



**Welcome to the Age UK Stockport (AUKS) April Newsletter!**

Bringing you the latest news and information  
about our services and events.

*Age UK Stockport working locally for YOUR WELLBEING*



## **A Huge Thank You to The Royal Nawaab Pyramid in Stockport**

We would like to express our deepest gratitude to The Royal Nawaab Pyramid team, and their owner Mr Mahboob Hussain for their incredible kindness and generosity.

Throughout the Ramadan period, The Royal Nawaab Pyramid selected Age UK Stockport as their chosen charity, and their support has made a meaningful difference to older adults and families in our community.

Their contributions included:

- Donating meals for our clients across the community
- Serving food at the Step Out Day Centre
- Providing meals at our Hub in Edgeley
- Extending a generous invitation for complimentary meals to all our staff and volunteers

We are truly grateful for their ongoing support, their compassion, and partnership over this time. Working together has helped us bring connection, and care to those who need it most. Thank you to everyone at The Royal Nawaab Pyramid for your kindness and commitment to our community.



## International Women's Make a Difference GM Awards

Age UK Stockport are proud to announce that our staff member Gemma Reeves Brown who is our information and signposting and hub manager, won the "Outstanding Contribution to Our Elders Award" at the international women's @MakeaDifferenceGM Awards 2026.



Gemma is truly deserving of this award and stated what a privilege it has been to be nominated by her Age UK Stockport manager Hazel Batty for an award at the @MakeaDifferenceGM Awards 2026. Gemma said "I was truly surprised and honoured to then go on and win the Outstanding Contribution Award."

"Managing the Community Hub and Information & Signposting Team for Age UK Stockport is something I genuinely love and take great pride in. With the full support of my amazing manager, CEO and colleagues, it's incredibly rewarding to be part of something that makes such a positive difference in people's lives.

Every day we have the opportunity to bring people together, help reduce loneliness, and create opportunities for people—many of retirement age—to try new things and build connections. From encouraging people in their 70s, 80s and 90s to learn new skills, create artwork and exhibit as artists, to organising trips out, providing free digital support, hosting Singing for the Brain sessions, Knit & Natter groups, coffee afternoons and so much more.

Seeing confidence grow, friendships form, and people become part of our wonderful Age UK Stockport family is truly a blessing to be part of. Thank you to everyone who supports the work we do—it means the world.

Thank you to Nadia Ali and all that helped make the fantastic event happen.. Thank you to my friends Nic Booth MSc and Hayley Henderson for supporting and celebrating with me."

Congratulations to all the other award winners, nominees and all those that help make a difference in our communities.



## **A New Chapter of Friendship: Doreen's Story**

At 97 years old, Doreen has lived a life rich in community, creativity, and resilience. From her early days working on a sweet stall in Wigan—where queues stretched around the block during rationing—to performing music with her daughter and supporting patients as a hospital volunteer, Doreen has always been at the heart of those around her.

In recent years, however, life had become quieter. Living alone and with many of her friends no longer nearby, Doreen began to feel increasingly isolated.

After seeing a television programme featuring Age UK, she reached out to Age UK Stockport for support and began receiving regular companionship telephone calls while waiting for a face-to-face service.

That wait proved worthwhile. In January, Doreen was matched with a volunteer through our Gift of Friendship service. Since then, weekly visits have brought renewed joy and connection into her life. Together, Doreen and her volunteer, Amanda, share lively and often unexpected conversations, filled with humour and warmth.

Doreen describes the visits as “sheer joy,” adding, “Every conversation is different... time flies during the visit.” She credits this companionship not only with lifting her spirits, but also with improving her wellbeing: “Having this contact has made me more relaxed and my health has been better.”

Beyond companionship, the service is also helping Doreen reconnect with her local community. With encouragement from Amanda, she is beginning to explore the communal areas of her building again, with plans to spend time in the gardens and meet other residents as the weather improves.

Doreen's story is a powerful reminder of the difference that meaningful human connection can make. The Gift of Friendship service continues to bring comfort, confidence and companionship to people like Doreen—ensuring that no one has to face later life alone.

### **The Gift of Friendship**

Could you give an hour a week to change a life? Our Gift of Friendship service matches volunteers to isolated older residents to offer face-to-face companionship. No special skills needed – just kindness, reliability, and a willingness to make someone's day brighter. Ready to make a difference? Call 0161 480 1211 or email [volunteer@ageukstockport.org.uk](mailto:volunteer@ageukstockport.org.uk)



## **We're OPEN and ready to welcome you!**

After 12 months of refurbishment, the Greek Street roundabout is finally back — and we couldn't be more excited to invite you in!

