

New - Series of Cookery Demonstrations



We are pleased welcome back Chef Alex from **Vegetarian for Life** for a series of four cookery demonstrations via Zoom.

Alex cooked for us back in October last year and has agreed come back to cook some of his favourite but easy to make recipes.

Alex said *"I am really looking forward to coming back and cooking for you. I hope that you have a go at making the dishes. The ones I'm demonstrating are firm favourites of mine, perfect to warm you up on a chilly day"*.

Chef Alex always encourages any questions you may have and will make suggestions on alternative ingredients and I'm sure will have lots of tips to share. Alex is going to start **week one** with Lancashire hot-pot, served with pickled cabbage and to finish off a delicious apricot cake - scrumptious!

The demonstrations will be held on four consecutive **Wednesdays 11-12pm** They are on **March 16th, 23rd, 30th** and finish on **6th April**.

To join Alex for the cookery demonstrations please email info@ageukstockport.org.uk and we will send you the zoom link. For more information, including recipes, see the events page of our website.

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

There is a lot going on following the recent changes with the government removing all the domestic restrictions, and we are looking forward to getting back to more activities. It has been a long two years so many people are feeling a range of emotions—perhaps the best summary word is discombobulated!

However we also note the government, and particularly the scientists, are still encouraging the safer behaviours we have all adapted to over the past two years. So we are committed to continuing to take the positive lessons of the pandemic, maintaining easy to do good infection control, so our workers and our clients can feel as confident as possible in opening up to more.

Age UK Stockport Offices

As we open up more again a reminder of some changes that have taken place over the last two years.

We no longer have a public office to call in at. We closed our Merseyway Office in September 2020; and our office at Commonweal, Wellington Street is an admin base and we do not have the right staff there to be able to assist callers to the building.

To reach us now please note.

Call on 0161 480 1211 / 477 1213 Monday to Friday 9 to 5

Email us on info@ageukstockport.org.uk

DROP IN at the One Stockport Hub, 16-22 Merseyway, SK1 1RA (the old Argos) every Thursday - 10am to 3pm

New Contracts



Over 2021 the Council did a lot of work to develop a new Early Help & Prevention Tender for a range of new services for April 2022.

After a competitive tendering process the contracts have now been awarded and a lot of work is now going

on locally to be ready for April Age UK Stockport is involved in a number of these and we will fully update here in APRIL.

Watch this space!

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Success for Michelle and ABL!



ABL Health have just completed their first Age Well with ABL course with client, Michelle. Michelle is 66 years of age and joined ABL's over 65's weight loss programme, 'Age Well with ABL'. Michelle felt, like most people, she had put weight on over the Covid 19 Lockdowns. Michelle started her weight loss journey at 12stone 5lb and ended ABL's 12 week programme losing a fantastic 1stone and 1lb!

Here is what Michelle had to say about the Age Well Programme.

What have you found different about AGEWELL (ABL)? "It is a more scientific approach and I don't have to change the way I eat only eat less and exercise more."

What have you discovered about yourself since you have lost weight? "I like being in control of my eating."

What has AGEWELL taught you about losing weight? "LOTS OF THINGS!...I know about eating more protein, how mood affects why and what I eat. I also understand the importance of exercise/physical activity."

What health benefits have you experienced since losing weight? "I feel I have more energy."

In what ways has your life changed? "I feel more confident in myself"

If you could give advice to anyone thinking of starting AGE WELL with ABL what would it be? "Listen to the coaches and follow their advice, my coach was called Tariq and his advice worked for me."

If you feel you would like some support with your weight, contact ABL health.

Call: **0161 870 6492** Text: **STOCKPORT to 62277**

Email: wellness.ablstockport@NHS.net

'Make Your Move' DVD

If you would like to get more active at home, we still have a few of the 'Make Your Move' DVD's left! They were advertised in the December newsletter and are available on [YouTube](#) and on DVD.

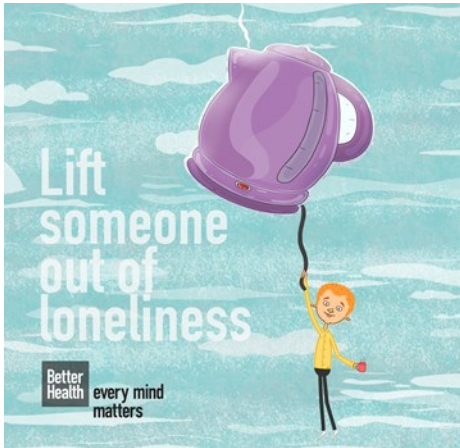
To order a DVD for someone who hasn't got access to the internet please email info@ageukstockport.org.uk or call 0161 480 1211

You can also access them through the [activities at home](#) section of our website where you will find links to other useful websites and activities.

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Lift Someone Out of Loneliness



Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference.

As part of the Better Health: Every Mind Matters campaign, the Department for Digital, Culture, Media and Sport are encouraging people to 'Lift Someone Out of Loneliness' by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up.

[Find out how you can help to lift someone out of loneliness](#)

Older people's wellbeing campaign



We know that many people across Greater Manchester are struggling with their mental health alone.

Whether you are feeling anxious, sad, lonely, grieving, or depressed, help is out there.

