

# Age UK Stockport Virtual Annual General Meeting

**Date: Tuesday 17<sup>th</sup> November 2020 at 12.00 noon**

**Join us via ZOOM**

Our ZOOM AGM gives us a chance to tell you about our work and to hear from you about your experiences at this time.

Join us in whatever way you feel most comfortable – either speaking to the group, through live interactive text chat or private chat.

**RSVP by Friday 13<sup>th</sup> November 2020**

We will send out the ZOOM meeting link to you the day before.

t: 0161 480 1211 e: [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)



Registered charity number 1139547;  
Company limited by guarantee number 7413632

Like everything else in 2020 – our Annual General Meeting will be different this year. To meet all the requirements for social distancing and general Covid safety, it will be a virtual affair via ZOOM. Everyone is invited as usual but we regret we can't offer the usual hospitality, lunch and refreshments!

We are still required to hold our AGM within a set timescale to comply with Charity and Company Law so the business will be done as usual in looking at the annual report for 2019/20 and confirming our Board of Trustees and appointing our auditors for 2020/21. However the world feels to have changed so much since last year we will also be looking at the last 8 months and some of our work supporting local people through the Coronavirus pandemic.

We have felt pleased and proud to have been able to play our part in the local response and will be able to share a couple of highlight videos and some information with you. We will also be opening up and hoping to hear from people with some thoughts from the last extraordinary eight months!

**For 2020 just RSVP as detailed - email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or call 0161 480 1211—and a Zoom link will be sent prior to the event.**

We will look forward to 'seeing' you on Zoom and most of all will look forward meeting you all again 'in person' as soon as it becomes safe to do so.

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

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## Age UK Stockport Update

Another month and it gets harder to keep up! The government announced three new tiers of Covid alert levels on the 12th October – worryingly with medium as the lowest. Stockport was initially in Tier 2 – High. However as numbers of infections continue to climb, Stockport and all of GM, moved to the third tier of Covid alert levels – Very High - on the 23rd October. Please refer to full guidance at [www.gov.uk/guidance/local-covid-alert-level-very-high-greater-manchester](http://www.gov.uk/guidance/local-covid-alert-level-very-high-greater-manchester)

So we continue as we have since March and throughout despite having to adjust as restrictions change. Our Information & Advice Team can still be contacted on 0161 477 1213 and Tandem Support Services, Handy Help and the WIN can be contacted on 0161 480 1211 and our Hospital services directly at SHH. We are and will remain here so any queries please just give us a ring.

Margaret Brade - Chief Executive

## Help to Keep Your Home Warm



Is your home getting chilly now that winter is drawing in? Do you know living in a cold home can damage your health? If you would like some help to keep your home warm we can help. The Age UK Warm Homes programme is designed to help you stay warm and well through the cold months. The Warm Homes programme can help you in 2 ways:

- help increase your income to pay for energy bills
- help make your home more energy efficient so you can stay warm in the winter.

If you find it difficult to keep your home warm contact us for a **FREE** home energy check and one of our experienced handyperson team can deliver practical equipment like; draught excluders, energy saving light bulbs, letter box brushes, reflective radiator panels and much more!

If you would like to find out if we can help to increase your income to pay for your energy bills or if you need advice on switching suppliers, cutting costs and handling complaints. contact the Information & Advice team on 0161 477 1213 or look at the link below.



We also have some really useful information booklets that you can download by clicking on the images or if you would like a hard copy please get in touch and we will post one to you!

<https://www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/>

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## On line book of Remembrance



This year, Remembrance will be commemorated in different ways than usual, because of the Coronavirus pandemic.

In Stockport, so that individuals and communities are able to give their thanks to all who served and died for our country, there is an online book of remembrance.

On the same website you will also be able to pay tribute to the victims of Covid-19. People bereaved by the virus will be able to submit the name of the person they have lost and messages about them as well as view other entries in the book of remembrance.