With buses returning to their usual routes and easy access by car, foot, and public transport, visiting us has never been simpler. Step inside and discover a warm, friendly space where everyone is welcome

### **We offer:**

- Free digital support, information, and guidance
- Creative craft sessions
- Uplifting Singing for the Brain groups
- Relaxing coffee afternoons and friendly chats
- Strength and Balance improving exercise classes and so much more to brighten your week!

Whether you're looking for support, connection, or just a cosy place to spend time, you'll find it here. Enjoy free refreshments, accessible facilities, and a team ready to welcome you with open arms.

Don't wait, come and see what you've been missing. Let's make 2026 the year you found your new favourite place!

Please see our monthly activity calendar below for our open days and times.



## **Oil and Fuel Prices**

### **Paul Farmer - Chief Executive of Age UK**

We've been keeping a close eye on fuel and oil prices over recent days, mindful that many older people will be concerned about actual price rises and the potential for rises in future months.

Even before prices started rising because of the war, nationally representative polling commissioned for Age UK found that this winter one in three people aged 66+ (35%) – around 4.2 million – had recently cut back on heating or powering their homes. The clear implication is that many older people simply cannot cope with another increase in energy costs.

We welcome the Government's recognition that households using heating oil require support, and it's good that funding will be made available. We need to see the detail on how this will be delivered, and our strong sense is that £53 million is unlikely to match the scale of the challenge, given the number of households affected, many of them headed by older people who are already struggling with ongoing cost-of-living pressures. In particular, this affects more people living in rural, more isolated areas, and also many older people living in Northern Ireland are affected.

It's also important to recognise that there are other groups of older people who are also facing immediate price rises – including some heat network consumers, park home residents and care home residents – who are not covered by this plan. We are looking forward to discussions with the UK Government and devolved Governments in the coming days so that older people are able to access the support they need.

## Step Out Update

At our Day Centre new Activity Co-ordinator Michelle is working on a whole host of great activities for the Spring

In February we also welcomed a group of employee volunteers from Vitality to our Whitehill Centre to celebrate St.

Patrick's day, with crafts and food for the members. In the morning the volunteers also supported us by tidying up the grounds and garden in preparation for Spring. They even repainted our planters in preparation for planting.

Did you know Age UK Stockport's Step Out Service offers a safe and welcoming place where people can socialise, join in with activities and receive support and assistance.

Whitehill is open 6 days a week Monday- Saturday 9.30am-4.00pm.

We welcome visitors who would like to come and have a look round. Our highly skilled and friendly team can assist with personal care needs, assistance at mealtimes and provide memory and cognitive support. We also provide high quality, locally sourced meals on-site.

For more information take a look at our page on the Age UK Stockport website:

<https://www.ageuk.org.uk/stockport/our-services/step-out-stockport/>

Please contact our office on 0161 480 0480 to arrange a visit.



# Meet Age UK Stockport & our Frailty Health Coach




Thursday 9th April





Speak to Age UK Stockport & our Frailty Health Coach about:

-  Staying independent & safe at home
-  Health, frailty, & fitness advice
-  Support accessing local groups & services
-  Help with your health & well-being



-  Drop in – no appointment needed
-  Friendly advice & support
-  Find out about local services

 Thursday 9th April | 2:00pm – 4:00pm  
 Heaton Moor Medical Group



As our Easter craft sessions come to a close, we want to take a moment to say a huge thank you to the wonderful Alison from Trafford and Stockport College.

Over the past two years at the Age UK Stockport Hub, Alison has brought so much creativity, patience and joy to every session. The group has loved every project, and it's been amazing to see everyone's confidence and creativity grow along the way.

We're so sad to see her go, but wish her all the very best as she moves on to teach in a new area—she'll be fantastic, just as she has been with us.

Here are just a few of the brilliant creations from our latest classes. We're sure you'll agree—everyone has done an amazing job!

# A FAREWELL ANNOUNCEMENT

FROM

**healthwatch**  
Stockport

## **Healthwatch Stockport Update**

In July, the Government announced its intention to close Healthwatch nationally as part of the new NHS 10-Year Plan.

So, after 13 years of serving the local community Healthwatch Stockport closed their doors on 31st March 2026.

