

Keep Warm & Well This Winter



We know that winter can be a particularly difficult time and this year presents additional challenges, but we want to let you know there is plenty of help available.

We have the **Age UK Warm Homes Programme** which can help you in 2 ways;

- **Help increase your income to pay for energy bills.** Our Information & Advice team can make sure you've applied for all the benefits you're entitled to and provide support through the benefits application process.

Contact the Information & Advice team on 0161 477 1213

- **Help make your home more energy efficient so you can stay warm in the winter.** Our Handy Help team member can carry out a home energy check, where they will visit your home to check how energy efficient it is. They can fit appropriate equipment to increase the energy efficiency. This includes things like: energy saving light bulbs, draught excluders, reflective radiator panels and they can also offer practical tips to help you keep your fuel bill down.

All free of charge! To book a home energy check call 0161 480 1211

For more tips, advice and ways to get support this winter, visit www.ageuk.org.uk/winter or call the Age UK Advice Line free on 0800 678 1602 (8am-7pm, 365 days a year)

Stockport Council and its health partners are also launching a new campaign to ensure that all residents stay safe and well this winter. Whether you're feeling isolated or lonely due to the colder weather, struggling with money worries or need advice about healthcare and staying well during the festive season and beyond, there's plenty of support available.

Visit the [Stockport Council website](http://www.stockportcouncil.gov.uk) for more information.

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).

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First Climate Summit For Stockport



Stockport Council are hosting their first virtual CAN (Climate Action Now) Summit, demonstrating their commitment to tackle climate change and to be a carbon neutral region by 2038.

The event is free to attend and will take place on **Tuesday 9th November**, during COP26, to celebrate, connect and inspire climate action across the borough. The virtual event will run from 10am - 4:30pm and will be split into four bookable sections: Stockport CAN, Businesses, Young People, and Communities.

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The CAN Summit will showcase some of the amazing work of residents, communities, schools and businesses, as well as the Council's commitment to the climate action agenda and how carbon reduction is being embedded into the way the Council operates.

Tickets can be booked at [Eventbrite](#) Places are limited, so book now to avoid disappointment. Find out more [here](#)

Do You Know About Stockport Pantries?



There are five pantries in Stockport that the community can sign up for. Each charge £3.50 a week for membership, which enables members access to 10 items of shopping each week, often worth up to £20 or more!

Membership is open to all and no referrals are needed, you just need to live within the local area.

The pantries are: Mottram Street Pantry (Town Centre), Penny Lane Pantry (Lancashire Hill), Woodley Pantry, Brinnington Pantry and Pantry at number 5 (Bridgehall). For more information www.yourlocalpantry.co.uk or you can contact pantry@stockporthomes.org or **07866 999844**

Look Out for Jingle Bakes!

Almost 1.5 million older people feel more lonely at Christmas than any other time of year. Our support services become invaluable lifelines for the most vulnerable older people. Soon we will be launching **Jingle Bakes** where you can hold a bake sale to help raise funds for Christmas and beyond! **More information coming soon!**

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New Planters for Step Out Stockport

Before.....



During.....



After.....



Step Out Stockport our day centre in Reddish now have some lovely new planters that our Handy Help team have made. They are all ready to be planted with some winter colour and some newly painted benches to enjoy the sunny autumn days!

If you would like to find out more about Step Out Stockport or Handy Help visit our website <https://www.ageuk.org.uk/stockport/our-services/> or give us a call!

ISO 27001 Success

Following a strenuous 2 day external assessment we have successfully completed our ISO 27001 Information Governance annual assessment, and that takes us forward to a full recertification in September 2022. We passed all the many aspects of the assessment with no issues, no non-conformities, much praise for the maturity and depths of our systems and only one minor opportunity for improvement. We are committed to delivering quality services and recognise the need to work continuously to develop and improve.

Winter Warmth Event at the Hospital



Last month some of our staff from the hospital discharge team at Stepping Hill Hospital took part in the Winter Warmth event ably assisted by Kevin who very kindly supported us by making up and handing out the bags to patients in the Discharge Lounge in the Integrated Transfer Team.

The hospital discharge team work alongside Health & Social Care partners and



colleagues supporting local people leaving hospital, or those recently discharged that require some additional support that sits outside of statutory criteria.

The Hospital Discharge Service (HDS) works with local Stockport Residents across all the discharge Pathways.

If you or a loved one is in Stepping Hill Hospital or have recently been discharged and would like further information about this service please contact us on **0161 480 1211**

Special thanks to Kevin for all his help!

Playlist for Life



Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personal playlists can: reduce anxiety, improve your mood, make difficult tasks more manageable, evoke memories that can help families and

carers connect. **The Playlist for Life** website is full of free resources to help you at each stage of your playlist journey: from finding tunes to using music effectively and incorporating a playlist into a daily routine. Getting started is as easy as listening to music or singing. Are there any songs that spark memories? Write them down. You're already on your way to making a personal playlist! All the information for getting you started can be found here; <https://www.playlistforlife.org.uk/>

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Smart Works Charity



“Get the Clothes. Get the Confidence. Get the Job”

Smart Works Charity provide employment support for unemployed women, throughout their employment journey.

There ‘Job Help’ pre-employment appointment helps women who require advice and guidance as to what jobs their skills match, how to apply, how to create a CV / cover letter / introduction emails and just helps women feel positive about their next steps prior to securing an interview and it’s all free!

For women who have secured an interview, their ‘Interview Styling and Preparation Coaching’ appointment, enables them to feel confident and capable to succeed at interview. During this session a woman will receive a high-quality interview outfit, including accessories, all free and to keep, and have a 1:2:1 personalised interview coaching session delivered by an experienced and professional Employment Coach. On the news that she has been successful at interview, she will be invited back to receive up to 7 additional items of clothing, all free and to keep, to build up a capsule wardrobe seeing her through to payday.

Appointments are delivered face-to-face in Stockport, or clients can benefit from a virtual styling service via telephone/Zoom with clothing parcels posted out.

If you are interested in using their services, call on **0161 974 0669** to discuss how to be referred or email greatermanchester@smartworks.org.uk

New Programmes From ABL Health



ABL Health deliver a Weight Management Service across Stockport. It is a FREE service that any body over 18+ can join with a BMI ranging between 25 – 35. The 12 week programme promotes life-long healthy behaviour change and weight loss with weekly sessions that focus on food, nutrition, exercise, sleep, water intake and so much more. ABL have

launched two new programmes:

DSU (Trim Down Shape Up) supporting men with their health and fitness goals and **Age well with ABL** supporting anybody 65+ with strength, balance and low level activity levels

To find out more about ABL Health and how they can support you, call **0161 870 6492**

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Photos from Last Month's Events...



Upcoming Events

Online - Positive Smiles' - Alternate Tuesdays 11.00am to 12.00pm

Knit & Natter Monthly on Thursdays 11.00am to 12.00pm

In Person Activities - Active Afternoons - Every Wednesday 1pm to 2pm

Walking Football - Mondays 12.30 to 1.30pm at Brinnington Park LC

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**

Age UK Stockport is a registered charity 1139547

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