



Age UK Stockport Newsletter

April 2025

Welcome to the all-new Age UK Stockport (AUKS) News Sheet!

We've updated our look to bring you the latest news and information about our services and events.

40th anniversary

As we mentioned last month, this year is a very special anniversary for Age UK Stockport as the charity celebrates 40 years of service to the people of Stockport.

To mark the anniversary we are busy planning a range of exciting events and activities

over the coming year. We are also launching our campaign to raise £40,000 this year to support the continued delivery of vital Services for the people of Stockport most in need of them.

Look out for our new campaign poster below on Social Media and please do help us to spread the word!



40th anniversary

Telephone:

0161 480 1211



Age UK Stockport 40 Years Campaign

"Cannot Thank the Age UK Stockport enough for all the support kindness shown, has gone above and beyond to help"

"Thank you so much for your support, I can't believe how quickly you responded. I can't thank you enough"

"You have been so nice to me, I felt I could talk to you and you gave me the confidence to call you if I had any questions"

"I just want to say how delighted we have been with the support offered to our aunt. All the family have been so happy to see she's been able to get out and about"

Join us in celebrating 40 years of Age UK Stockport by supporting our campaign to raise £40,000 ensuring continued support for those who need our help most.



www.ageukstockport.org.uk

Support us
with a donation



BIG KNIT CAMPAIGN: A Huge Thank You!

Innocent started putting little hats on their smoothie bottles back in 2003, giving 25p to Age UK for every behatted bottle sold. Since then, the campaign has raised a whopping £3.2 million nationally which has helped to provide support for older people who need it the most.

Age UK Stockport would like to say a heartfelt thank you to all our wonderful knitters, whether you join our Wednesday morning group or have generously sent in hats!

On April 2nd, we sent off our very first batch of hats, reaching a fantastic milestone of **1800 out of our 2000 target!** Your incredible support is helping us get closer to our goal, and we couldn't be more grateful!

If you'd like to get involved, we'd love to have you join us! We meet every Wednesday morning from 10:30 AM to 12 PM at **The Age UK Stockport Hub**. Whether you're a complete beginner, a little rusty, or an experienced knitter or crocheter, we welcome everyone with open arms.

And don't worry, we've got you covered with free refreshments while you work on your projects!

Come along, make new friends, and be part of something amazing!

Contact:

The Hub

2 Castle Street, Edgeley, Stockport, SK3 9AB
Email: Thehub@ageukstockport.org.uk





Celebrating South Asian Heritage at our Age UK Stockport Hub!

As reported last month, our Age UK Stockport Hub was filled with vibrant energy as we celebrated South Asian Heritage in the most delightful way!

Guests were treated to a selection of mouth watering Indian snacks, and many were dressed in beautiful saris and adorned with stunning jewellery. It wasn't just about the food and fashion—everyone had the chance to experience the art of Henna tattoos, thanks to a talented artist, and enjoy soothing Indian massages.

The atmosphere was truly magical with Bollywood hits playing in the background, and we even learned how to dance along to the lively music! It was a wonderful opportunity to immerse ourselves in the rich culture and history of South Asia.

A huge thank you to Ramma, Nadia, Bernard, and friends for making this event so special, bringing along delicious food, beautiful clothing, Henna artistry, and creating such a joyful, positive experience for everyone. We can't wait to share this celebration again in the future!

Activities & Events at the Hub



April 2025

HUB ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Blue Badge Appointments/ Travel pass appointments <i>(Booking required) 0161 477 1213</i>	1 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	2 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	3 Craft group 10:30am - 12:30pm <i>(Booking required)0161 480 1211</i>
Digital Drop-in 10am -12pm	7 Blue Badge Appointments/ Travel pass appointments <i>Booking required 0161 477 1213</i>	8 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	9 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	10 Craft group 10:30am - 12:30pm <i>(Booking required)0161 480 1211</i>
Digital Drop-in 10am -12pm	14 Blue Badge Appointments/ Travel pass appointments <i>Booking required 0161 477 1213</i>	15 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	16 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	17
Digital Drop-in 10am -12pm	21 Blue Badge Appointments/ Travel pass appointments <i>Booking required 0161 477 1213</i>	22 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	23 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm FRAUD AWARENESS 10am - 2pm	24 Craft group 10:30am - 12:30pm <i>(Booking required)0161 480 1211</i>
Digital Drop-in 10am -12pm	28 Blue Badge/ Travel pass appointments <i>(Booking required) 0161 480 1211</i> TANDEM TUESDAYS 12pm - 2pm	29 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	Age UK Stockport Hub 2 Castle Street, Edgeley, SK3 9AB	