The first step to feeling better is talking to someone, it could be a loved one, a health professional or a neighbour.

Whatever your age and however you might be feeling, this campaign has been set up to highlight that you aren't alone in how you are feeling

and help you take the first steps to getting the right support and guidance for you. For more information and support organisations see <https://shiningalightonsuicide.org.uk/olderpeople/>

If you are struggling call Samaritans on 116 123

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Join us at Welcome Wednesdays!



STOCKPORT
COLLEGE

**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

Starting on **Wednesday March 16th** the students from Stockport College will be welcoming people into the college to enjoy activities and share experiences.

There will be talks, boardgames, art and drawing, 'How to' workshops on smart devices (phones/ laptops) and refreshments!

These will be monthly events 1-3pm. **Why not come along and enjoy some time together?**

If you would like to come along on 16th March please call Age UK Stockport on 0161 480 1211 to book your place.

We look forward to seeing you there!

Pennine Care Governors Elections 2022

Pennine Care are planning their Elections to the Council of Governors which will run from April to June 2022. The governors play a key role in representing the views of the patient, public and staff members, ensuring that the services meet the needs of the communities.

If you have an interest in the Trust and in helping them to continue to deliver the best possible care to patients, then they are asking for you to please consider standing for election as a governor in Stockport.

Find more information see: <https://www.mi-nomination.com/getinvolved>

They are running a series of virtual information sessions, please contact them if you would like to attend or have a conversation about the role or election process: ftmembership.penninecare@nhs.net.

Here is a list of the information session dates:

- 3rd March 1.00 – 2.00 pm
- 15th March 11.00 – 12.00
- 14th April 1.00 – 2.00 pm
- 25th April 3.00 – 4.00 pm
- 29th April 10.30 – 11.30 am



They are looking forward to hearing from you!

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Recent Activities at Our Day Centre



There is always lots going on at our day centre in Reddish and last month this included making Valentines Day cards, biscuit making and afternoon tea.

If you would like to find out more see <https://www.ageuk.org.uk/stockport/our-services/step-out-stockport/> Or contact **Step Out Stockport** on **0161 480 0480** or email; info@stepoutstockport.org

Spring Raffle Tickets

Could you support us by taking part in the Age UK Spring Raffle?

It's just a £1 a ticket and you could win one of the following prizes;

1st prize: £25,000 or a stunning Scandinavian Cruise

2nd prize: £5,000 or a week on the Isles of Scilly

3rd prize: £2,500 or a luxury lodge escape in the UK

4th prize: £2,000

5th prize: £1,500

6th prize: £1,000 and many more cash prizes!

Tickets can be purchased at our 'Drop In' at Stockport One Hub, 16-22 Merseyway, SK1 1RA (the old Argos) every Thursday - 10am to 3pm until 12th May. The draw closes on 1st June 2022 and will take place on 10th June 2022. **Good luck!**

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Last Months Digital Drop In



We had a great Digital Drop in session last month. It's fantastic to see so many there!

Many thanks to the 3 Sky volunteers, Tom, Nikki and David who attended and as always took the time to listen to the needs of the attendees and use their skills and knowledge of all things digital to provide a wide range of 1 to 1 digital support to the attendees.



Here's some feedback from those who attended;

Sue *"I struggle using certain things on my phone and Tom has helped me learn how to do screenshots so I can keep a record of emails and bills I have paid"*

Pam *"I come here regularly and it's nice to know there is somewhere I can go to meet other people and get help with my phone or computer without going into town"*



Joyce *"I was looking for something to do for over 60s in Brinnington and found out about this group, Nikki has helped me learn how to transfer photos from my phone to my laptop so I can apply for a blue badge I will definitely be attending again"*

Malcom & Alison *"We didn't have a mobile phone that worked and with the support of Tom he helped install new Vodaphone Sim cards and get 2 mobile phones working, it means I can now contact the doctors and we can keep in touch with each other"*

Kelly, *"David helped me understand how to use zoom, this is really important for me so I can get the help and support I need."*

If you would like to join us at the next Digital Drop In it is on **Thursday 10th March 12-3pm** at **Brinnington Leisure Centre, Northumberland Rd, SK5 8LS**

Become a Digital Champion

Digital Champion volunteers support people to get online and use the internet and enjoy all the benefits that having digital skills can bring. Digital Champions might support family, friends, colleagues or people in the community. Anyone who is online already can be a Digital Champion – you only need basic digital skills as there's training to teach you ways to support learners. If you could help people, please email [Starting Point](#) or call **DigiKnow** on **07537 127095**.

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Upcoming Activities for March

Digital Drop In Thursday 10th & 31st March 12-3pm

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

Online - Cookery Demonstrations Wednesdays March 16th, 23rd & 30th

11am -12noon - Email info@ageukstockport.org.uk to get Zoom joining information.

Online - Knit & Natter - Thursday 24th March 11am – 12.00noon

24th March <https://www.eventbrite.co.uk/e/knit-natter-with-age-uk-stockport-tickets-245749993847>

Regular Activities

Monday

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

Tuesday

Online - Positive Smiles' - Tuesday 8th & 22nd March 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](https://twitter.com/AgeUKStockport)

Age UK Stockport is a registered charity 1139547