

**WELCOME** to Age UK Stockport (AUKS) monthly news. Future copies are available on our website [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk) or by signing up to email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) (you may cancel at any time)

**STOP PRESS**  
**SEE LINK BELOW FOR**  
**IMPORTANT LOCAL**  
**CORONAVIRUS INFO**

## TV Licence, Pension Credit & Scams

Are you eligible for  
Pension Credit?



ageUK

The BBC has now confirmed that they will end the extension given over the Coronavirus period to the TV licence concession given to the over 75's. It had been planned for March and will now end on 31 July. HOWEVER for many people over 75 there is still a way to get their TV licence for free. Anyone aged 75+ receiving Pension Credit will still be entitled to a free TV licence.

However, a staggering 590,000 households aged 75+ across the country aren't claiming the Pension Credit they're entitled to! So it's more important than ever to check entitlement to Pension Credit - and also ensure that those who are already claiming make the most of all the extra benefits of doing so.

**CHECK YOUR Eligibility!** There is a benefits calculator on the Age UK website at <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/benefits-calculator/> It takes no more than 15 minutes to complete or there is an advice line: 0800 678 1602. If you need local assistance call our Information & Advice team on 0161 477 1213. We are busy taking calls so if we do not answer please do leave a message and we will get back to you.



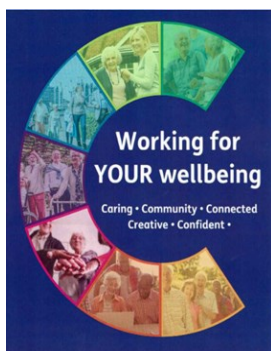
TV Licence  
Scams

**NOTE!** Fraudsters may also look to exploit confusion around the licence fee change by contacting people and asking them to "pay" for their new licence. There is some [guidance on the Age UK website](#) about TV licence scams and protecting older people from fraud.

No one will be expected to pay for a new licence until they have been contacted by a letter from TV Licensing and either claimed a free licence or agreed a payment plan. The BBC have told Age UK they expect to start sending letters in August.

**For now, those aged 75+ should ignore any emails, calls or doorstop visits they receive asking them to pay for a TV licence as they may be a scam.**

## Age UK Stockport Services Update



Specific Covid-19 services delivered freely and as needed since March and all through lock down and shielding were being wound down over July. We are supporting people to find new ways to work with the current guidance whilst still staying safe. Please see below on masks/ face coverings to assist with this.

Our Information & Advice Team can still be contacted on 0161 477 1213 and Tandem Support Services, Handy Help and the WIN can be contacted on 0161 480 1211.

**Services** were opening up but sadly August has seen a spike in Greater Manchester that has caused a pause in this. We will monitor carefully in the coming weeks and follow local and national guidance as required.

**SEE THE CORONAVIRUS LINK ON THE HOME PAGE FOR THE LATEST LOCAL INFORMATION**

**Offices Events & Meetings** - The guidance is still to limit unnecessary contact and this is being achieved well by people working from their homes where it is possible to do so. This assists us to meet our priority aim of protecting our clients and our staff, so the offices remain closed and we don't anticipate any change in August. Any queries please just contact us on 0161 480 1211.

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## Face Coverings and Exemptions

As we start to spend a little bit more time outside of our houses, the Government is advising that people should try to wear a face covering more often. In some places it is mandatory for most people to wear a face covering, including on public transport, in shops, and in healthcare settings.

The Government has also advised everyone to wear a face covering when in an enclosed space, where social distancing may not be possible. This is not mandatory and is a personal choice. There's information available on the [Government website](#) about when and how to wear face coverings and even how to make your own.

These rules do not apply to everyone and you do not need to wear a face covering if you have justifiable reasons for not wearing one because of your health or disability. There is a full list of exemptions on the Government website. Even though it's allowed, if you or the person you care for aren't able to wear a face covering, you may be asked by public transport or retail staff why you aren't wearing one so it's a good idea to think about how you'll communicate this. The Government have produced exemption from face covering badges and cards which you can download to your phone or print off. You can get one [here](#) but if you have not got access to the internet we can post one to you if you get in touch.

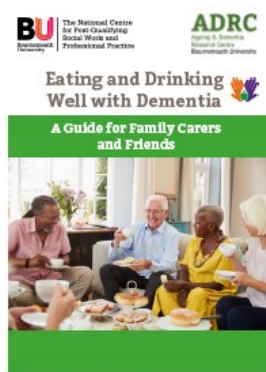
There is more information on the [Age UK website](#)

## Nutrition and Hydration

What we eat and drink is really important for our health, it keeps our immune system strong and resilient as well as enabling us to have the energy to do the things we enjoy.

Planning for and preparing meals and cooking is also a good way to keep up our daily routine — and can be fun!