Age UK Stockport Drawing Competition



This month in support of our 40th anniversary we launched a drawing competition in schools across the borough. The competition asks young people about ‘their’ future aspirations:

"What kinds of things interest you or excite you?"

"What makes you happy"

"What are you curious about or want to learn more about?"

"What do you want to be when you are older?"

We will be selecting 12 winning entries from the submissions to represent each month on a calendar. In addition, other pictures will be displayed on our website to showcase the children’s artwork and show our appreciation for them taking part.

There will be prizes for the best drawings from all ages and the drawings will be included in the Age UK Stockport 2026 calendar for sale later in the year.

Music in Mind & Step Out Stockport

Music in Mind

From October 2024, Step Out Stockport has been collaborating with Manchester Camerata Orchestra and Stockport Mind to run a Music in Mind Café based at Whitehill Resource centre.

Every Tuesday, Stockport Mind and Step Out Stockport music champions facilitate Music in Mind sessions at the centre for our members.

In these group sessions members can choose their own instruments and enjoy making music together. There's also an option for some singing everyone gets involved with music requests while our members join in using instruments.

Members have stated that every week gets better and they love taking part and helping others along the way too.

We have seen a really positive impact on members attending and we look forward to new sessions every week.



Step Out is a day-time service for adults offering a safe and welcoming place where people can socialise, join in with structured activities and receive support and assistance. Activities include, craft sessions, singing, games, reminiscence, hairdressing, gardening plus lots more.

When people need a higher level of support.

Generally or just for a period of time, we can offer assistance and support whilst with us at Step Out.

For example

- Personal care including bathing and showering
- Safe movement and mobility
- Dietary support
- Medication support
- Memory or cognitive support

The service is provided through daytime sessions based at Whitehill Resource Centre in Reddish.

Each session runs between 9.30am and 4.00pm, Monday – Saturday, except on public holidays. Attendance can be booked for more than one session across the week.

For enquiries

Contact:

Email: info@stepoutstockport.org

Telephone: 0161 480 0480

Food to go for Step Out!



Many attending our Step Out Day Centre have commented on the great quality of food provided.

From early 2021 Age UK Stockport has partnered with Age UK Oldham to provide high quality meals to all attending the Step Out Service.

Age UK Oldham prepare hundreds of meals a week in their catering facility based over in Oldham. Only the best local ingredients are sourced in the production of the meals with a wide variety of home-cooked offerings on the menu. These meals are unique to both charities and not available elsewhere.

Supporting transportation of these meals, Age UK Stockport workers ensure the freshly prepared meals are transported from Oldham to Stockport every week for preparation and serving to those attending the Step Out Service.

With special dietary needs occasionally requiring consideration, this fantastic collaboration enables the Step Out Service to meet the needs of most members attending the Centre.

Blue Badge Update



Disabled Blue Badge holders get 12-week alert or risk losing parking privileges

More than two million people with mobility issues rely on their Blue Badge permit to allow them easier access to their destination

Millions of people rely on their Blue Badge to park

Millions of people with disabilities can access vital parking concessions under the Blue Badge scheme. The scheme allows them to park nearer to their destinations, including spots reserved for disabled people and, at times, even on double yellow lines.

Statistics reveal as of March 31, 2023, a total of 2.57 million Blue Badges are in circulation across England. This marks an increase of 5.7% from the previous year, and means that 4.6% of the population now possess one of the parking permits.

However some people may not realise these Blue Badges can expire. Valid for only three years, the permits require renewal as they do not automatically extend and holders must reapply to maintain access to the privileges given through the scheme.

