

Covid 19 One Year On



What a year that has been—and it certainly feels like an important moment to pause and reflect! On the 23rd March we did stop at 12.00 midday and 8.00 in the evening to support the Marie Curie National Day of Reflection. A minutes silence and shining a light to think about the last year, reflect and remember. We hope it does become an annual event with a more permanent memorial which seems entirely appropriate.

We now look forward to vaccines, regular testing and reasonable actions meaning we can continue to plan recover—see more in this newsletter.

Future copies are available on our website www.ageukstockport.org.uk or by signing up to email info@ageukstockport.org.uk (you may unsubscribe at any time)

Monthly News - April 21

Age UK Stockport Update

As we enter April there is an increasing sense of optimism as planning for recovery is also increasing. As throughout the last year we remain careful to comply with the Government and Public health guidance on keeping everyone safe. As things are opening we are following the same approach.

We are all delighted to be able to plan on getting out more to assist local people in the community and at home we will remain alert and aware of the need for good processes and procedures. This will include the importance of being outside in the fresh air or in well ventilated spaces wherever possible and PPE and social distancing in all cases.

TESTING — We are also just waiting for the completion of the sign up process to enable regular testing for all of our public facing workers to provide even greater reassurance for all.

So as April progresses we expect to see more ways of delivering services become available again. We all really look forward to seeing more of you and of each other, still in a safe way.

AUKS Hospital Discharge Support

We are excited to announced our new model for Hospital Discharge Support which will be going live on 1st April 2021.



The model is based on changes and learning from the last 12 months of the pandemic and will continue to be developed as needed to be effective in supporting our valued partners.

The Service will have a single point of access and operate 7 days a week.

The Service has a Home First ethos, and supports all discharge pathways, including Care Home placements, maintaining contact with people after discharge where helpful.

Working closely with NHS staff and other partners and the service is based from Stepping Hill Hospital, sitting within the Integrated Transfer Team. All the referrals will come directly from the hospital, however the team will work with other Age UK Stockport services and many others to support a safe and effective discharge.

Handy Help & Gardening



Check out our trusted Handy Help & Gardening Service. They are gearing up to be ready to come out to your homes again to carry out gardening and minor repairs, improvements or adaptations in the home.

Most importantly we continue to take all the necessary precautions regarding good infection control, PPE and social distancing to keep everyone safe.

Our prices are competitive - and you can book us for a job or for a time - so you can make a list of those annoying jobs to give us. From fitting Key Safes, Grab rails or other safety measures to getting the garden tidy for Summer, our friendly team are here to help.

Give us a call on 0161 480 1211 or see our website

<https://www.ageuk.org.uk/stockport/our-services/handy-help/>

GM Daily Mile



We are all being encourage to get out in the fresh air more and as the weather improves it's certainly more appealing! A new toolkit has been designed to help people get out on a short walk each day in their local community. The GM Daily Mile Toolkit is bursting with tips, tools and motivational ideas to help adults and families walk more. It aims to support people to do a Daily Mile however and wherever suits them.

The toolkit is divided into seven sections, with tips on; starting out; breaking down barriers; walking with others; boosting your health & wellbeing; deciding where & when to go -top tips; staying motivated and finally celebrating your progress & success.

There are lots of resources available including activity sheets, step trackers, challenges, promotion templates and much more, there is something to support everyone to walk more.

Why not get started now and then join in the 'Let's Walk Festival' in May!

Because of restrictions it will be in a virtual format but there will be still be lots of ideas and activities <https://gmwalking.co.uk/festival/>

For more information visit

<https://gmwalking.co.uk/our-resources/the-gm-daily-mile-toolkits/>

Beware of Carbon Monoxide Poisoning



Carbon monoxide (CO) is referred to as the silent killer. Small amounts of CO can poison a person, and annually about 30 people die and many thousands are affected by CO poisoning in the UK.

CO can be produced from any carbon based appliance including; gas boilers, gas cookers, calor gas heaters, paraffin heaters, etc. Other fuel or cooking appliances, such as those using charcoal, peat, coal, wood (including wood burning stoves), as well as petrol, oil, or LPG can produce CO if working inefficiently or without proper ventilation.

The six main signs and symptoms of CO poisoning are: Headaches; breathlessness; dizziness; collapse; nausea and loss of consciousness. People often say constant exhaustion was the first symptom. Other signs that could point to CO poisoning are: Symptoms that only happen when at home; symptoms that disappear or improve when people leave home and re-appear when they return; people in the same house experience similar symptoms around the same time; pets can also be affected and show symptoms around the same time as people.

