



Welcome to the Age UK Stockport (AUKS) August Newsletter!

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

Age UK Stockport working locally for YOUR WELLBEING



Hot Weather in 2026

Summer 2025 was officially the warmest summer on record for the UK. But after an extraordinary year so far – with three widespread heatwaves and numerous climate records already broken – how is meteorological Summer 2026 shaping up at the halfway point?

By 15 July, 2026 has already recorded more days above 30°C than the whole of 1976. It also became the first year on record to reach 35°C in May, June and July, while overnight temperatures have been running at record levels for this stage of the summer.

Spring 2026 was the warmest on record for England and Wales and the UK's third warmest overall. June, the first month of meteorological summer, followed suit, becoming England's warmest June on record and the second warmest for both the UK and Wales in records dating back to 1884.

With hot weather set to continue, it's important to take care of ourselves. You can find more information about staying cool in hot weather on the Age UK website linked below.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

Step Out is Domino Crazy!

Dominos is still the number one most popular game amongst the members at Step Out.

Dominos games happen several times throughout the week. Members love getting together in a group, not just for the Dominos, but for a good old chat among friends.

Group sessions are warm and friendly, with members

always happy to help welcome new members to a game. It's amazing how a simple game can help new members to feel settled and get to know each other.

If you are caring for a loved one or know someone who would love to get out for the day and meet new friends in a safe environment, why not come and see us at Whitehill day centre.

Step Out is based at Whitehill Resource Centre in Reddish and 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. We have a highly skilled team, that offer excellent quality support to all our members in a safe space. Our Activity coordinator and her Team have a wide range of fun and interesting activities you are welcome to join in with.

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.





The Gift of Friendship

Following its launch last year we are delighted to announce that the Gift of Friendship companionship service has now made over 70 matches. This means that over 70 isolated Stockport residents are now receiving weekly visits from one of our amazing volunteers. While these visits are for companionship and company, they don't just stop at chatting! We have volunteers and clients playing chess and cards, going for walks, knitting together and playing instruments!

To recognise this achievement and also National Volunteer week we held an afternoon tea at our hub on Castle Street in Edgeley for some of our volunteers and clients which was enjoyed by all and an opportunity for our volunteers to meet each other. Let's keep up the good work! If you know someone who would enjoy some company or if you would like to be one of our volunteers, please contact volunteer@ageukstockport.org.uk or call our switchboard on 0161 480 1211 for more information.



Stepping Out and Connecting Communities: Age UK Stockport and Life Leisure Partnership Update

Over the past year, Age UK Stockport and Life Leisure have been working together to build active, connected communities across our town through accessible group walking and targeted local health sessions.

A Growing Walking Community

Our efforts to get Stockport moving together continue to go from strength to strength:

Stockport Walking Network Facebook Group: Launched last year, our online community now boasts over 450 members. It has become a bustling space where residents regularly share photos, route recommendations, and encouragement for walking across the borough.

A Dames Visit to Brinnington:

Back in May, we were thrilled to welcome Paralympic legend Dame Sarah Storey to our original community walk in Brinnington—the very first walk established by Age UK Stockport in partnership with Life Leisure. Dame Sarah joined residents and team members to highlight the incredible benefits of active travel, local walking routes, and community connections.

Walking WhatsApp Group:

To help people stay connected in real time, our dedicated WhatsApp group has expanded to over 150 members, serving as a quick and friendly way to arrange walks and share upcoming updates.

Kinder Scout Challenge

Walk: Last month, over 40 brave walkers joined us for our annual challenge walk up Kinder Scout. It was a fantastic day of teamwork, fresh air, and rewarding views.

New Targeted Community Health Groups

Expanding beyond our walking groups, we have recently launched two exciting new initiatives:

Men's Weight Loss Group: Tailored to help men achieve health and fitness goals in a supportive, relaxed environment.

Early-Onset Dementia Active Session: A dedicated group focused on mobility, social engagement, and physical health for individuals living with early-onset dementia.

Both new sessions have proven remarkably popular. The insights and learnings gained from these groups will play a vital role in shaping future health and wellbeing opportunities across all of Stockport.

Interested in joining a local walk or finding out more about our community health sessions? Keep an eye on the Stockport Walking Network Facebook page or reach out to the Age UK Stockport team!



