

Age UK Stockport Monthly News

Welcome to the latest edition of the Age UK Stockport (AUKS) monthly news, where you can find out what's happening both within AUKS and also in the wider community.

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).

If you would like a paper copy, you can collect one from the Information and Advice Office in Merseyway or ask a member of the Age UK Stockport team.

Donate As You Shop

If you shop on Amazon and would like to choose AUKS to receive a donation you can do so by clicking the link below, This will take you directly to Amazon Smile where you can log in as normal. This will set us as your chosen charity which we would very much appreciate! You have to use the Smile website for donations to register, so please update your bookmarks or if you are using a search engine, look for "Smile Amazon".

<https://smile.amazon.co.uk/ch/1139547-0> **THANK YOU!**



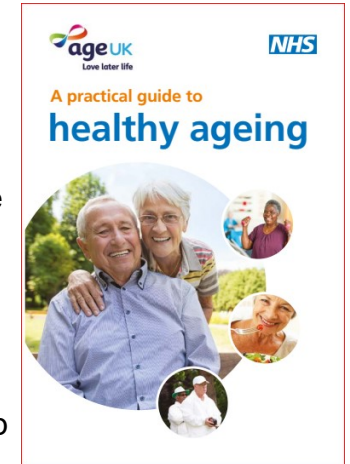
Practical Guide to Healthy Ageing

Age UK and NHS England have produced a free "[Practical guide to healthy ageing](#)".

The advice in this booklet will help improve the health and general fitness of people of any age, but is written to be particularly relevant for people who are about 70 years or older. People of this age and sometimes younger, begin a 'slowing down' process related to the effects of ageing on their body.

The advice given in the booklet will help you keep fit and independent and includes lots of information including: looking after your feet and eyes, help with bladder problems, making your home safe, preventing falls, better mental wellbeing and lots more!

You can download your copy by clicking on the link above or you can collect a copy from the Information and Advice Office in Merseyway.



Please see the information later in the news sheet about a new trial affecting the opening hours at Merseyway.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

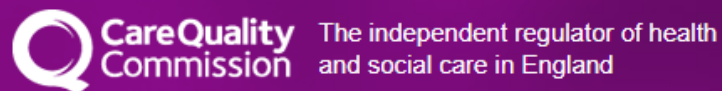
Website: www.ageukstockport.org.uk

Declare Your Care

The Care Quality Commission (CQC) is calling for people to speak up about their experiences of care, as new research shows that almost 7 million people in England who have accessed health or social care services, in the last five years have had concerns about their care, but never raised them. Of these, over half (58%) expressed regret about not doing so. However, when people did raise a concern or complaint, the majority (66%) found their issue was resolved quickly, it helped the service to improve and they were happy with the outcome. The research is being published by CQC to mark the launch of their 'Declare Your Care' campaign. The campaign is encouraging people to share their experiences of care with CQC to support its work to improve standards of care in England.

Minister of State for Care, Caroline Dinenage said;
"I encourage anyone who has concerns over their care, or the care of loved ones, to share their experiences with the CQC- so they can continue their vital work of protecting patients and improving the excellent care we see across the health service."

You can share your experience of care, on behalf of yourself or a family member, at www.cqc.org.uk/sye



Big Knit Update

The Big Knit campaign is aiming to hit an impressive target of 1.6 million hats to adorn Innocent smoothie bottles later this year. For each be-hatted smoothie sold, Age UK receives 25p, and that money helps the Charity support older people who are facing later life alone.



Margaret Brade, Chief Officer of Age UK Stockport said: "We love the new hat designs and can't wait to see how the knitters of Stockport use them to create their own little hats. Every year we love seeing all the different designs come in from stripy bobble hats to grizzly bears. We need everyone to join us and knit as many miniature hats as possible by 31st July to help us hit our target. It's such a fun campaign to get behind and it does so much to help older people in our area."

To pick up the latest hat patterns, pop into the Information and Advice Office in Merseyway or visit <https://www.ageuk.org.uk/stockport/about-us/news/articles/the-big-knit-2019/>

Please send completed hats to Age UK Stockport at the address below or drop them off in Merseyway. The deadline for hats to be received is **31st July 2019**. If you need your hat's to be collected please contact us on 0161 480 1211 and we will try to help.

'Thank You' for the hats we have received so far!

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Information and Advice Service Changes

Age UK Stockport offers a free and confidential information and advice service for older people, their families and carers.

You can access our information and advice service in a number of ways.

By phone: 0161 477 1213

By email: advice@ageukstockport.org.uk

At our office: Book an appointment or drop-in to our office at Unit 34 Great Underbank, Merseyway Shopping Centre, Stockport, SK1 1PD - next door to the post office.

From 2nd of April we are trialling a new way of operating;

Mon – Fri 9.30am – 1.00pm - Drop ins and Appointments

Mon – Fri 1.00pm – 3.00 pm (2.30 on Fri) - Appointments only

Telephones will be answered outside these times subject to staff availability.



AUKS Out & About Last Month

In the past month we have been out and about at various events. Including:

- Step Out Open Day at our day centre in Reddish
<https://www.ageuk.org.uk/stockport/our-services/step-out-stockport/>
- 'Friends Against Scams' Training Event
<https://www.friendsagainstscams.org.uk/>
- Nutrition and Hydration week events
<https://nutritionandhydrationweek.co.uk/>
- Social Prescribing Day at Woodbank Park
- Lunch and Conversation at Commonweal



If you would like AUKS to be involved with an event you are organising please let us know, by contacting us on the details below.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Monthly News - April 19

Dates for your diary

Date	Event	Time
19th - 22nd April	Offices Closed for Easter Holiday	
25th April	Free Wellbeing Workshop at Rose Walker Community Centre, Essex Avenue, Cheadle Heath, SK3 0JA . This session will be run by Self Help Service as part of stress awareness month and includes; Recognising triggers and symptoms that indicate our wellbeing is compromised; understanding the connection between environment, physical sensations, thoughts and behaviour; psychoeducation and how to manage stress and Information about further support. AUKS are not involved in this event but please let us know if you would like to attend so we can let the organisers know numbers. THANK YOU.	10 - 11.30am
26th April	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
1st - 21st May	Greater Manchester Walking Festival - https://gmwalking.co.uk/ offering over 400 free guided walks, taking place throughout May. Printed copies of the festival brochure, which will have details of all the walks, will be available in TfGM Travelshops and other outlets across Greater Manchester. Download the full festival brochure here.	
8th May	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
13th - 19th May	Dying Matters Awareness Week - More information to follow.	

For more information and to keep up to date with what's happening visit www.ageuk.org.uk/stockport/activities-and-events/events

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk