

Early Coronation Celebrations!



We would like to say a big **'THANK YOU'** to everyone at **Stockport College** for inviting us to a **Coronation Party** for this months Welcome Wednesday. Every - one had a great time including the Mayor and Mayoress. The students gave us a chance to look back at the Queen's Coronation with lots of memorabilia and even had a film of the event. There was also lots of opportunity to make crowns and decorations ready for the coronation of King Charles III.

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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New Projects Starting in May

Monday 9am - 11am - Free Breakfast Club.

At The Lighthouse Centre, Northumberland Road, Brinnington SK5 8LS .

Any one welcome to come along for breakfast food and beverages.

1.00pm - 1.30pm - Free Breathing Exercise Class. At The Lighthouse Centre.

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.

Thursday 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.

These sessions are run in partnership with The Lighthouse Centre in Brinnington.

We look forward to seeing you there, just turn up – **No need to book!**

Dementia Action Week & Event



Over 4,000 people in Stockport live with Dementia, so Healthwatch wanted to raise awareness of this during Dementia Action Week which runs from 15th to 21st May 2023.

Age UK Stockport will be having a stall at the **Stockport Dementia Awareness Day** which will run on **Thursday 18th May** at **Stockport Town Hall** from **10:00am** right through till **4:00pm**.

The event will include stalls from organisations, charities, community and voluntary sector across Stockport that support Dementia - where you can see what's available for you and your loved ones.

Enjoy talks from guest speakers who have a special interest in Dementia.

Meet other people living with dementia and their carers.

Free tea and coffee are available for attendees throughout the day as well as light bites.

For more information about the event and to book a place click [here](#) or call **Healthwatch on 0161 974 0753**.

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Oasis Book Project - You've got to smile!

Oasis, a group in Romiley are putting together memories of times and incidents that make them smile when they think of them. Many of us have stories that, when we share them with friends and family, brings a smile to their faces too. They want to share these precious moments and would love to have your stories too!

They are working with a very talented cartoonist who is going to illustrate each story and then hopefully they will be able, in time, to put together all the stories and memories in a book.

Have you got a memory that makes you smile? If you have, they would love to have it to add to their collection. Don't worry about spelling, grammar or presentation that can all be worked out. Here is an example of one of the stories that they have produced from just a brief outline.



Lewis's in Piccadilly was one of the posh shops in Manchester, not as posh as Kendals but it was a bit upmarket. In fact it was up Market Street. Well, it was to Lewis's that me and my friend went in the early 1980s. We had heard that they had the latest fashionable bedroom accessory - The Water Bed. We had been told all about them and so we decided to go and try them out.

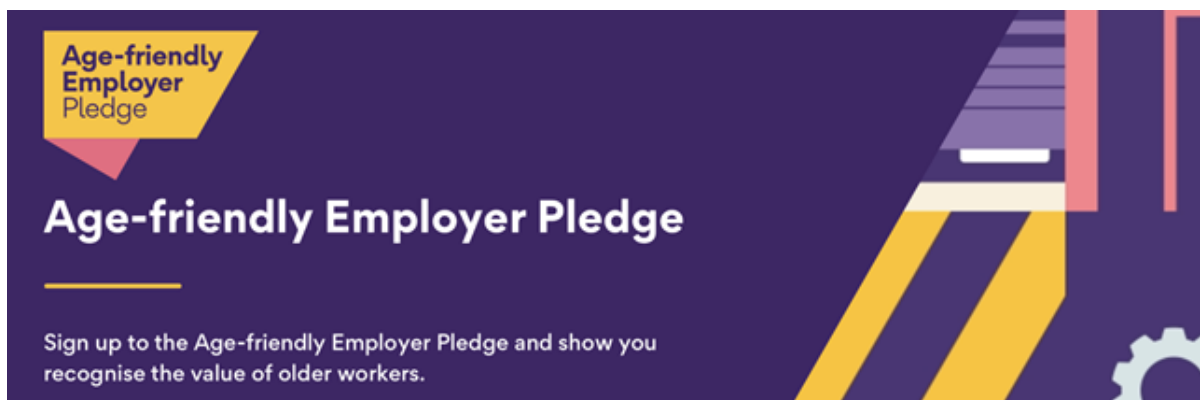
It didn't look that different until you pressed on it with your hand and it started to wobble. We just couldn't resist - off with our shoes and straight on we jumped. We lay side-by-side, and there was a moving sensation that made me feel quite queasy first but we soon got used to it and really started to enjoy the experience. Everything was fine until we decided it was time to get up and go. As we attempted to get to the edge of the bed. It was like there was a great wave that came along and pushed us back into the middle. The more we tried the bigger the wave became and the more difficult it was to move. By this time, we'd attracted a rather large crowd, who stood around laughing at our attempt at getting back onto dry land.