Over the years, thousands of local people have shared their experiences with Healthwatch Stockport — helping to shape research, inform decision-making, and influence improvements across health and care services in Stockport. Although Healthwatch Stockport has now come to the end of its journey in its current form, the voices, insights and partnerships built over the years will continue to shape conversations about health and care in our community.

The Healthwatch Stockport website for now continues to be an invaluable resource for advice and information.

<https://www.healthwatchstockport.co.uk/>

The Healthwatch Stockport Information and Advice Booklet is available on our website below.

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



## **Flourishing Creativity: Our Spring Floristry Workshop**

During March, we embraced the spirit of spring with a vibrant new floristry workshop at the hub. A special thanks goes to the wonderful Sarah from Trafford and Stockport College Group, who joined us to share her expertise. She guided our clients through the art of creating beautiful buttonholes and hand-tied bouquets, using a stunning variety of flowers and greenery. With techniques like wiring and taping, everyone learned how to craft arrangements that were not only elegant but long-lasting.

The workshop was a joyful and creative experience, filled with enthusiasm, laughter, and some truly impressive floral displays by the end. It was fantastic to see everyone's confidence bloom alongside their creations, and we're excited about the possibility of running this popular session again in the future.

## **Easter Raffle at The Hub**

This Easter, there's plenty of excitement in store at The Hub as we host a special raffle packed with fantastic prizes. From a handy air fryer to body care sets and fun-filled children's hampers, there's something for everyone, so don't miss your chance to win!

Tickets are available now at The Hub, so be sure to pop in and get yours before the closing date of Tuesday 7th April. The draw will take place on Wednesday 8th April at 12pm, and we'd love for you to join us on the day. Come along, enjoy a free drink, biscuits, and cake, and share in the anticipation as we pick the winning tickets live.

All proceeds from the raffle will go directly towards supporting Age UK Stockport, so every ticket makes a difference. Good luck, we can't wait to see you there!



## Working together for the community at Bramhall Banking Hub

On 24th March, Gemma and Hayley had a fantastic time attending Bramhall Banking Hub, where they shared information about Age UK Stockport services and the wide range of support available to local residents. Joined by the GMP Fraud Prevention Team and Stop Loan Sharks, the day was filled with great conversations, valuable advice, and plenty of engagement with customers visiting the hub.

The Banking Hub, supported by the Post Office and Cash Access, is a brilliant community resource, providing a welcoming, accessible space for residents to carry out everyday banking tasks without needing to travel into the town centre. Cash Access Banking Hubs offer essential services such as cash withdrawals and deposits, bill payments, and the opportunity to speak face-to-face with representatives from different banks on designated days.

It was a truly positive and rewarding event, and we're so grateful for the invitation!

# Latest News and Activities at The Hub

## Activities & Events at the Hub



### The Hub Monthly Activities Calendar - APRIL 2026

For more information on specific activities, please call 0161 480 1211.

The Age Uk Stockport Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Knit and natter 10:30am-12pm  Digital drop in 12pm-2pm	<b>2</b> Information and signposting drop in 10:00am-2pm  Digital drop in 10:30am-12:30pm	<b>3</b> GOOD FRIDAY  HUB CLOSED FOR THE BANK HOLIDAY
<b>6</b> EASTER MONDAY  HUB CLOSED FOR THE BANK HOLIDAY	<b>7</b> Pre booked, face to face Blue badge application 10am-2pm  Singing for the brain 1-2pm	<b>8</b> Knit and natter 10:30am-12pm  Digital drop in 12pm-2pm	<b>9</b> Information and signposting drop in 10:00am-2pm  Digital drop in 10:30am-12:30pm	<b>10</b>
<b>13</b> Digital drop in 10am - 12pm  KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	<b>14</b> Pre booked, face to face Blue badge application 10am-2pm	<b>15</b> Knit and natter 10:30am-12pm  Digital drop in 12pm-2pm	<b>16</b> Information and signposting drop in 10:00am-2pm GMP FRAUD PREVENTION VISIT Digital drop in 10:30am-12:30pm	<b>17</b>
<b>20</b> Digital drop in 10am - 12pm  KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	<b>21</b> Pre booked, face to face Blue badge application 10am-2pm	<b>22</b> Knit and natter 10:30am-12pm  Digital drop in 12pm-2pm	<b>23</b> Information and signposting drop in 10:00am-2pm  Digital drop in 10:30am-12:30pm	<b>24</b>
<b>27</b> Digital drop in 10am - 12pm  KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	<b>28</b> Pre booked, face to face Blue badge application 10am-2pm  Tandem Tuesdays 12pm-2pm	<b>29</b> Knit and natter 10:30am-12pm  Digital drop in 12pm-2pm	<b>30</b> Information and signposting drop in 10:00am-2pm  Digital drop in 10:30am-12:30pm	

