

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.

Big Knit - 'THANK YOU'

We are just in the process of sending off the last of the miniature knitted hats ready for them to go on the smoothie bottles later this year.

Thank you to everyone who has taken part and supported the work of Age UK Stockport!



Active Ageing Week

We recently celebrated Active Ageing Week across Greater Manchester, which looked to shine the spotlight on physical activities for older people.

Currently, 4 in 10 adults over the age of 55 in Greater Manchester are inactive. Active Ageing week hopes to make more people aware of activities taking place across the region and the benefits they bring.

'That's Manchester TV' came to see a walking netball group session in Stockport and spoke with Gareth who works here at Age UK Stockport. You can see the video at: <https://www.ageuk.org.uk/stockport/about-us/news/articles/active-ageing-week/>



MEET Carol



FOR MORE INFORMATION
0161 480 1211
info@ageukstockport.org.uk ageukstockport.org.uk

Active Ageing in Stockport



If you would like to get involved either as a volunteer, peer mentor, or would like support to become more physically active, or would just like more information, please feel free to give us a call on the below details.

Age UK Stockport

Commonweal

56 Wellington Street

SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Travel Vouchers for Disabled People

If you can't use ordinary buses because you're blind or have serious walking disabilities you could be eligible to buy vouchers for discounted travel in taxis, private hire vehicles and community transport schemes like Ring & Ride.

To qualify for travel vouchers you must be one of the following: registered as blind; receive Disability Living Allowance (DLA) with the higher rate mobility component; get Personal Independence Payment (PIP) with the enhanced mobility component; get higher rate Attendance Allowance; get War Pensioners Mobility Supplement; or, if you don't get any of these benefits, but you can't walk 100 metres, or climb steps of 30 centimetres you may get them as long as a doctor confirms this.

Travel Vouchers are an alternative to the National Concessionary Travel Pass so you cannot have both.

More details can be found at:

<https://tfgm.com/public-transport/travel-vouchers>

Application forms can be obtained by phoning the concessionary travel team at TFGM on 0161 244 1050 or by contacting AUKS.



Doing Dementia Differently

Doing Dementia Differently is an annual FREE event that uses the performing arts to celebrate the achievements of people living with dementia.



It is organised by EDUCATE which stands for Early Dementia Users Co- operative Aiming To Educate. They are a group of people in Stockport living with dementia, who raise awareness about dementia. They support people who have been recently diagnosed and help professionals deliver training courses. For further information about EDUCATE click on the logo below.

Doing Dementia Differently is an evening of music, dance, drama and visual arts. Why not go along and find out what it's all about!

It is being held at **Stockport Plaza** on **Friday 13th September at 7.30pm.**

You can get your free tickets from the Plaza box office or online at;

<https://stockportplaza.co.uk/whats-on/doing-dementia-differently/>

Hope to see you there!

EDUCATE

People with dementia raising awareness
European Foundations Initiative on Dementia award winner 2014

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Handy Help & Gardening Services

We can carry out minor repairs, improvements or adaptations in the home. Our focus is to enable people to maintain their independence and improve their wellbeing by living well and safely in their home.



The sort of jobs we can do are; fitting door handles, locks and key safes, help with moving furniture around the home, changing curtains, curtain rails, blinds and tap washers, building flat pack furniture, fitting grab rails, cutting lawns and hedges and repairing gates and any other small job. The list is endless!

All our staff are DBS checked and will carry identity cards. We have 20 plus years of handyperson experience behind us and all our staff are trained. Our prices are competitive and we pride ourselves on high quality work. We have had feedback like "High standard never varies" and "Brilliant service". You can book us for a job or for a time - so you can make a list of those annoying jobs to give us.

Where we can't help as a job requires a specialist or expert we will assist you with some names - not recommendations but good contacts.

You can get in touch on the details below or by emailing: Handyhelp@ageukstockport.org.uk or telephone; 0161 480 1211



AUKS Out & About Last Month

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

- Bramhall Tea Party - A free event for over 300 residents of Bramhall
- Healthy Four Heaton's - Health and Wellbeing event
- Signpost for Carer's Wellbeing Day
- Stockport Pride

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.



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Dates For Your Diary - August 19

Date	Event	Time
7th August	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 & 20th August	Photographic Memories Project At Saz Media, Vernon Walk, Merseyway Stockport, SK1 1PW (next to the side entrance of Boots) Free but Booking Essential! Tel 07540406747 or email saz.media@outlook.com	11am - 1pm
22nd August	Photographic Memories Celebration Event At SAZ MEDIA, Vernon Walk, Merseyway Stockport, SK1 1PW (next to the side entrance of Boots)	4.30pm - 8pm
23rd August	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
23rd August	Emergency Services Day - All the emergency services plus lots of charities providing information. St Peter's Square, Stockport, SK1 1DL	12- 4.00pm
4th & 20th September	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 Sept	Doing Dementia Differently - At Stockport Plaza, Mersey Square, Stockport SK1 1SP. An evening of music, dance, drama and visual art, celebrating the achievements of people living with dementia. Free!	7.30pm – 9.30pm
w/c 30th September	Age Friendly Week - Lots of events going on throughout Stockport to celebrate! More details 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 is a registered charity 1139547

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