

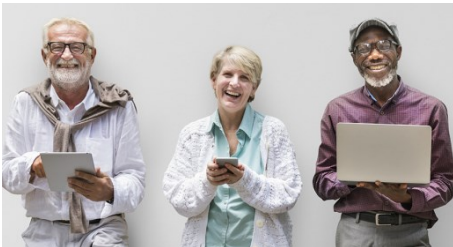
International Day of Older Persons



As regular readers will know October 1st is the United Nations International Day of Older Persons (IDOP). There are two themes this year. The theme internationally is 'Digital Equity for All Ages' and emphasises the need for access and meaningful participation in the digital world by older persons. The theme in Greater Manchester which we are also supporting is the **#OlderAndGreener** campaign that aims to combat stereotypes around older people and the climate emergency.

When it comes to climate change, older people are among those groups most at risk from the effects. Yet their voices are rarely sought when it comes to solving the crisis. Too often, older people are portrayed as part of the problem and not the solution. This is both misleading and untrue. If we're going to tackle the climate emergency, we need people of all ages to take action and help develop well-rounded policies. Age-friendly Communities ensure older people are involved in local decision making and can promote green transport, cycling and walking and improving the energy efficiency of homes. All of which also support us to age better.

If you use social media you can use the hashtag **#OlderAndGreener** to celebrate what older people are doing to tackle the climate emergency.



We also very much support 'Digital Equity for All Ages'. Rapid digital innovation has transformed all sectors of society including how we live, work and relate to one another. Yet, one-half of the global population is off-line, with the starkest differences reflected between the most and least developed countries. Women

and older people experience digital inequity to a greater extent than other groups in society, either because they lack access to technologies or they are unable to benefit fully from the opportunities provided by technological progress.

Here in Stockport we have lots of things going on particularly during 'Get Online Week' (18th - 24th October) to help you make the most of the digital world. See the article on the next page!

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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Monthly News - October 21

'Get Online Week' 18th - 24th October



During 'Get Online Week' 21 we are planning a full week of events, some online and some in person.

Monday 18th - 10am – 3pm – 'Drop In' Digital session at One Stockport Hub

Join us at One Stockport Hub (the old Argos store in Mersey Square) Stockport SK1 1RA. No need to book, just drop in

and find out about getting online or if you are already online pop in for anything you need help with. You can either use the equipment in the hub or bring your own laptop, tablet or phone.

Tuesday 19th - 11am – 12.00noon - Positive Smiles -A "virtual coffee morning" via Zoom <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167724272815>

Wednesday 20th – 12 - 2pm - 'Drop in' Digital Support - Join us at **Brinnington Leisure Centre**, SK5 8LS for a digital 'drop in'. Details as at Stockport One Hub

Thursday 21st – 11am – 12.00 noon - Online Knit & Natter – Zoom Knit & Natter <https://www.eventbrite.co.uk/e/knit-natter-tickets-167725384139>

If you can't come along to these events and need step by step guides to help you get started online you can find them on the Age UK website [here](#)

There are also handy sheets that you can print off including 'making the most of your device' which tells you how to download apps and make video calls on both Apple and android devices.

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

The 'Big Knit' has been Extended!



We have just heard the deadline for the 'Big Knit' campaign has been extended to **30th June 2022!**

We have already reached our target of 1,000 hats and sent them off! However....

Innocent have said they will use the extra time to donate even more money to Age UK's around the country to make an even bigger difference to the lives of older people.

More details to follow but

PLEASE KEEP KNITTING!

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Active Afternoons - Wednesdays 1-2pm



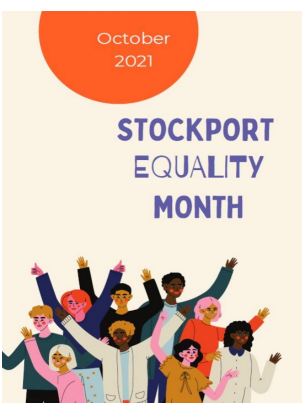
We have a new session launching at Brinnington Park Leisure Complex, Northumberland Road, SK5 8LS starting on Wednesday 6th October, called Active Afternoons. This is in partnership with Life Leisure.

Active Afternoons are perfect for anyone who wants to get out and get a bit more active and try out a range of multisport activities. The session will be really informal and are inclusive for adults ages 40+ and all ability levels. There will be a range of activities available from Badminton to Cornhole and Pickleball!

This is also a great opportunity to meet new people and enjoy a well earned tea or coffee in the community room afterwards.

Come down and give something a go, you never know what your new favourite activity might be!

Equality Month in Stockport



Throughout the month of October, Stockport is celebrating its first ever Equality Month to celebrate diversity and champion community cohesion.

There will be free, family friendly workshops, exhibitions, refreshments and entertainment from some of the vibrant communities that live in the borough throughout the month

On Monday 11 October 10am – 2.30pm **Stockport Inclusion & Integration Fair** is being held at the Town Hall.

Its a chance for local residents, organisations and businesses to discover how they can support their friends, family, neighbours, employees and the wider community to thrive against inequality.

