

A Great Start for Welcome Wednesdays



WELCOME WEDNESDAYS!
Monthly on a Wednesday 1pm - 3pm
Starting 16th March 2022

STUDENTS AND OUR COMMUNITIES
coming together to enjoy activities and share experiences.

GET INVOLVED!

- Times gone by talks
- Board Games
- Workshops on smart



STOCKPORT COLLEGE

We would like to give a special **'THANK YOU'** to students and staff at Stockport College for making everyone feel very welcome at last month's 'Welcome Wednesday' event.

This was the first of what is to become a monthly event. The students offered afternoon tea and board games, and an opportunity to chat and get to know everyone. It was a really rewarding experience for both the students and their invited guests.

We received some great feedback to help shape future Wednesdays, like;

"I didn't know what to expect but it was really great to talk to the Students today and see people getting together again. I am a carer so would like time to relax perhaps have a hand or back massage or nails painted. But would definitely come back"

"Good to chat to the students and give them some advice!" I would like to do some art and craft, or sit down exercise"

"I was a bit worried about coming but it has been a very enjoyable day, it would be good to have some space to ourselves next time it was a very friendly atmosphere, I would like to come again"

We have all listened to the comments and so next time there will be Health and Social Care Students hosting the afternoon, with some beauty therapy students to do hand massage! **The next one will be Wednesday 27th April 1-3pm.**

If you would like to attend please us on 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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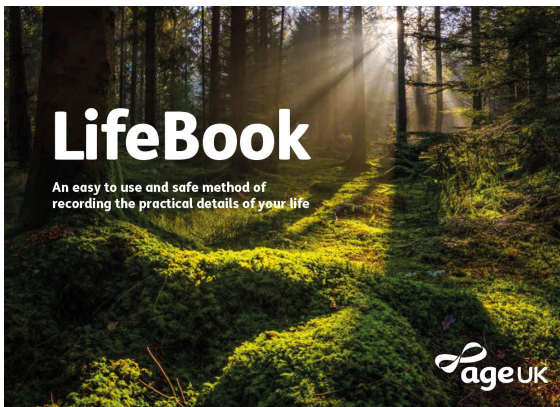
Monthly News - April 22

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**.

Age UK LifeBook



Do you know about the Age UK **LifeBook**? It is a free booklet where you write important and useful information about your life, from who insures your car to where you put the TV licence.

Sometimes it's easy to mislay important documents and information, so Age UK developed the LifeBook to help you find exactly what you need without searching.

Why should I complete it?

The LifeBook will not only help you to be more organised, but could also be invaluable to a family member or a friend if they need to find important information about you in an emergency.

How do I use it?

Follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. You don't have to do it all at once - just complete it at your own pace.

You can download and print the **LifeBook** from the Age UK website [here](#)

If you don't have a printer you can get a hard copy by contacting the Age UK Advice line on **0800 169 65 65** or

email contactageuk@ageuk.org.uk to obtain your copy

Age UK Stockport
Commonweal
56 Wellington Street
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Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Fancy a Walk?



Walk For Health Stockport are holding weekly walks for anyone interested in walking, they are a friendly bunch and would like to welcome new weekly walkers!

Mooch and Mingle is a walking group for those with limited mobility who would like to get out a bit more and meet new people in a safe and supportive environ-

ment. They walk in **Alexandra Park, Edgeley 12:30pm until 2:00pm every Thursday**. When it is raining, they meet by the pavilion under the shelter. During the winter months they have access to the pavilion next to the bowling green, which is heated and have access to the kitchen for hot drinks. In the Spring/Summer months they meet by the picnic benches next to the car park.

There are two other walks for different abilities:

- **Abney Hall Wanderers** meet at **Abney Cafe every Tuesday at 1.30pm** for a 30-40 minute walk round the area. It is suitable for people who like a weekly walk but one not too long in distance. They usually stop at the café at the end of their walk for some refreshments, but you are also welcome to take your own.

- **Woodbank Wanderers** meet at **Vernon Park Café at 1:30pm every Wednesday**. However, locations may vary, so please contact them before attending. This walk is a longer distance walk for individuals happy to explore various areas of the Peak District or Stockport and ranges between 1- 4 hours so is suitable for reasonably fit people. If you are in doubt about your fitness level, please contact the walk leader in advance.