The adventure came to an abrupt end when the manager appeared. He told us to stop struggling and when the waves had become calm, he held out his hand to rescue us. Red-faced, we thanked him very much and told him that we didn't think that we would be buying one today.

If you have a '**You've got to smile**' moment, we can pass them onto Oasis for you. You can write them out complete (100 to 300 words) or a brief outline that they can work with and develop. You can send your memories to us by post at the address opposite, or email info@ageukstockport.org.uk Please remember to add your contact details so that Oasis can get touch with you.

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AUKS Pledges To New Age-Friendly Employer Pledge

The Age-friendly Employer Pledge is a nationwide programme for employers who:

Multigenerational workforces drive productivity and innovation **recognise** the importance and value of older workers are **committed** to improving work for people in their 50s and 60s (and beyond) are prepared to **take action** to help them flourish in a multigenerational workforce.

As an Age-friendly Employer, we will...

1. Identify a senior sponsor for age-inclusion in our workforce – and publicly state our commitment to the pledge. *This will be Margaret Brade as CE*
2. Ensure that age is specifically named within our Equality, Diversity and Inclusion policies. *This is already achieved, and we have a separate policy.*
3. Take action to improve the recruitment, retention, and development of workers over 50 from one of the following areas:
 - Create an age-friendly culture
 - Hire age-positively
 - Be flexible about flexible working
 - Encourage career development at all ages
 - Ensure everyone has the health support they need

We are already working on all of these.

We will commit to take action in at least one area every year and will report back on our activities and achievements annually.

We fully believe that the most important thing is a multi-general workforce – so whilst recognizing our particular focus is those over 50 we are committing to be AGE FRIENDLY to all age groups.

You will start to see this on our documents.....

A yellow speech bubble containing the text 'We're an Age-friendly Employer'.

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Spring Offer From Handy Help



GARDENING TEAM: As Spring finally arrives our Handy Help & Gardening team are ready for garden prep and clear-up. There is also a **2023 SPECIAL SPRING OFFER** of reduced rates on garden maintenance packages. We can offer this as we can plan in times in advance. If you would like someone to keep on top of your garden over the coming months, give the team a call for more details - you will find our prices are competitive.

HANDY HELP TEAM: We can also support with a wide range of minor repairs, improvements or adaptations to enable people to maintain their homes and so independence and general wellbeing. 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.

SAFETY: Importantly you will know you're in safe hands – with quality work undertaken by regular and trained staff (all DBS checked) and identifiable from our Age UK Stockport vans and Age UK Stockport clothes as our workers. They will also all carry ID Badges for you to check.

Get in touch by Telephone 0161 480 1211

Email: handyhelp@ageukstockport.org.uk

Innovation Awards



Age UK Stockport recently attended the **Innovation Awards** dinner and ceremony at the Marriott Hotel, Manchester. Hazel Batty, our Senior Lead for Communities went along with colleagues from our partner organisations as part of the nomination for the **Connected Procurement and Commissioning Awards Finalists** – Stockport

Metropolitan Borough Council – **Stockport Prevention Hub**.

In a separate category Stockport Metropolitan Borough Council were successful in winning the **Outstanding Contribution Award**.



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Mental Health Awareness Drop in



Mental Health Awareness Week is 15th - 21st May 2023 so we are hosting a drop in session on **Wednesday 17th May 10am - 12pm** at Queens Court in Marple in conjunction with Healthy Minds.