Celebrating a Fantastic Year of Partnership Working

Hazel and Gemma had the pleasure of attending the Summer Social Event at Trafford College's Altrincham Campus, celebrating a fantastic year of partnership working and shared success.

The event provided a wonderful opportunity to reflect on everything that has been achieved together over the past year. With the England match being shown live on the college's impressive state-of-the-art immersive technology screen, known as The CAVE, the atmosphere was relaxed, welcoming and full of excitement.

The afternoon was filled with meaningful conversations, valuable networking and the sharing of best practice with trustees, the College Principal, dedicated staff and partner organisations. It was inspiring to hear about the positive impact of collaborative working and to celebrate the difference these partnerships continue to make within our communities.

We were especially proud to showcase our intergenerational activities and celebrate the incredible relationship we have built with Michelle and everyone at The Trafford & Stockport College Group (TSCG). Their continued support, enthusiasm and commitment have helped create opportunities that bring generations together, enriching the lives of everyone involved.

It was a truly memorable celebration of collaboration, innovation and community, and we look forward to building on this wonderful partnership in the years ahead.

Bernard Kivel Retirement

Age UK Stockport Senior Lead- Hazel Batty went along to say a cheery farewell to Bernard Kivel as he retired from his community work at Heaton Norris

Community Centre, Bernard has worked there for over a number of years and dedicated his time welcoming many face young and old, he has shown great leadership and given his time to help and support the many groups and activity sessions and will be very missed.

Age UK Stockport would like to personally thank him for this and wish him the very best for the future.



Get ready for an unforgettable day of fun, laughter and fundraising at the Krazy Races!



Age UK Stockport are teaming up with Age UK to take

on the Krazy Kart Races in Stockport on Sunday 9th August 2026 – and we'd love for you to join us!

The Krazy Kart Races are a thrilling downhill event where teams race their homemade karts through a fun-filled course, with plenty of entertainment, fancy dress, and family-friendly excitement throughout the day.

Come and visit us in the pit area where you'll find:

- A fantastic raffle with great prizes
- Free sweets for the children
- A fun dance routine to get everyone smiling and cheering
- Friendly faces ready to tell you more about the work we do.

Most importantly, we'd love you to cheer us on as we head down the hill! Your support means the world to us and helps raise vital funds so we can continue delivering the essential services that so many people in our community rely on.

If you'd like to support us before the event, you can donate through our JustGiving by visiting

<https://www.justgiving.com/page/ageuk-krazyracesday2026>

Prefer to donate in person? Come and see us on the day – we'll have our collection boxes ready and would be so grateful for your support.

Bring your family, bring your friends, and help us make it a day to remember.

We can't wait to see you there and thank you for helping us make a real difference!



Visit to the South Asian Elders Group at Cheadle Masjid

Age UK Stockport senior lead Hazel Batty recently joined Age UK nationally on a visit to the South Asian Elders Wednesday lunch session. We received a very warm welcome and enjoyed taking part in the chair exercise class, as well as having the opportunity to speak with some of the ladies who were being interviewed by Age UK as part of South Asian Heritage Month.

We also shared a lovely lunch together. It was a wonderful morning and a great opportunity to connect with members of the community. We would like to thank everyone for their time, hospitality and kindness, and we look forward to future opportunities to collaborate and work together.

We were made to feel especially welcome by the Afshan and members and it was a pleasure to be able to visit Cheadle Mosque. The food was also delicious, which was an added bonus!

During the visit, we were able to capture several interesting interviews for South Asian Heritage Month. We will let you know if any of the content is used on social media so that you can share it through your own channels as well.



Returning to See Our Brinnington Community Project Bloom

Last month, we were proud to be part of a fantastic community collaboration at 1st House Brinnington, working alongside Brinnington Hall Care Home, The Lighthouse Brinnington, St Bernadette's Year 6 pupils and Stockport Homes to plant bulbs, sunflowers and vegetables in the community planters.

This week, I had the pleasure of returning to 1st House with the Year 6 pupils from St Bernadette's to see how our planters were progressing. It was wonderful to see the difference just a few weeks have made. The plants are growing well, bringing colour and life to the space and showing the positive impact of everyone's hard work.