This document is available as a standalone document that is in bigger text size. If you would like a copy of this you can pick up a copy at our Hub in Edgeley or call us on 0161 480 1211

# Community Activities Calendar



## Weekly Community Activities Calendar - April 2026

For more information on specific activities, please call 0161 480 1211

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Brinnington Community Walk. 10:30am</b> Meet at Hollow End Towers, Northumberland Road, SK5 8NY	<b>Brinnington Community Clean. 9am - 10.30am</b> Meet at Brinnington Park Leisure Complex, SK5 8LS	<b>Confidence Walk. 10.30am to 11.30am</b> Held at Brinnington Park Leisure Complex, SK5 8LS	<b>Coffee Morning. 10.30am to 12 noon</b> Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS	<b>Gym Session. 10.30am</b> Held at Brinnington Park Leisure Complex, SK5 8LS	<b>Saturday Social Walk. 10am</b> Held on the first Saturday of each month from various locations around Stockport lasting for 2- 2½ hours.
	<b>Confidence Class. 10am - 11am</b> Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT (adjacent to Broadstone Mill)		<b>Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm</b> Held at Brinnington Lighthouse Centre, SK5 8LS		
	<b>Community Bingo. 11:30am – 1:00pm Free</b> At Brinnington Park Leisure Complex, SK5 8LS		<b>Confidence Class. 1:30pm – 2:30pm</b> At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR		
	<b>Confidence Walk-Life. 1pm – 2pm</b> Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP				

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# Step Out Activities Calendar



## Step Out Monthly Activities Calendar - April 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st AM - Armchair Exercise to Music PM - Reminiscing & Quiz	2nd AM - It happened in April quiz PM - Dominos & Music or Ball Bingo	3rd <b><u>CLOSED</u></b>	4th <b><u>CLOSED</u></b>
6th <b><u>CLOSED</u></b>	7th AM - Music in Mind PM - Parachute Group Session & Dominos	8th AM - Name that TV Tune PM - Armchair exercise & Arts and Crafts	9th AM - Morning sing along PM - Play your cards right & Quiz	10th AM - Music Quiz PM - Animal Earbud painting	11th AM - Reminiscing & Quiz PM - Karaoke sing along
13th AM - Lets make Music Together PM - Reminiscing, Arts & Crafts	14th AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	15th AM - Reminiscing & Quiz PM - Pamper afternoon and Karaoke	16th AM - Ball Bingo PM - Parachute Group Session & Floor Games	17th AM - General Knowledge Quiz PM - Music or Ball Bingo	18th AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
20th AM - Lets make Music Together PM - Parachute Group Session & Floor Games	21st AM - Music in Mind PM - Pie & pint and Reminiscing	22nd AM - Name that TV Tune & Who I'm I Quiz PM - Parachute Group Session & Floor Games	23rd AM - Let's decorate our own bun's PM - St George's afternoon tea with a quiz.	24th AM - Reminiscing & Quiz PM - Afternoon Karaoke Sing Along with Members	25th AM - Armchair Exercise to Music PM - Who Wants to be a Millionaire Quiz
27th AM - Let's make Music Together PM - Musical bingo	28th AM - Music in Mind PM - Karaoke sing along	29th AM - Music Quiz PM - Arts & crafts and Flower arranging	30th AM - Reminiscing & Quiz PM - Musical bingo		

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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.

If you would like to donate please visit our website at

<https://www.ageuk.org.uk/stockport/get-involved/donate/>

Thank you to everyone who is supporting us for free on #easyfundraising. Your continued support means the world to us!

If you've not signed up yet, please join today and you can raise free donations for Age UK Stockport every time you shop online this year!

Over 8,000 retailers like eBay, Argos, John Lewis & Partners, Etsy, Tesco and Just Eat will donate at no extra cost to you.

Plus, sign up today and we could win a £500 donation:

<https://join.easyfundraising.org.uk/ageukstockport/ux6tfc/c2s/mQ7oHj9a/CE947/facebook/92.99>

**Contact us:**

Age UK Stockport

Commonweal

56 Wellington St

Stockport

SK1 3AQ

**Telephone:** 0161 480 1211

**Email:** [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

**Website:** [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)