

Could You Claim Pension Credit?



We are urging local people to get in touch as figures show over two million UK pensioners are living in poverty with Black and Asian older people most at risk. Any older person in Stockport who feels financially hard-pressed needs to check their eligibility for Pension Credit.

Pension Credit is a benefit that tops up low pensioner incomes, typically taking an older person who receives it above the poverty line. Being found to be eligible for Pension Credit also acts as a gateway to some other benefits, potentially transforming an older person's standard of living.

Someone we have recently helped said, "Age UK Stockport (AUKS) has virtually doubled our income and I can now see an end in sight for paying my debts back and being debt free, you can't know how relieved I feel. Our income has gone up by almost 50% and we are very grateful."

Claiming pension credit opens the door to many other potential benefits including: a free TV licence (if also over-75); help with Council Tax; free NHS dental treatment and help towards the cost of glasses and travel to hospital; a Cold Weather Payment of £25 when the temperature is 0°C or below for 7 days in a row; help with rent and an extra payment within Pension Credit for carers, worth up to £37.70 a week.

Sue Dailey Manager of Information and Advice, AUKS said: "*When we get enquiries about benefits a lot of our clients assume that they won't qualify for pension credit if they have even a small amount of extra income or savings on top of their state pension, but that isn't always true so we highly recommend having a benefit check done to make sure they aren't missing out. Benefit checks can be done very quickly and confidentially over the phone, so ring 0161 477 1213 to book a telephone appointment.*"

Our Information and Advice workers are available to answer your questions and can be contacted 9am to 3pm Monday to Friday (answerphone available outside these times).

You can also contact Age UK's national advice line free of charge on 0800 169 65 65 (8am-7pm) or visit <https://www.ageuk.org.uk/money> for help with benefits, managing your money, avoiding scams and dealing with legal issues.

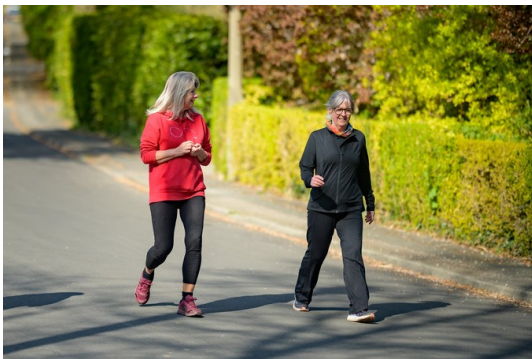
To read the information leaflet on Pension Credit click on the picture above.

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 - July 21

Age UK Stockport

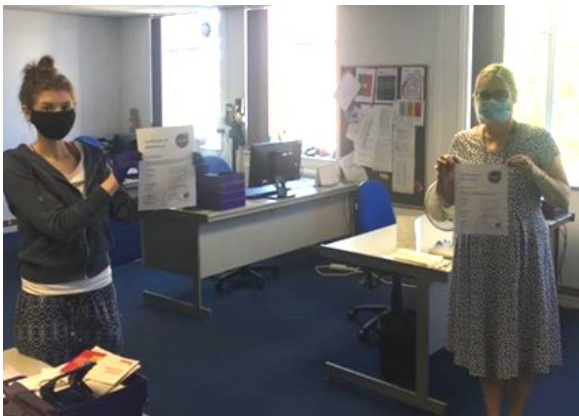
Whilst things were delayed from June the 19th July looks increasingly likely for some serious opening up! We are here and ready to be out and about again! So it is with great pleasure we stop the Covid Alerts from this month on! From the first monthly updated in March 2020 no one could have expected 15 more to follow!



We wish everyone well on their recovery and we recognise it is a different journey for each one of us. Any support needed give us a ring on 0161 480 1211.

Focus on Wellbeing

CONGRATULATIONS are due to two of our staff. Katie Howard Spink, HR & Quality and Emma Warburton, Reception Lead, have successfully completed an intensive two day Mental Health First Aiders training Course, certified by Mental Health First Aid England.



The last 15 months has been tough on staff too and we are keen to support everyone's wellbeing. We are working on a wide ranging Wellbeing Plan and two workers with this training is one important part of that.

Katie and Emma doing this course means they are now able to support staff who are in need of immediate

help due to a mental health issue and will assist them to seek appropriate help—much like a physical health First Aider does.

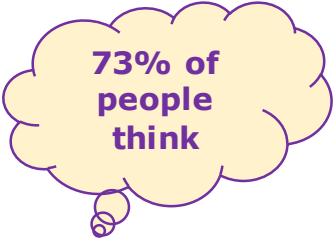
This was not an easy course so thanks to Katie and Emma for taking it on for the rest of us at Age UK Stockport and Step Out.



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Myths About Losing Mental Capacity



73% of
people
think

*If a couple have a joint bank account and one person can't make decisions for themselves, their partner can legally make decisions for them both. **This is untrue.** An LPA will, however, give you consent to access joint funds to pay and monitor financial aspects of a joint account.*

*Your next of kin always gets the final say in treatment decisions at hospital, if you can't make them yourself. **This is untrue.** Medical decisions need the specific, agreed consent of the person involved, before a next of kin can make treatment or welfare choices on*



72% of
people
think

The best way to make sure your choices count if you lose mental capacity is to make and register a Lasting Power of Attorney (LPA). This can be for Property/Finance decisions or Health/Care decisions, or both.

Having an LPA gives you peace of mind knowing people you trust will manage your affairs should you need them to now or in the future. If you lose capacity to make decisions, the Court of Protection will appoint a Deputy. Both the LPA and Deputy have the same role; to safeguard the donor's interests.