There are lots of tips and free booklets to download on eating and drinking well in later life on the [Age UK Salford website](#) including: A Eat, Drink, Live Well Booklet, Meal and Snack Ideas from a Range of Cultures, Top Tips to Avoid Weight Loss, Staple cupboard recipes and a lot more! There are lot's of other resources available on the website for both professionals and individuals.



If you or someone you care for is living with dementia and you need help with eating and drinking well, here are some useful links:

<https://www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre/eating-drinking-well-dementia-toolkit>

A Guide for Family Carers and Friends is available as a hard copy only at the moment and can be accessed by emailing [adrc@bournemouth.ac.uk](mailto:adrc@bournemouth.ac.uk) or calling 01202 962536

## Creative Care Kits to Give Away



A unique new initiative will see creative kits full of things to do delivered to 16,000 older people across Greater Manchester.

Even as restrictions around coronavirus continue to lift in England, many older people still face the prospect of being isolated at home for many weeks, particularly those who do not have access to the internet.

The Creative Care Kit contains a range of activities that can be completed at home using materials that are provided in a box, including an activity book, art supplies and a seed bomb.

There are more than 40 pages of activities from 25 organisations and groups including the People's History Museum, Bury Met and Arc Stockport. Activities include music, writing, craft, horticulture and drawing.

You can see the booklet here; <https://www.greatermanchester-ca.gov.uk/media/3105/creative-pack-older-people-download.pdf> but if you would

like a complete activity pack of your own please call us on 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) and we will make sure (subject to availability) you receive one!

Age UK Stockport  
Commonweal  
56 Wellington Street  
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)



## Benefits of Digital - Alma Royle now aged 90

Life does not end at 70, there is still plenty of learning to be had.

When I retired in my 70th year I left behind my very busy life as a fundraiser for three children's charities. My job had taken me all over the country and suddenly I was just driving to the shops. In the course of my work I had used a word processor but never a fully fledged computer.

As my youngest son is a computer whizz kid, living in California at the time, he suggested I take an IT course at the local college. If I did this he told me he would buy a computer for me. I was not at all sure about this as I thought my days of learning were over, how wrong I was.

I visited the college asking for details of Information Technology courses for beginners. I was led towards the City and Guilds course which I was assured suited someone like me with no computer skills at all. This was a daytime course which suited me fine, I would attend 5. mornings a week for three terms to get a City and Guilds diploma level 1. Level 2 I took in my second year.

With some trepidation I arrived at the college and shown to the classroom (I felt a little like a 5 year old on their first day at school) where surprisingly there were quite a few people in my age group along with younger people too.

I was given a desk dominated by this unfamiliar machine, also placed on the desk was a sheath of papers titled Word Introductory Manual. One of the tutors came and sat with me to explain how to 'boot up' Wow. I did this then was referred to the manual to load Word (the programme which allows you to write script) From there on everything in the manual gave clear instructions, how to open the Microsoft Office Suite ( it all sounded terrifying, in fact it was incredibly clear). I was told to point the curser (what) and double click the left hand mouse (a mouse- a creature I had been terrified of since being a child) but I did as instructed and the word screen appeared. After this happened everything began to fall into place. I was feeling a little more confident now realising if I followed the instructions in the manual things fell into place. My tutor was on hand to help if there was something I didn't understand, somehow I muddled through my first morning. This course covered Microsoft Word, Excel and Access.

I am not saying the whole course was a doddle for me, it wasn't but even the mistakes I made I was able to laugh about. The older students ( yes we were actually ageing students) also shared my opinion that we couldn't be sent to stand outside the head-mistresses/headmaster study if we made a mistake we just enjoyed it. I look back fondly on those two years and made new friends too.

I was awarded City and Guild Certificates Levels 1and 2 an A level 2 Vocational Qualification, whatever that means. I now pay all of my bills on line, shop online I can look up books I want to read and find out when the newest publication is due from my favourite authors. There are a million things to do online depending what your interests are. My computer is very important to me now, I can't imagine being without it. I am learning all the time too.

My son came good, two weeks into the course a friend of his delivered a new computer to me and set it up. I was able to do my homework on it but it isn't absolutely necessary to have one to do the course. Just being a student again was fun and fulfilling.

**So go on have a go, you will really enjoy it - Alma.**

*Our sincere thanks to Alma for sharing this important story.*

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

## Digital Skills Helpline - DigiKnow



If you would like to get online and already have access to a smartphone, tablet or computer, but need help, the Council have set up a helpline for Stockport residents where you can get telephone support from a Digital Champion.

You can access support by calling **07537 127095** Monday to Friday. Leave your name, number and a brief description of what you need help with on their answerphone. They'll put you in contact with a volunteer digital champion. There is no charge for this service.