There will be food, dancing, inspirational and informative talks and stalls from local support organisations (including AUKS), so why not pop along and say hello! Get your free tickets - [here](#)

You will find a full calendar of all the fantastic events on our website at:

<https://www.ageuk.org.uk/stockport/about-us/news/articles/stockport-equality-month/>

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New Community Café's Opening



As things start to open up we are hearing about some new community cafés including;

Mondays

"Welcome Cafe" 1-3pm At Elm Rd Church Halls, Gatley SK8 4LY facilitated by Deckchair care and Gatley URC

The Dementia Drop In - 11am – 1pm at The Upper Rooms Café, Cheadle facilitated by WIN

Tuesdays

The Dementia Social Café – 10am – 12pm At Pure's Cornerstone Café, Stockport Homes, Edward Street Stockport facilitated by Stockport Homes.

Friendship Café – 10am till 11:30am At Funky Monkey's, Bramhall Lane Davenport SK2 6JA. Facilitated by Home Instead

Wednesdays

'Chatty Wednesdays' 1-3pm at Christ with All Saints' Community Hall, Heaton Norris, SK4 1QA. Weekly Subs £2 including refreshments

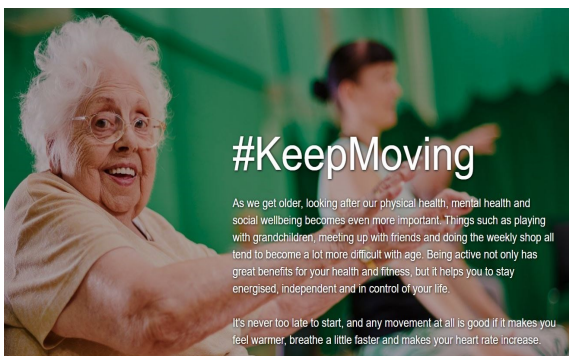
Thursdays

Coffee Morning 10am - 12. At York Street Community Centre, Bengal Street (behind Palatine House) SK3 9AF. Prices from 50p

For more information please call us on 0161 480 1211 or email

info@ageukstockport.org.uk

Campaign Launches to Keep GM Moving



#KeepMoving shows people how simple it can be to find a few minutes here and there, every day, to build movement to regular daily activities. Whether when you're making your morning brew or cooking up a storm in the kitchen with your family, it's easy to find just 30 minutes throughout the day to move more.

[Keep GM Moving | Greater Manchester Sports Partnership](#)

Talking About My Generation



Talking About My Generation news platform is the first over 50s-led platform in the UK.

They are starting a free programme of community reporter training soon.

The first session is in Longsight and on Zoom as a hybrid training event, focussing on "Writing News, Sports and Features". If you are interested in becoming a reporter you can sign up here <https://talkingaboutmygeneration.co.uk/my-gen-community-reporter-training-writing-news-sports-and-features/>

If you don't want to be a reporter but would like to get the quarterly magazine they produce you can sign up online; www.talkingaboutmygeneration.co.uk

Concerned Over Rising Energy Prices?

With many reports of potential energy shortages and price rises currently circulating in the press, Age UK's Charity Director Caroline Abrahams has released a statement which can be read in full below.

"Lots of older people will have seen the reports about the possibility of energy shortages & price hikes coming soon and will be extremely anxious as a result. It's hard enough for many to keep warm through the winter as it is, but now it seems this annual challenge could become tougher still.

"We urge older people not to be overly concerned at this stage, pending more information from Government, which we hope will be published very soon. In the meantime, if you are having problems paying your energy bills, or repaying a debt, it is the duty of your energy company to help you so it's worth getting in touch with them, though at present their phone lines are likely to be busy. Any older person is also welcome to call the Age UK advice line. Hopefully we can assist you, for example by checking you are receiving all the financial help to which you are entitled.

"If these reports about soaring energy bills turn out to be true Age UK will certainly be calling on the Government to take action so that a problem in the energy sector doesn't translate into a tragedy for millions of older people who can't keep their homes adequately warm."

Caroline Abrahams, Charity Director, Age UK

Older people and their families can contact Age UK Stockport on **0161 480 1211** during the working week or call Age UK's free national advice line on **0800 169 65 65** (lines are open every day, 8am – 7pm)

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Post Office Card Accounts Closure Delayed



The Post Office card accounts (POca) scheme was previously set to end in November this year. Following the disruption caused by the pandemic, it has now been extended for 12 months to ensure everyone has the time to make alternative arrangements.

The Department for Work and Pensions is writing to all customers who currently receive payment into a POca, telling them the service is ending and encouraging those who are able to open a bank account to do so.

Those who remain unable to access such services will be migrated onto a new Payment Exception Service, which allows them to choose how they receive their payments.

If you need information and advice about this or anything else don't forget you can contact the Age UK Stockport team on **0161 477 1213**

Upcoming Events

There are quite a lot of events coming up over the next month both online and in person including:

1st October – International Older Peoples Day Walks

5th October - Cookery Demonstration on Zoom – 2 - 3pm

18th – 24th October - Get Online Week Events

Positive Smiles' - Alternate Tuesdays 11.00am to 12.00pm

5th Oct <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167723685057>

19th Oct <https://www.eventbrite.co.uk/e/positive-smiles-tickets-167724272815>

Knit & Natter Monthly on Thursdays 11.00am to 12.00pm

To keep up to date with what's going on check out our website

<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