The children were excited to revisit the project and added an extra touch of creativity by decorating the planters with colourful artwork. Their bright and cheerful designs have made the area even more welcoming and reflect the pride they have taken in helping to care for the space.

Working together on projects like this continues to strengthen community connections, encourage young people to get involved in their local area and create spaces that everyone can enjoy.

A huge thank you to the pupils and staff from St Bernadette's for returning to support the project. We look forward to watching the plants continue to flourish throughout the summer and seeing the positive impact they bring to the community.



A Wonderful Pride Celebration with Sky Time to Care

This July, we were delighted to be invited by Sky Time to Care to an incredible Pride celebration at the Co-op Live Arena.

The afternoon was filled with fun, laughter, and unforgettable moments. We sang along to fantastic live music, danced the day away, enjoyed delicious food, had temporary tattoos, played games, and proudly waved our Pride flags. Most importantly, we shared this special experience alongside Sky Digital Volunteers and Sky staff, making wonderful memories together.

Events like these provide meaningful opportunities to celebrate diversity, inclusion, and community while bringing people together in a joyful and welcoming environment.

A heartfelt thank you to everyone at Sky Time to Care, the Sky Digital Volunteers, and all those who worked so hard behind the scenes to make this fantastic event possible. Your kindness, generosity, and dedication created a truly memorable day that we will cherish for a long time to come.



We're All Going on a Summer Holiday!

There was plenty of singing and smiles as we headed off to The Light Cinema, with Cliff Richard's classic Summer Holiday setting the perfect mood for a fantastic day out.

On arrival, we were welcomed with a delicious buffet, refreshments and the comfort of the cinema's spacious seats, making for a relaxing and enjoyable afternoon. It was wonderful to spend time together, catch up with friends and enjoy a great trip in such welcoming surroundings.

A huge thank you goes to Kylie, Aiden and the whole team at The Light Cinema for their warm hospitality and for helping to make the visit so memorable. A wonderful afternoon was had by all, and everyone is already looking forward to our next outing!



On June 15th We Are Undefeatable (WAU) launched their new campaign
- **Move Your Way!**

Living with the ups and downs of a health condition can make it feel difficult to get moving. Some days feel heavy, others lighter, and most are somewhere in between.

This summer, WAU are here to help you reframe what getting active can look like and enjoy small, feel-good ways to move.

All moves count - even the ones that don't look like traditional exercise. From gardening, to joining a community litter pick, to building a sandcastle masterpiece, it all adds up!

WAU have launched a free quiz to help you find hints, tips, and ideas to help you get started. So come on and Move Your Way

<https://weareundefeatable.co.uk/move-your-way/>



Neighbourhood Mental Health Team Away Day

Age UK Stockport staff Hazel Batty and Claire Roper attended the Stockport Neighbourhood Mental Health Team Away Day at Stockroom on Monday 13 July.

Claire is one of our VCSFE Recovery Workers, welcomed the opportunity to meet members of the wider team and learn more about the development of the neighbourhood approach to mental health support.

The day included a range of informative presentations and interactive exercises, providing valuable insight into how the team will work within local communities to support people with their mental health and wellbeing.

It was a great opportunity to build connections, share ideas, and strengthen partnerships across services.

Creativity Shines at the Stockport War Memorial Art Gallery

The summer heat was no match for our enthusiastic Age UK Stockport Hub crafters, who enjoyed a wonderful day out at the Stockport War Memorial Art Gallery Exhibition this July.

From the moment we arrived, we were given a warm welcome by Katherine and the fantastic gallery team, whose thoughtful hospitality made our visit even more special. With complimentary refreshments and cooling ice pops on hand, everyone was able to relax and enjoy the exhibition despite the soaring temperatures.



The exhibition celebrates the incredible creativity of artists and makers from Stockport and the surrounding areas, showcasing an inspiring collection of artwork, crafts and creative talent. Our crafters thoroughly enjoyed exploring the displays, sharing ideas and taking inspiration from the impressive range of exhibits.

If you haven't had the chance to visit yet, there's still plenty of time. The 2026 exhibition runs until 27 August, offering the perfect opportunity to discover and support local artistic talent.