If you're already online but would like to improve your skills or need support you can ring the same number. Also [Learn My Way](#) offer free courses on how to use the internet, including using a computer, browsing the web, sending an email and online safety.

If you would like to get online but are prevented because of cost, Starting Point Community Learning Partnership, with an award from Stockport Local Fund, has just set up Stockport's first digital device lending library. They have a small but growing pool of tablets and laptops, that are free to borrow, some coming with free access to the internet. The standard loan period will be one month, but longer loans may be possible. If you would like to be considered for a device please contact us and we can make a referral.

For more information have a look at the council's website; <https://www.stockport.gov.uk/get-online/digiknow-helping-stockport-get-online>

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## Connect 2020 - Digital Connection Project

We are pleased to share that AUKS is now entering Phase 2 of our Connect 2020 Project. During the COVID-19 lockdown period we have supported 36 people learn how to use smartphones who can now;

- Keep in touch with family and friends through social media
- Plus make 'face to face' connections with loved ones
- Gain confidence using the internet for advice, shopping and keeping informed
- Enable people to access on-line activities for health or new hobbies

Connect 2020 has supported those people living in Stockport who are socially isolated. As we start to emerge from the tight lockdown restrictions, we encourage you to get in touch if you or a family member would benefit from this support.

Join our on-line community, learn new skills and ensure that you keep connected with whatever the next months bring!

If you would like more information contact

Chris Barlow [Chris.Barlow@ageukstockport.org.uk](mailto:Chris.Barlow@ageukstockport.org.uk) or  
[info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

Or call us on 0161 480 1211

## Facebook, Twitter and Instagram

Do you know you can follow us on social media? Here are some recent posts!

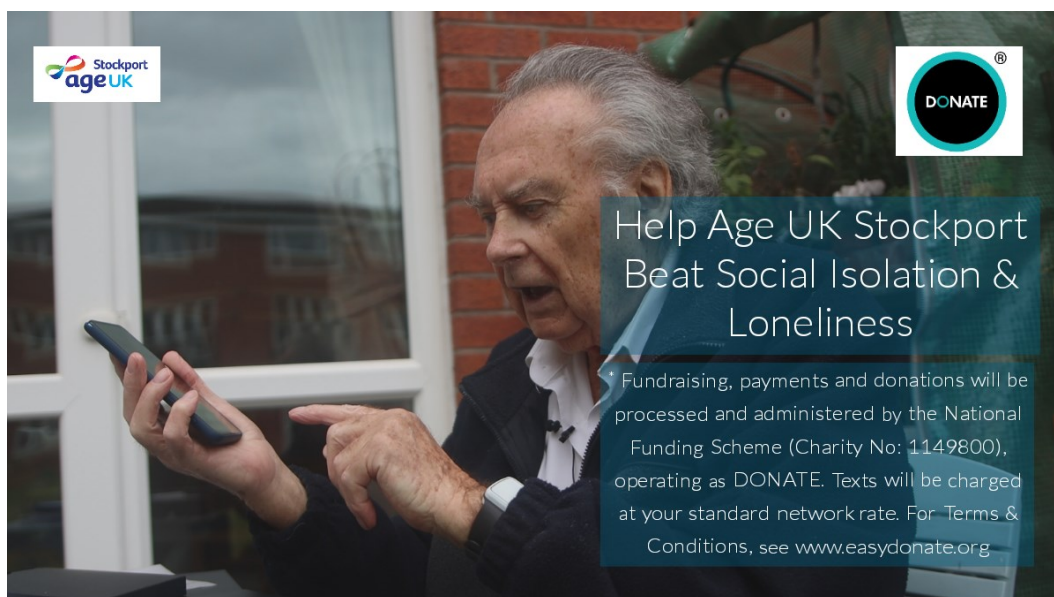


Like many of our staff and volunteers Jane worked tirelessly throughout the pandemic, so when Morrisons asked for nominations for people who had helped out the vulnerable during this crisis her sister in law nominated her.

Morrisons gave all the nominees a gift of chocolate and sweets. Jane said, "I went to the store Friday tea time to collect the goodies. Needless to say the big bar of chocolate has already been consumed by me, just working my way through the bag of Jelly Babies now!"

Jane, who normally works as one of our great Reception team, spent many weeks shopping for those people that couldn't. Well done Jane!

## Text to Donate



During the COVID-19 pandemic, we have been working hard to keep those people who are socially isolated GET CONNECTED and we want them to STAY CONNECTED..

Please help us to offer more support.

Text AUKS to 70970 today to give £5 or click here

<http://easydonate.org/AUKS> **THANK YOU!**

Age UK Stockport is a registered charity 1139547

Age UK Stockport  
Commonweal  
56 Wellington Street  
SK1 3AQ  
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Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)