Those who do not renew but carry on using an out of date permit might face a fine of £1,000 for "misusing" the badge. In the period from April 1, 2022, to March 31, 2023, there were 1.14 million badges distributed, a jump of 101,000 badges (a 9.7% rise) from the year before

This included badges being renewed as well as first-time applications. However it means

obtaining a Blue Badge either as a new applicant or for renewal purposes could involve a significant wait of up to 12 weeks.



We rely on your support to help older people in Stockport.

Giving online is quick and easy. You can make a one-off donation or a regular donation to support our work and specify your own amount to donate.

All donations received by Age UK Stockport will be used locally to the benefit of local people. Your donation makes a real difference and a little bit of help really does go a long way.

[Donate now](#)

Activities & Events in the Community

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Brinnington Community Walk 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up, for a warm welcome whatever the weather! (Except public holidays)</p> <p>Outdoor Social Walk 1pm – 2.30pm Woodbank Park, Offerton Join us for a walk around the beautiful Woodbank park. The walk is suitable for all abilities and there are plenty of opportunities to take a rest. Meet at Woodbank Park car park, behind Woodbank Community Centre, SK1 4BL.</p>	<p>9am - 10.30am - Brinnington Community Clean Meet at Brinnington Park Leisure Complex, SK5 8LS. This is a volunteer lead group for people wanting to improve physical and mental well-being whilst also giving something back to the community. Consisting of litter picking and general maintenance.</p> <p>New! 10am - 11am - Free Confidence Class - At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK5 7AT (adjacent to Broadstone Mill). To improve strength, stability, and general fitness. For all abilities. No need to book!</p>	<p>Confidence Walk – 10.30am to 11.30am At Brinnington Park Leisure Complex, SK5 8LS. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session. No need to book</p>	<p>Coffee Morning – 10.30am to 12 noon Everyone welcome! Join us for our Coffee morning in the Community Room at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS. This is a great space for people to meet and chat with like-minded people in the Brinnington Community. There will also be an opportunity to influence what happens in your local area. Just turn up – No need to book!</p> <p>Free Chair based Exercise Class followed by a Light Meal 12.15pm - 1pm Brinnington Lighthouse Centre, SK5 8LS</p>	<p>Gym Session - at Brinnington Park Leisure Complex – meet at 10.30am. Free gym session! It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. If you'd like to go along, meet at 10.30am in the Community Room – Just turn up, no need to book!</p>	<p>Saturday Social Walk On the first Saturday of each month starting at 10am at various locations around Stockport and will last for 2- 2½ hours. Come along to get your steps in and meet new people! No need to book. This walk is being run in conjunction with Life Leisure's Active Community Team. Just turn up, for a warm welcome whatever the weather! Contact 0161 480 1211 to find out next walk location.</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>11:30am – 1:00pm Free Community Bingo – At Brinnington Park Leisure Complex, SK5 8LS. This session is supported by the Lighthouse Centre. Just turn up and join in the fun!</p> <p>Confidence Walk- Life Leisure Avondale, 1pm – 2pm Heathbank Road Cheadle Heath, SK3 0UP. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment!</p>		<p>Free chair-based exercise class followed by a light meal. This class is designed for beginners, and you can just turn up you don't have to book!</p> <p>Community Gym Session - at Stockport Sports Village, 1 – 2pm Lambert Grove, Woodley SK6 1QX - Free gym session! We are running a Community Gym session in partnership with Life Leisure. It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. No need to book!</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Just turn up, no need to book!		Confidence Walk- At The Bramhall Village Club, 1:30pm – 2:30pm 2 Melbourne Road, Bramhall SK7 1LR. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? Indoor confidence walk session run in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up and pay on the day! £1.50 charge including refreshments			

Contact us:

Age UK Stockport
Commonweal
56 Wellington St
Stockport
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk



[View email in browser](#)

This email was sent to <<Email Address>>

why did I get this? [unsubscribe from this list](#) [update subscription preferences](#)

Age UK Stockport · Commonweal · 56 Wellington Street · Stockport, Greater Manchester SK1 3AQ · United Kingdom