More than 2,800 people have died of Covid-19 in Greater Manchester and 380 in Stockport. You can view the online memorial book on the Condolence Website

<http://www.condolence.website/>

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## Old Frame New Picture Competition



The Old Frame New Picture competition will challenge the negative and stereotyped ways that older people are represented as vulnerable or frail, which is something that has become even more prevalent during the coronavirus pandemic. Instead, the competition will celebrate the diversity of older people's lives and their contributions to society.

Six winning entries will be featured in a digital billboard campaign across Greater Manchester next year, as well as appearing in an online exhibition, and featuring in a set of printed postcards.

The best images will also form a new bank of photographs for use by local charities and other third-sector organisations in their marketing and communications, which will provide a positive alternative to stereotyped images often used. There are also cash prizes up for grabs too.

Professional and amateur photographers can take part by submitting their photograph of at least one person aged over 50, under one of six themes: Activism, Supporting My Community, Old and proud, Friends and Family, Taking part and Self-Portraits (including selfies)

The competition is being organised by Greater Manchester Ageing Hub, voluntary and community sector support organisation MACC, and Greater Manchester Older People's Network.

**The deadline to enter by is Friday 13th November 2020**, with a cash prize of £50 for third place, £100 for second place and a grand prize of £250 for the winner.

You can find more information about how to enter at <https://manchestercommunitycentral.org/old-frame-new-picture>

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## UK Free Singing On-line



Shapeshifter Productions are running free sing-a-long sessions that are keeping older and isolated people singing through the pandemic. Released every Monday, the sessions feature celebrity guest performers and a range of popular and favourite songs. Each session comes with on-screen lyrics and is accessible via an online app and also as downloadable links and mp3s.

Among the celebrities lined up to take part in the second series of the Sessions are KT Tunstall, Brian McFadden, Chris Difford, Alfie Boe, Hollyoaks actress Twinnie, Merrill Osmond and Basil Brush. They perform a range of well-known songs like 'Fly Me to the Moon', 'Edelweiss', 'Secret Love', 'Will you Still Love Me Tomorrow' and 'Moon River'.

You can download the App at <https://www.smilingsessions.com/> and you find out more about the sessions by clicking here <http://www.shapeshifter-productions.com/smiling-sessions-covid-19/> or by calling 020 7097 1409.

If you have any issues accessing these sessions or need help with the technology required, please email: [Violaine@shapeshifter-productions.com](mailto:Violaine@shapeshifter-productions.com).

## Take 5 to Stop Fraud



Take Five is a national campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud – particularly where criminals impersonate trusted organisations.

Many people may already know the dos and don'ts of financial fraud and scams – that no-one should ever contact them out of the blue to ask for their PIN or full password, or ever make them feel pressured into moving money to another account. The trouble is, in the heat of the moment, it's easy to forget this.

After all, trusting people on their word is something everyone tends to do instinctively. If someone says they're from your bank or a trusted organisation, why wouldn't you believe them? Take Five urges you to stop and consider whether the situation is genuine – to stop and think if what you're being told really makes sense.

**STOP** Taking a moment to stop and think before parting with your money or information could keep you safe.

**CHALLENGE** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**PROTECT** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Action Fraud can be contacted through calling **0300 123 2040** or through the website <https://www.actionfraud.police.uk/>

## War Memories Continued from Last Month



The train finally arrived at Rochdale station where buses were waiting to take all the children to their various destinations.

Robert and I went with Christ Church school to Wardle a village outside Rochdale. On arrival we were taken into the only school in the village where local people were waiting to choose the children they were willing to rehome. Robert and I were the last as no one seemed to want a boy and a girl. It was a horrible feeling. The children had all been given a carrier bag which had a 2lb bag of sugar, a tin of Tate and Lyle syrup, a tin of soup, some tea and a block of Rowntree's chocolate. There were a few other things but I can't remember what they were. A lady came up to the school to take Robert and I, she was a single person. She lived in a small one bedroom cottage situated right on the main road. My brother had to sleep on a camp bed downstairs and I had to sleep at the side of her bed. It was not ideal and went against all the recommendations laid down by the authorities. I was terribly upset and terrified of this lady, she was not very nice and had no idea how to look after children.

Robert told our teachers (some who were not needed to help in a wartime job) who had come with us from Manchester that our accommodation was not suitable for us, we had also written to my Mother and she arrived to deal with this problem. Consequently we were moved, I to the local chip shop just a few doors away and my brother to a family across the road who had one son the same age as Robert. The family I was billeted with were named Howarth. they had three daughters, the eldest Marjorie about 11, Dorothy 9 my age, and Enid about 7, they were all blonde, with blue eyes like me so I fitted in really well. They were a lovely family, a big treat on Saturday night we were allowed to have fish and chips for supper. Robert and Eric the boy whose family Robert was with were invited as well which was nice.

Unfortunately I never settled, eventually my Mother took me home as she felt I would become ill with homesickness.

On arrival at my home things had changed, there was an Anderson air raid shelter in the back garden, my dad had covered it with grass, inside he had put two bunk beds and some carpet on the floor to make it cosy. There were other changes too, my school was closed as were all the other schools in the area as the teachers had all been recruited either for the forces or war work. The fact we had elderly teachers did not mean our education suffered they were brilliant and made our lessons fun. For the first year one school was opened in the area. It was called the Open Air school, it was on Middleton Road at the end of Crumpsall Lane. Ten schools in the area were each allocated a half day for pupils to attend a class. My school, Bowker Vale was given Wednesday morning. We were given home work to do. This went on for a few months until enough teachers were recruited as skeleton staff for our school.

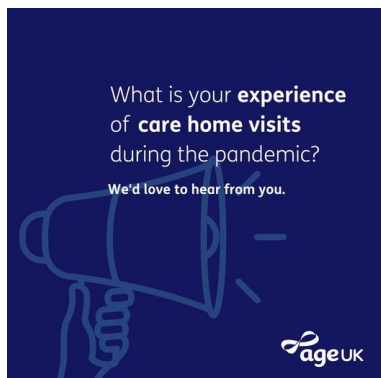
***Many thanks to Alma for sharing her very vivid memories. Her story will be continued next month.***

I wonder what today's children's memories of these times will be?

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## Take Part in a Care Home Visiting Survey



If you live in a care home or have friends or family who do, Age UK national would like to hear from you.

We all know how important care home visits are so Age UK have been working alongside other charities and the social care sector to help more people who live in care homes to be able to see their loved ones in a safe way.

Will you help by telling us about your experiences of care home visits during the pandemic? There are 2 different surveys depending whether you have or have not been able to see your loved one during the pandemic:

If you **have** been able to see your loved ones in a care home take this survey: <https://bit.ly/34xZ1j0>

If you **haven't** been able to see your loved ones in a care home take this survey: <https://bit.ly/35FhJEW>

Your answers will help Age UK make sure the Government knows about the challenges some people are facing, and the innovative ways that some care providers are enabling safe in-person contact. Hopefully it will influence how they can best support the friends and families of residents in care homes to keep everyone safe but still get the care and support they need.

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## Are you there?



Being able to be physically in the right place at the right time is still so very important in many environments – the Hospital being one where our work supports that of the much valued NHS. Many NHS workers are there on site and so really appreciate others being there with them, together fighting the many challenges of 2020!



AUKS are a small staff team and can't be everywhere at once and with numbers of Covid positive tests increasing more people may be forced to self isolate whilst still able to work. So to support our NHS colleagues we have installed a virtual 'us' - for when we really can't be there physically. So introducing AUKS virtual ----- just getting set up – see more in the next news sheet.

Age UK Stockport is a registered charity 1139547