportunity to find out how to use technology and keep in touch with loved ones, or if you need help troubleshooting with your devices, applying for benefits online, or simply want to find affordable options to get online, our **Sky Volunteers** are here to support you and help you connect!
Both the Coffee and Chat and Digital drop In are in the Community Room at **Brinnington Park Leisure Complex**, Northumberland Road, Stockport SK5 8LS.

There is no need to book for any of the events above - **Just Turn Up!**

You can find further information on the events page of our website [here](#) or give us a call on **0161 480 1211**. **Let's start those connections!**

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 Update

Services continue to open up and we are delighted to be seeing more of you face to face as we attend various events around Stockport. We are also busy with a number of partners launching new **Early Help & Prevention** services that have been commissioned by Stockport Council and started in April 2022. See the page 3 introducing the **Stockport Support Hub**.

Age UK is delighted to be very involved in these new services in a number of ways. We are part of **The Prevention Alliance** with four other partners that is providing the **YOUR Support Service**. We are delivering the **HOME Support Service** - providing practical support to people to live safely and independently at home; and also a part of delivering the **DOMESTIC ABUSE Support**.

We are also available to meet you in person should you want to talk to someone from Age UK Stockport. Just call in to the **Thursday Drop In** at the **Stockport One Hub**, 16-22 Merseyway (the old Argos) every **Thursday 10am to 3pm**. We will be very pleased to see you!

We would also love your involvement with us and the next important way to do this is the Queens Jubilee.. read more below.

Queens Platinum Jubilee



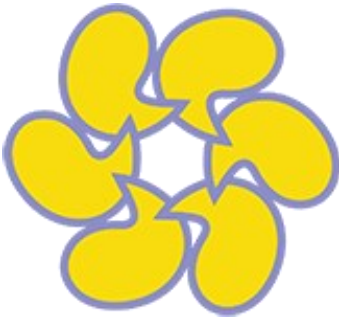
As I am sure everyone is aware, in 2022, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee after 70 years of service.

The Platinum Jubilee Central Weekend takes place from 2nd to 5th June, but we are going to start the celebrations on the 1st!

Join Staff and volunteers on **Wednesday 1st June** at raise at toast to Her Majesty the Queen at **12 noon in the Commonweal** car park. Dress in red, white and blue (if you like) and bring along your flags!

There are lots of events throughout Stockport and the Council have a number planned across the Town Centre and Underbanks during the weekend.

You can keep up to date on the Council website [here](#)



Stockport Support Hub

We are proud to be part of the new **Stockport Support Hub** which has been commissioned by Stockport Council to deliver support services from a range of organisations across Stockport.

A central hub has been developed for six of the services to make it will be easier for professionals and residents to refer into the range of services. The six services are;

- **Your Support** - Providing a dedicated Key Worker to help you make changes to improve your health and wellbeing and build your confidence.
<https://stockporttpa.co.uk/>
- **Home Support** - Providing practical support to help you maintain your home environment and live safely and independently in your own home.
<https://www.ageuk.org.uk/stockport/>
- **Community Support** - Covering community activities, groups, peer support, learning and volunteering opportunities, and providing support to develop community activities <https://www.pureinnovations.co.uk/>
- **Carers Support** - Supporting you if you care for someone that would struggle to manage without you because of illness, disability, frailty, a long-term condition (including mental illness or dementia) or addiction.
<https://www.signpostforcarers.org.uk/>
- **Transport support** - Providing transport if you are you struggling to get to appointments and activities or finding it difficult to use public transport
<https://www.stockportcarscheme.org.uk/>
- **Domestic Abuse Support** - If you are affected by domestic abuse.
<https://talklistenchange.org.uk/>

You can contact any of the services by completing the **Stockport Support Hub** online referral form on the website [Stockport Support Hub](#) or directly using the links above.

You can also call **0161 474 1042**, and a text option is available for the deaf community on **07539 468 560**.

If you are not sure what support is right for you, get in touch and you will be guided in the right direction!

Think Jessica—Don't Fall for a Scam!



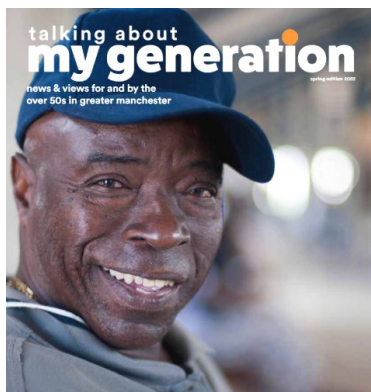
Scams affect the lives of millions of people across the UK and they come in many forms.

We have recently been given some **Think Jessica – Don't fall for a Scam** booklets from Greater Manchester police. They are designed to educate people about frauds and give advice on how to avoid them. The booklet highlights how people can become potential victims by post, phone, email, text and on the doorstep and the different types of fraud including, identity fraud, lottery and prize draw scam, clairvoyant scams and many more. It also includes an example of real life fraud events and a list of useful contacts.

If you or someone you know would like a copy they can be collected from our drop in at the

One Stockport Hub on Thursdays (10am to 3pm) or we can post one to you.

Talking About My Generation Newsletter



Do you know there is a newsletter for the over 50's in Greater Manchester (GM)?

Talking About My Generation was started as a campaign so people aged 50 and over from across GM could change the record on what it means to grow older in the region. They were given the training to become community reporters so they could set the record straight on ageing by reporting on other people from their generation, charting their own stories of life

over 50 and showing any challenges associated with ageing and how they are being overcome, to inspire people to live the life they choose, regardless of age.

With the support of Yellow Jigsaw CIC, the reporters have created their own monthly newsletter that is distributed for free across GM and set up a news website.

You can sign up for the newsletter, or read it [here](#) or you can collect a printed copy from the **One Stockport Hub** on **Thursdays (10am to 3pm)**

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Step Out Stockport



Some Photo's from last month at **Step Out Stockport** our day centre in Reddish. If you know someone who may benefit from this service, we are pleased to say we are now able to accept new members. If you would like to have a look around, please contact Step Out Stockport on **0161 480 0480** to book a visit.

Libraries open for longer with Open+

Open + allows residents to use the library for extra hours each week, outside staffed hours. You can pick up reserved items, borrow and return books, or use the library computers and free Wi-Fi when it's more convenient.

Visitors using the libraries in Open+ mode will find them brightly lit and welcoming, with the added reassurance of monitored CCTV coverage.

Open + is now available across 12 of the borough's 16 libraries: Bramhall, Bredbury, Cheadle, Cheadle Hulme, Hazel Grove, Heatons, Heald Green, High Lane, Edgeley, Great Moor, Reddish and Marple.

Stockport Council say **Open +** has had a fantastic response from residents and they will be continue rolling out the scheme to the rest of the borough's libraries.

For more information and library opening hours see [here](#).

Upcoming Activities for May

Various Activities for Mental Health Awareness Week - 9th to 15th May

Let's make new connections during this mental health awareness week! It would be great to meet you. See the front page for details.

[Online - Knit & Natter - Thursday 19th May 11am – 12.00 noon](#)

[Knit & Natter with Age UK Stockport Tickets, Thu 19 May 2022 at 11:00 | Eventbrite](#)

Regular Activities

Monday (except public holidays)

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

Tuesday

[Online - Positive Smiles'](#) - Tuesday 3rd, 17th & 31st May 11.00am to 12.00pm

Wednesday

Active Afternoons & Women's Walking Football - 1pm to 2pm (BPLC)

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](#)

Age UK Stockport is a registered charity 1139547