

On the Road to Recovery

As things start to open up our staff and volunteers have been out and about supporting people to get back their confidence in going out, whilst still recognising social distancing and keeping everyone safe and getting some much needed fresh air!



Tandem support workers pictured above, assisting their clients with starting to get out and about again, in the lovely spring sunshine, after being in lockdown shielding for the last 12 months.

We support many local people each and every week by carefully matching our support staff to meet your requirements and are committed to ensuring our service is friendly, flexible and person led. If you know of someone locally who needs some extra support please let them know about us.

For more information or an informal chat please call; 0161 480 1211
Monday to Friday 9am to 5pm, and if the line is busy please leave a message and we will get back to you.



George (pictured left) is looking forward to some outside garden visits to plant out his plants that he has grown from seed during lockdown.

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 - May 21

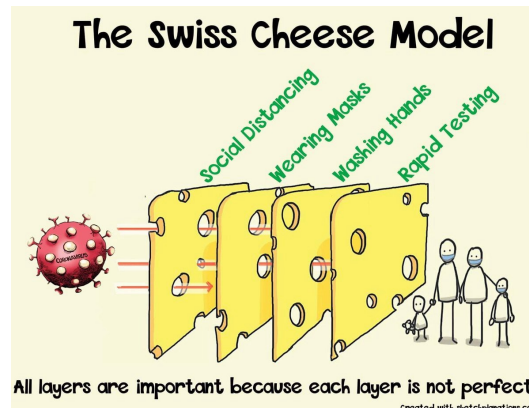
Age UK Stockport Update



With May comes more opening up and our staff are really delighted to be back out there seeing their clients again — even though it is still within current guidance. So we are all thankful for the sunny weather which has meant lots of meeting up and getting out!

We thought we would share with you the model we are using in our Infection Control—to keep you and our staff safe —its all about SWISS CHEESE!

It's a model that reminds us that as no one thing is perfect layers can really work! Add vaccines into the diagram and it look really strong and gives us optimism about more recovery.



Big Knit 'Thank You'!



We are really pleased to say we have now sent off 500 hats to go on the Innocent Smoothie bottles - half of this year's target, which is a fantastic achievement!

We have until the end of September to get the rest of the hats in so if you haven't been involved so far there is still plenty of time and if you have already sent some in **'THANK YOU'** for your support.

For those of you who don't know about the Big Knit it is the campaign that Age UK runs in partnership with Innocent drinks where we ask you to knit little woolly hats which then go on to their smoothies.

For every smoothie sold, Age UK receives 25p.

There are six exciting new hat designs for this year - download from our website <https://www.ageuk.org.uk/stockport/activities-and-events/campaigns/>

Once your little knitted creations are ready, drop them off or post them to: Commonweal. If you have any problems getting them to us give us a call on 0161 480 1211 and we can arrange for them to be collected.

All the money we raise will stay in Stockport and will be used to help combat loneliness.

Monthly News - May 21

Stolen Van

The Gardening & Handy Help Service was busy in April for all the wrong reasons! Whilst getting ready to get back to work in April we had our large Handy Help Transit Van stolen from our Car Park. The Police were quickly notified but have been unable to recover it. The chances are it is long gone from the area by now! We will soon be fundraising to replace it, however we can still work so don't hesitate to contact us as below.



Stolen

Our large Ford Transit White Van Reg No MA11 FNF with the Age UK Stockport logo on has been stolen. Please report to the Police if you see it.

Gardening & Handy Help - Reminder

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. 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 that have built up over lockdowns!



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

So for getting the garden tidy for Summer, or fitting Key Safes, Grab rails or other safety measures, 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/>

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Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Age of Creativity Festival 1 - 31st May



Age of Creativity Festival 2021 is an annual festival led by Age UK Oxfordshire, with Age UK and hundreds of Age of Creativity network members taking part. Pre-pandemic, the festival focussed on community delivery through face-to-face activities, however this year all the content can be found online, though there are many options available that can be downloaded to take place offline including city walks, radio content, and much more. Many opportunities are available nationally.

All the events can be found at <https://festival.ageofcreativity.co.uk/>

You can filter the events into craft / design, music / singing, dance / movement, drama / theatre etc. so you can find things that interest you and get creative at home! Most of the content is free, dementia friendly, accessible and suitable for beginners.

Easy Read Stockport



Do you know of anyone who would benefit from free, confidential one to one help with reading? There are 11,000 adults in Stockport who cannot read or can barely read at all but Easy Read can help through one-to-one reading coaching for adults from trained volunteers.

In normal circumstances 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. They are hopeful that this may be possible soon with the easing of lockdown restrictions in the near future.

Easy Read Stockport's Team leader, Marie Joyce says those who struggle to read should not feel embarrassed about coming forward and asking for help. "There are lots of different reasons why people don't learn to read in childhood. For some it may have been a lack of support from their own family or school, for others it could be undiagnosed dyslexia. But people should not feel ashamed or embarrassed about it. We are friendly, welcoming and here to help, whatever your age."

If you know someone who needs help or if you would like to volunteer contact **Marie Joyce (Team leader) on 07957 516443**

Or email stockportleader@readeasy.org.uk

You could transform someone's life!

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Dying Matters Week 10th - 16th May



The Dying Matters campaign aims to create an open culture that talks about death, where people feel able to listen and support those who are planning for end of life. They want to break the stigma around death, to challenge preconceptions and to normalise public openness around death, dying and bereavement.