Gallery opening hours:

Thursday & Friday: 1:00pm – 5:00pm

Saturday: 10:00am – 5:00pm

Sunday: 11:00am – 4:00pm

It's a fantastic exhibition that's well worth a visit, and we'd like to extend our sincere thanks to Katherine and the entire team for making our day so memorable.

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - August 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
3 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	4 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm Healing Through Harmony 2-3pm	5 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	6 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	7 LAST CRAFT CLASSES UNTIL SEPTEMBER 2026 10am—12pm 12:30pm—14:30pm
10 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	11 Pre booked, face to face Blue badge application 10am-2pm Healing Through Harmony 2-3pm	12 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	13 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	14
17 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	18 Pre booked, face to face Blue badge application 10am-2pm Healing Through Harmony 2-3pm	19 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	20 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	21
24 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	25 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm Healing Through Harmony 2-3pm	26 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	27 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	28
31 BANK HOLIDAY HUB CLOSED				

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 - August 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brinnington Community Walk. 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY Confidence Gym Session 13.30PM Held at Life Leisure Avondale Heath bank road Cheadle Heath Stockport SK3 0UP	Brinnington Community Clean. 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS Confidence Class. 10am - 11am Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT Community Bingo. 11:30am – 1:00pm Free At Brinnington Park Leisure Complex, SK5 8LS Confidence Walk-Life. 1pm – 2pm Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP	Confidence Walk. 10.30am to 11.30am Held at Brinnington Park Leisure Complex, SK5 8LS Woodbank Evening Walk 18:00 - 19:30 Meet at Car Park Little Moor Ln Stockport SK1 4BL	Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm Held at Brinnington Lighthouse Centre, SK5 8LS Confidence Class. 1:30pm – 2:30pm At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR	Confidence Gym Session 10.30am Held at Brinnington Park Leisure Complex, SK5 8LS	Saturday Social Walk. 10am Held on the first Saturday of each month from various locations around Stockport lasting for 2-2½ hours.

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

Step Out Activities Calendar



Step Out Monthly Activities Calendar - August 2026

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

Step Out will be closed on

31st August 2026

For the Bank Holiday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1st AM - Armchair Exercise . Crossword & 60s Quiz PM - Reminiscing by the Seaside with Fish & Chips
3rd AM - Lets make Music Together PM - Armchair Exercise & Crafts	4th AM - Music in Mind PM - Dominos/Board games & Sing Along	5th AM - Armchair Exercise & Crossword PM - Karaoke With members	6th AM - Crossword & Quiz PM - Karaoke with Members	7th AM - Word Games on the Board & Crosswords PM - Painting Flowers with Earbuds	8th AM - Reminiscing PM - Dominos or Board Games
10th AM - Lets make Music Together PM - Parachute & Floor Games	11th AM - Music in Mind PM - Music Quiz & Dominos / Board Games	12th AM - Reminiscing & Who am I Quiz? PM - Earbud Painting & Reminiscing	13th AM - Arm Chair Exercise Ball Bingo PM - Name that Tune TV Shows	14th AM - Crossword & General Knowledge Quiz PM - Music or Ball Bingo	15th AM - Name that TV Tunes PM - Crosswords & Music Quiz
17th AM - Lets make Music Together PM - Ear Bud Painting & 60s/70s Music Quiz	18th AM - Music in Mind PM - Board Games & Who am I Quiz	19th AM - Stencil Arts & Crafts PM - Parachute & Floor Games. Beatles Quiz	20th AM - Morning Sing Along Session PM - Music or Ball Bingo	21st AM - Armchair Exercise & Reminiscing PM - Afternoon Karaoke with Members	22nd AM - Parachute & floor games PM - Afternoon Movie Members Choice
24th AM - Lets make Music Together PM – Reminiscing the Old Days & Quiz	25th AM - Music in Mind PM – Dominos & Music Bingo	26th AM – Crosswords & Word Games on the Board PM - Flower Painting with Earbuds	27th AM – Karaoke with Members PM –Stencil Painting & Table Games	28th AM - Name that TV Tune & Music Quiz PM – Table Games & Rock/ Sun catches Crafts	29th AM - Music or Ball Bingo PM -Who wants to be a Millionaire Quiz & Crossword

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



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/>

Contact Us:

Age UK Stockport
Commonweal
56 Wellington Street
Stockport
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: <https://www.ageuk.org.uk/stockport/>