- For further information about any of the walks please contact:

Walk For Health-Stockport: walkforhealthstockport@outlook.com or telephone 07926 931785

Posters for the three walks are available to download from our website [here](#)

The GM Walking Festival May 2022

The Let's Walk GM Walking Festival 2022 is an opportunity for people to walk more in May by joining in with a programme of free, organised group walks. This is part of National Walking Month 2022.

More details on the website <https://gmwalking.co.uk/festival/>

Do You Know About Friendly Fridays?



Come and join us for a brew any Friday between 10 am and 3 pm.

Friendly Fridays has a big family room with a garden. They have arts and crafts, a library area, a toddlers' play area, a cosy crafters corner, self-serve refreshments, tabletop games, newspapers, magazines and more. The centre backs onto a public park with a children's play area.

Entry is FREE, drinks and snacks are 50p. Pop in for an hour or stay all day. At noon they offer crumpets or tea cakes (unless we have our lunch club on) and visitors are welcome to bring their own packed lunch.

They welcome all ages from little ones to those young at heart. (Please note vulnerable adults and children must be supervised by an appropriate adult at all times).

You can find them at the **Rose Walker Community Centre**, Essex Avenue, Edgeley, SK3 OJA. There is a car park at the centre and bus stops at the top of the road. It is fully accessible with ramp access and an accessible toilet.

Why not go along and meet the local community. You can pop in for a chat and a cuppa or stay all day! They are dog friendly too, but they request that dogs are on a lead. They are open **every Friday (including school holidays) 10am to 3pm.**

They are dementia friendly, autism-friendly, age-friendly, dog-friendly, money friendly, accessibility friendly, craft-friendly, games friendly, food-friendly, child friendly... well you get the picture, they are Friendly Fridays!

Mental Health and Wellbeing Strategy

Stockport Council are currently consulting on an all age mental health and wellbeing strategy and would like your input.

They are asking people to let them know about their experiences, priorities and ideas regarding mental health and wellbeing in Stockport.

If you would like to take part in the survey please follow the link below

[All-Age Mental Health & Wellbeing Strategy](#)

Closing date 24th April 2022

Home Library Service



If you live in Stockport and have difficulties visiting a library, do you know you can use the Home Library service for free!

Stockport Library Service provides a Free Home Delivery Service to homes and Care Homes across the borough. The free service is available to all ages and full-time carers of residents who cannot visit a Library.

They provide Books, Talking Books and DVDs covering your individual requirements including: crime, thrillers / mysteries, romance, westerns, local history and biographies.

Books are available in Large Print/Ordinary Print – Hard Back and Paper Back and are all kept safe in blue boxes for you to open. The Delivery Service is provided on a 3-week rotation and enough material is provided to cover this period.

If you would like further information about Joining the Home Library Service, please contact the service below:

By Phone – 0161-474 5600

Or Email – homelibraryservice@stockport.gov.uk

Carers UK Launch ‘Carers Active April’!

The aim of ‘**Carers Active April**’, is to raise awareness of the benefits of physical activity for carers and for all carers to be able to access activity that is **achievable, accessible, and affordable**.

Cares will be supported and encouraged to take part in any activity that works for them, whether it be walking, jogging, yoga or some simple exercises around the home and garden. If you want to sign up to Carers Active April you’ll receive: A Carers Active April kickstarter pack; weekly online physical activity sessions throughout April and helpful ideas, tips and links during the month.

The month will culminate in an online Healthathon event on Saturday 30 April, which is free and open to anyone to join. The first 500 people who sign up to Carers Active will also receive their own free exclusive Healthathon kit in the post, containing some exciting items to help with being active during the Healthathon and beyond.

For more information and to sign up for Carers Active April visit **Carers UK** website [Here](#)

Upcoming Activities for April

Digital Drop In Thursday 21st April 12-3pm

At Brinnington Park Leisure Centre (BPLC) Northumberland Road, SK5 8LS.
In the community room on the left of the entrance

Online - Knit & Natter - Thursday 21st April 11am – 12.00noon

21st April <https://www.eventbrite.co.uk/e/knit-natter-with-age-uk-stockport-tickets-310539591277>

Regular Activities

Monday

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

Tuesday

Online - Positive Smiles' - Tuesday 5th & 19th April 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 12noon (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