If you would like to come along and enjoy a chat in a relaxed environment please contact Paula Hudson at Age UK Stockport on 0161 480 1211

for more information and to book a place.

Do You Know About Read Easy Stockport?



Read Easy Stockport provides free and confidential one-to-one reading coaching for adults, by trained volunteers.

Normally reading pairs meet twice a week at approved local venues to work for just half an hour at a time through a structured, phonics-based reading programme.

Who can learn? Read Easy is suitable for any adult who wants to learn to read or who struggles with their reading.

Whatever someone's starting point, each person will be taken back to basics and can then work at their own pace, so there's no pressure.

Who can volunteer to help? Anyone who can read fluently themselves can apply to become a volunteer Reading Coach. After an initial selection procedure, volunteers will be given training and then matched up with those who want to learn

If you know someone who wants to learn to read, or can read and would like to help someone else, Read Easy would love to hear from you!

Please contact: Marie Joyce (Team Leader) 07957 516443 or Diane Wilde (Coordinator) 07754 888804

For more information visit; www.readeasy.org.uk

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Monthly News - May 23

Being Active with Parkinson's Guide



Parkinson's UK have developed a new 'Being Active with Parkinson's Guide', to support people living with Parkinson's to be active, feel energised and to live well.

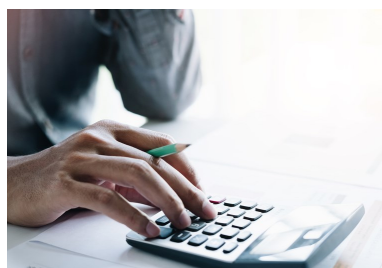
The guide covers a range of topics including: why it is important to be active when living with Parkinson's, how to get started, why intensity can be important for the disease. The guide also includes some inspiring stories sharing the real-life experiences of those within the Parkinson's community.

Jagdeep's story, from the We Are Undefeatable campaign, encourages others to build up their levels of activity, and shares how he "found that exercise, and in particular boxing, would benefit people with Parkinson's." Find out more [here](#).

The booklet is available as a download from the Parkinson's website [here](#) and you can also order paper copies at no charge from the same website. We also have a few copies for people who are unable to order them on line.

There is a Stockport Branch of Parkinson's UK that meets every Wednesday between 2pm and 4pm at Stockport Masonic Guildhall, 169/171 Wellington Road South, Stockport, SK1 3UA. Their meetings often include exercise classes. All are welcome and free parking is available at the rear of the building. For more information, please email stephen.scott687@yahoo.co.uk

No State Pension Age Changes for Now



Work and Pensions Secretary Mel Stride has announced that there will be no changes in timelines for raising the state pension age to 68 until a further review of the state pension age was carried out after the next general election.

Currently the age at which the state pension is payable is 66, with plans to raise this to 67 by the end of 2028, and increase it again to 68 from 2044. The minister said that further review is needed given the level of uncertainty about the data on life expectancy, labour markets and the public finances.

If you have any questions about your state pension, or anything else, don't forget you can always contact our Information and Advice team on **0161 477 1213**.

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Events & Activities for May

Open Day at John Lewis Cheadle - Wednesday 10th May - 10am-3pm

Call in and have a chat, we'll be in the workshop space which is on the ground floor.

Digital Drop In - Thursday 11th 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, No need to book.

Mental Health Awareness Drop In - Wednesday 17th May - 10am - 12pm At Queen Court, 25 Church Street, Marple, Stockport, SK6 6B

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!

Wednesday

Confidence Walk - 10.30am to 11.30am - At Brinnington Park Leisure Complex, SK5 8LS. Indoor walking aimed to improve balance; gain confidence, all while increasing fitness.

Thursday

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

Coffee Morning - 10.30am to 12 noon (BPLC)

Free! Walking Football - 6.00pm to 7.00pm - At Life Leisure Holdsworth Village (Adjacent to Broadstone Mill), Broadstone Road, Reddish, Stockport, SK5 7AT.

Friday

Community Gym Session - 10.30am 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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