You can find out more, including how to apply for and register a LPA at the following website; <https://powerofattorney.campaign.gov.uk/>

Handy Guides



Manchester
Health & Wellbeing
Service

The buzz Age Friendly Team have produced a series of handy guides to help you get started with a new smartphone or tablet. If you go to their website

[Buzz Manchester | Getting started with a new smartphone or tablet](#)

You can then click on the links to read guides on how to download an app, how to find a website, how to set up an email account, how to join a Microsoft Teams meeting, how to avoid scams and more.

They provide step by step guides (including pictures) in English, Urdu, Farsi, Arabic, Polish and Romanian.

If you need printed versions of the guides contact them by email

buzz@gmmh.nhs.uk to arrange.

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Have Your Say



An electoral review is taking place in Stockport, and you can have your say in the public consultation. The review will look at the number of councillors in Stockport (the size of the Council), plus the names and boundaries of each ward, how many wards there should be and how many councillors are elected per ward. It's an important process that will affect how you are represented and the make up of your Council. Find out more on Stockport's dedicated electoral review site.

The review is managed by the Local Government Boundary Commission for England, and they want to hear what residents and organisations think about their local area. What facilities, such as parks, leisure centres and libraries, do people share? What issues do neighbouring communities have in common, such as heavy traffic or a high number of visitors? After all – you know Stockport best!

The initial consultation period will run until 2nd August 2021. You can log your thoughts on the [consultation panel](#), and also see interactive maps of the proposed ward boundaries. You can also email your thoughts to reviews@lgbce.org.uk, or send them by post to: Review Officer (Stockport), LGBCE, PO Box 133, Blyth, NE24 9FE

Find out more at <https://www.stockport.gov.uk/news/electoral-review-stockport-council>

Calls to Prime Minister #KeepYourPromiseBoris

Age UK has signed a letter with 50 other charities calling on Boris Johnson to keep his promise to “fix the crisis in social care once and for all”. The charities are urging him to keep his word and release plans for care reform before the end of the year.

The tragic deaths of tens of thousands of older people in care homes during the pandemic has made it even clearer how desperately social care needs fixing.

Age UK are calling for a new national system that's free and available to everyone when they need it. They want to see a care system that: joins up health and care services; increases support for unpaid carers; has an independent, nationally agreed eligibility and assessment process that enables those in need to access it; is funded through taxation; provides support for working age, sick and disabled adults as well as older people and that invests in care workers to ensure high quality care.

You can see the full letter on the official website:

<https://keepyourpromiseboris.com/>

If you would like to get involve in the campaign you can on the Age UK national website at;

<https://www.ageuk.org.uk/our-impact/campaigning/care-in-crisis/>

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Building an even better Stockport!



Stockport is a fantastic place to live and spend time in – why would you go anywhere else? Age UK Stockport has been a key partner in developing the Borough Plan – a vision of Stockport in 2030 created by lots of stakeholders from across the borough. The plan aims to set out a 10 year vision for Stockport, and is designed so you can help to get involved in making the goals a reality.

The Borough Plan focuses on three key areas – One Heart, One Home and One Future – with the ambition to create a Stockport that puts people and communities at the heart of everything it does, to help all of Stockport's people live healthy and happy lives. It's designed to continue to build a fair and equal society, where diversity is celebrated, and nobody is left behind. The message is simple: let's keep growing, creating and delivering a thriving future for Stockport.

This includes the ambition to be an age-friendly borough where residents are able to grow old well, playing a full part in the community, and are enabled to live independently.

As an example, the Plan details an intergenerational all age living campus, with intermediate and dementia care available. These homes include assistive technology to help people stay independent for longer, with this innovative and pioneering work already well underway.

The Plan also includes a commitment to embed a 'home first' approach to adult social care, and to create an age-friendly borough that encourages healthy living and tackles issues such as loneliness.

Creating a digitally inclusive borough is also high up the list, to ensure nobody gets left behind as digital technologies continue to advance and shape the way in which we live our lives.

The One Stockport Age Friendly Network brings together individuals and organisations that want to make the Borough Plan a reality. The Network makes sure the experiences and views of older people and their families are heard. It's also a great way to find out what's going on in Stockport! If you want to get involved please email agefriendlystockport@stockport.gov.uk.

Here at Age UK Stockport, we're incredibly proud to have been part of the team that created this ambitious plan. One of the most important things for us was listening to residents – of all ages – to ensure everyone's voice is heard.

To read the full borough plan, visit <https://www.onestockport.co.uk/the-stockport-borough-plan/> There is also an accessible version, and a shorter summary version available which covers the key points of the plan.

To view the current Ageing-Well Strategy, click [here](#)

If we all work together and do our bit, we can make the future of One Stockport even brighter – for everyone.

Stockport is at the heart of technological innovation.

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Last Month at Age UK Stockport



Last month included nutrition and hydration week and it coincided with the Day Services members at Step Out Stockport experiencing a taster afternoon of Italian food!

They have also enjoyed lots of craft sessions and even a visit from Pug puppies! For more information about Step Out call 0161 480 0480 or email



info@stepoutstockport.org

'Thank You' from Sky Cares



Sky Cares chose Age UK as their charity of the year in 2020 and have continued this year. For Volunteers Week at the beginning of June they delivered sweet treats to many of our volunteers and staff as a thank you for all their efforts during the pandemic. So a THANK YOU to Sky cares from all of us!

Zoom Groups

Our Positive Smiles and Knit and Natter groups are not happening during July and August. We will be reviewing all groups over the summer and look forward to starting again in September!

To keep up to date with everything that's going on at Age UK Stockport visit the events page of our website

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

Age UK Stockport is a registered charity 1139547

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