Signs and symptoms to look for in the home include: The flame on a cooker is lazy and is a yellow or orange colour (it should be blue); soot, yellow or brown staining on or around appliances; pilot lights that frequently blow out; too much condensation on windows and/or walls and flues, chimneys and vents that are blocked either on purpose or by accident eg by a birds nest.

To prevent CO poisoning;

- Get your gas appliances checked annually by a Gas Safe Registered engineer (find your nearest engineer at www.gassaferegister.co.uk).
- Get an audible CO alarm fitted, make sure it meets the BS EN 50291 standard.

If cost is an issue speak to us as we may be able to get some financial support.

Over the next couple of months all our staff who visit people in their homes will be attending training by the 'Think CO project' which aims to raise awareness of CO poisoning, so they will be alert to them when delivering services.

The Monthly News Sheet

We would like to increase the circulation of this news sheet so if you find it useful and can think of someone else who would like to be added to our email mailing list ask them to contact us at info@ageukstockport.org.uk

Thank you for your support!

One Stockport Borough Plan



One Stockport is an initiative conceived by Stockport Council to be supported by, and delivered in partnership with, representatives from Stockport's diverse communities. The aim of One Stockport is set out a ten year plan by working together to build a better future for everyone by connecting communities, promoting health & well-being and supporting local businesses.

Age UK Stockport (AUKS) have given their input into the plan stating that they would like to see balance within the plan on Stockport being a place to grow older and add value as well as having ambitions for our children and young people. The Trustees of AUKS supported the idea of 'One Stockport' where everyone matters and also shared a lot of further feedback on the draft Plan which has been well received.

There is an opportunity for everyone to have their say in One Stockport by taking part in a survey. One Stockport says 'Whatever the future holds, it should be shaped by what's important to the people of Stockport. And that's you. So, please tell us your views - we're listening! Please give us five minutes of your time to help shape the next ten years for Stockport – and be entered into our free prize draw'. You can have your say on the One Stockport website <https://www.onestockport.co.uk/> where you can also find other ways of getting involved.

Care Home Visiting Guidance



The Department of Health and Social Care has recently published a new summary of guidance for care home visiting. The guidance covers: single named visitors; essential care givers; advice for staff; and general visiting guidance. You can find the guidance [here](#).

Did you work for the NHS and are now retired?

Have you heard of the NHS Retirement Fellowship? With over 7,000 members they have been supporting our NHS retirees for 40 years. With 8 branches in the North West they have recently launched a Virtual Central Manchester branch and are hoping to launch our Virtual Stockport branch very soon until lockdown ceases when they can meet face to face. Following funding from The National Lottery and the Department for Digital, Culture, Media and Sport members may be eligible for a digital device and/or training to join the virtual meetings.

If you are interested, please contact Karen Kennedy on 07967 489162 or email northwestengland@nhsrf.org.uk

Warm Home Funding Success



Despite the pandemic our Information and Advice (I&A) team have had great success with EON's Warm Home Discount funding scheme.

All the benefit sessions have been delivered remotely over the phone this year from the advisors homes, but the small team of have still managed to identify and help claim over £1,000,000 worth of benefits from the 641 benefit sessions delivered to a total of 368 clients. A truly fantastic achievement.

As a part of the benefit session the advisors have also made sure clients are aware of the Warm Home Discount which is a credit of £140 put onto your electricity bill once a year if you or someone in your household is eligible, and your provider is on the scheme.

The majority of energy providers have now closed this year's scheme but should open later in the year for next years applications.

The I & A team do this and so much more and can be contacted on 0161 477 1211 (Monday to Friday)

Zoom Dates For Your Diary

Tuesdays 6th & 20th April 2021 11.00am to 12.00pm

Join us for a "virtual coffee morning" via Zoom, if you are feeling disengaged or isolated or you just need a bit of company, you can get together with others for a friendly chat. To sign up for this event please click on the relevant date below

[Positive Smiles Tickets, Tue 6 Apr 2021 at 11:00 | Eventbrite](#)

[Positive Smiles Tickets, Tue 20 Apr 2021 at 11:00 | Eventbrite](#)

Wednesday 28th April 2021 11.00am to 12.00pm

Join us for a Knit and Natter. Don't worry if you can't knit, you can just come along for the natter! One of the aims of the group will be to knit some of the little woolly hats to go on the Innocent Smoothie bottles and raise funds for AUKS but the main aim is to have a natter and get people connected!

[Knit & Natter Tickets, Wed 28 Apr 2021 at 11:00 | Eventbrite](#)

Follow the links to get the tickets or visit our website for a full list of events

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

If you have any problems or need help please give us a call.

Age UK Stockport is a registered charity 1139547