Unlike other countries, the UK public do very little to prepare for the end of their life, even in later years. Three quarters (74%) of people haven't written down their wishes or told people what they would prefer at the end of life and nearly a quarter of UK adults are uncomfortable thinking about their own death and end of life issues

Starting the conversation, particularly with those close to you, is never easy. We don't want to upset people, or sound gloomy but, families commonly report that it comes as a relief once the subject is brought out into the open.

A lot of people were touched by the Duke of Edinburgh's funeral and there was a lot of discussion about how it reflected the life of the Duke and how he had planned much of it himself. When we are able to express our wishes about how we would like to die, or what we would like to happen after we die, this can help our loved ones to cope better both emotionally and practically when the time comes.

There is lots of information on the Dying Matters website including leaflets to download <https://www.dyingmatters.org/overview/resources> We also have some hard copies of their leaflets which we would be happy to post to you.

Stockport Libraries Now Open for Browsing

Social distancing measures and mandatory face coverings remain in place in libraries across the borough, but you are now able to browse the bookshelves and discover your new favourites.

There are also a limited selection of 'staff picks' available if you don't want to browse and the online reservation service remains in place, allowing you to reserve books online and collect from a selected library.

Drop-in computer services are also available, but you are advised to pre-book to avoid disappointment.

You are also able to collect Lateral flow testing kits (for people over 18 who have no Covid 19 symptoms) from Reddish, Cheadle, Bramhall, Hazel Grove, Heaton's, Cheadle Hulme, Bredbury and Heald Green Libraries.

You can find information on opening times [here](#)

If you have any questions or need further support, please email libraries@stockport.gov.uk or call 0161 217 6009.

Step Out

We thought you might enjoy seeing some photos taken during the last few months at Step Out, our day centre in Reddish. The day centre has been open throughout the pandemic but with far fewer members to ensure everyone has been kept safe.



You can see all the members keeping busy painting, knitting, cake decorating, model making and even planting seeds ready to go in the garden later in the year. For more information about Step Out call 0161 480 0480 or email info@stepoutstockport.org

Donate Your Words

Age UK are working with Cadbury again to celebrate the lives of older people. You can share a story of an older person in your life to be in with a chance of winning a Cadbury hamper (closing date 17th May), or you can read the amazing stories at

<https://www.ageuk.org.uk/get-involved/volunteer/donate-your-words/>

VACCINATIONS



**Join
the
millions
already
vaccinated**

**We'll let you
know when your
Covid-19 vaccine
is ready for you.**

**EVERY VACCINATION
GIVES US
HOPE**

Just a reminder from the NHS as more age groups are being contacted—into the 40's now.

There is a lot of information on the Council website about Coronavirus numbers, vaccination and testing and more.

The Stockport Director of Public Health updates often—the latest from later April extracts here:

‘Coronavirus rates are continuing to fall in Stockport, with rates currently at *26.2 per 100,000, or around 11 new cases each day, the lowest since 3 September last year. This decrease can be seen in all age groups and areas across the borough. The latest published data can be found [here](#). ‘

‘The vaccination programme continues to progress at pace, with 60.9% of the adult population in Stockport having now received their first dose and 24.5% of the adult population have received both doses of the vaccine. If you are due to have the second dose of the Covid vaccination in the coming weeks, please do take up the offer. It's really important to get both doses of the vaccine. While you get the bulk of the protection from the first dose, you get a top up and longer-term protection from the second.’

Please also be assured that the vaccines are safe and that side effects are very rare, even compared to other common medications such as aspirin or the contraceptive pill. The continued research and slight changes on advice around the AstraZeneca vaccine should give us confidence in the systems that exist to detect and understand these slight risks. The risk of blood clots occurring in people infected with Covid occur far more frequently, so the vaccination really is vital to keep all of us protected. If you'd like to know more, the link to the full MHRA and JCVI statements are available [here](#).

PLUS a reminder

‘As we begin to mix more, the likelihood of rates increasing rises, so we need to continue to act responsibly and follow the latest guidance in order to break the chains of transmission and to keep our community safe.’

Self Help Talking Therapies

SelfHelp
Talking Therapies

*Do you know an older person
who could benefit from
Talking Therapies?*

Self Help is an NHS funded charity, offering psychological and talking therapies in a range of different techniques (CBT, counselling, trauma focussed work), and with a range of delivery styles (1-1, Groups, eTherapy, Telephone) in venues across Stockport.

Anyone who is struggling to cope with anxiety, depression, stress, anger, bereavement, with mild to moderate severity is able to use the service and you can either speak to your GP for a referral or contact them directly on **0161 480 2020** (Monday – Friday from 9am to 5pm). Once you have been referred or got in touch, you will be contacted within one week by a friendly member of staff and they will arrange your first appointment, typically within four to six weeks but sometimes sooner. You will speak to one of their professionals and agree the best way forward to get the help you need to feel better.

Mental health affects everyone, regardless of age, and wellbeing is a right. Worry, isolation and feeling sad doesn't have to be part of growing older.

For more information see www.selfhelpservices.org.uk

Zoom Dates For Your Diary

Tuesdays 4th & 18th May 2021 11.00am to 12.00pm

Join Chris and Kirsty for a “virtual coffee morning” via Zoom. To sign up for this event please click on the relevant date below

[Positive Smiles Tickets, Tue 4 May 2021 at 11:00 | Eventbrite](#)

[Positive Smiles Tickets, Tue 18 May 2021 at 11:00 | Eventbrite](#)

Wednesday 26th May 2021 11.00am to 12.00pm

Join Denise for a Knit and Natter. Don't worry if you can't knit, you can just come along for the natter!

[Knit & Natter Tickets, Wed 26 May 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/events/>

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

Age UK Stockport is a registered charity 1139547