



**Age UK Stockport
Newsletter**

December 2025

Welcome to Decembers Age UK Stockport (AUKS) Newsletter!
We've updated our look to bring you the latest news and information
about our services and events.



Keeping warm and well in winter

Keeping warm in winter is important, and as we get older as cold weather and winter bugs can affect us more than they used to. Winter weather can also stop us from getting out and about sometimes. But there are things you can do to stay warm and well and prepare yourself and your home for the winter period.

Keep moving

A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility. So try not to sit still for more than an hour at a time. If walking is difficult, you can do chair-based exercises while sitting or holding on to the back of a chair. Even moving your arms and legs and wiggling your toes can help you keep warm and well.

There's no one-size-fits-all approach when it comes to keeping moving, so it's important you do something that feels right – and safe – for you.

Make sure your home is warm enough

Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom – usually around 18°C (64°F) is ideal. If there are rooms you don't use, like a spare bedroom, turn off the radiators in that room and close the doors. This will help you save on energy costs while keeping warm in winter.

Keep curtains open during the day

During the day, keeping curtains open can help allow warmth into your home.

Block out draughts

At dusk, close all the curtains and keep the windows closed to block out draughts and help keep heat in when the weather's at its coldest. It can also help to keep doors closed around your home to stop draughts.

Put rugs down on wood or laminate floors

If you have wood or laminate floors, you may want to consider putting rugs down to better insulate your home.

Use a hot water bottle

Using hot water bottles is a cost-effective way to stay warm, especially if you put them under blankets or duvets to keep you warm while you're sleeping.

Make sure to never use a hot water bottle with an electric blanket.



Eat well

It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can.

Eat warming foods and drink hot drinks

Warming foods, like soup and stews, and hot drinks like tea can help you to keep warm, so try to have at least one hot meal a day and as many hot drinks as you can.

Have a range of foods in your diet

Try to have a range of foods in your diet and try to eat fruit and vegetables each day – frozen and tinned vegetables can be just as good as fresh. It's also a good idea to keep your cupboards stocked with some basics just in case you can't get out to the shops – whether due to illness or bad weather.

Wrap up well

Wrapping up well, using jumpers, hats, scarves and blankets can help you stay warm over the colder months.

Wear multiple layers

Wearing several thin layers will keep you warmer than wearing one thick layer, as layers trap warm air between them. If you're heading out, make sure you take some extra layers – even if you don't need them immediately. It's a good idea to be prepared because the temperature can drop significantly when the sun goes down.

Wear warm nightwear, thick socks and slippers

Cold temperatures can disrupt our sleep. Wearing warm nightwear, as well as thick socks and slippers, can help you stay warm overnight.

Apply for all the benefits you're entitled to

Winter is often an expensive time of year. If you're worrying more about money or you're struggling to pay your heating bills, it's a good idea to make sure you're receiving all the benefits you're entitled to.

Call us on 0161 480 1211 to find out more information about benefit checks.



Carers Rights Day ‘Know Your Rights, Use Your Rights’

The 20th November was Carers Rights Day and to mark this national day Stockport Council launched their brand-new webpages dedicated to supporting carers across Stockport.

Developed in partnership with Stockport Council, Signpost for Carers, and the Carers Partnership Board, this new digital space is packed with practical guidance, local service links, and real stories shaped by carers themselves.

You can access the Information and support for carers website using the internet address below.

<https://www.stockport.gov.uk/landing/information-and-support-for-carers>



Stockport Local Plan CONSULTATION

The Local Plan will guide decisions about new development up until 2042, from homes and green spaces to transport and jobs.

It is an important chance to see the information and have your say. The consultation is open until the 21 December 25.

You can go to the website below to see all the details of the plan and the consultation and places where you can call in to see more.

<https://www.stockport.gov.uk/landing/stockport-local-plan>



On Friday 31 October, Age UK launched 'The Longest Wait - Our A&E Crisis Demands an Emergency Response'; a new report which lays bare the devastating impact that 'Corridor Care' and long A&E waits can have on older people.

Age UK is calling for the Government to produce a plan to end Corridor Care and long A&E waits.

The new report shows that:

- 1 in 3 (one third or 32%) of those aged 90 and older waited for 12 hours or more in A&E to be admitted or discharged home in 2024/25.
- The number of instances of 'corridor care' of 12 hours or more has increased 525-fold since 2015/16.
- 1.15 million people aged 60 and over waited 12 hours or more in A&E to be admitted or discharged home in 2024/25.

Caroline Abrahams, Charity Director at Age UK, said:

"What's happening to some very ill older people when they come to A&E is a crisis hiding in plain sight which the Government must face up to and take immediate action to resolve.

"No one should have to spend their final days in a hospital corridor where it's impossible for the staff to provide good, compassionate care, and it's truly shocking that this is what is happening to some very old people in some hospitals, today and every day. And as we head into winter, we fear that an already very difficult situation in and around some A&Es will get even worse."

More information can be found on Age UK's website at <https://www.ageuk.org.uk/our-impact/campaigning/corridor-care/>



Over 8 million minutes of movement recorded as Stockport stepped up to the challenge this September

Stockport moved like never before with the help of Life Leisure's Move Stockport campaign. The challenge to complete 30 minutes of exercise every day encouraged thousands of people across the Borough to get active and see what a difference it could make to their lives. The campaign reached far and wide, inspiring families, schools, workplaces and locals to prioritise their wellbeing through physical activity, and the results are in.

8 million minutes of movement

It's estimated that the total 'minutes of movement' recorded across Stockport this September increased from 7.418 million to 8.256 million! That's an 11% increase, or an impressive extra 838,000 minutes.

That's the equivalent of residents in Stockport completing almost 14,000 extra hours of exercise this September, or 465 more hours of movement every single day; a clear sign that the Borough is embracing movement and recognising the long list of benefits it can have on your quality of life. More than 3,000 people from the local community took part in Move Stockport activities during the month, from outdoor events and school challenges to community exercise classes, showing the power of collaboration in creating a more active, connected Stockport.

From 8 months to 80 years, Stockport proves movement is for everyone

"National Fitness Day is always a big one for us, but this year we wanted to do even more, especially as it complements our 'Move Stockport' campaign so well." said Michelle Childs, Head of Health and Communities at Life Leisure.

"From the youngest members of our community to the oldest, people were moving, smiling, and discovering how fun and accessible exercise can be. Every move really does count, and we guarantee you'll feel stronger and healthier for doing it." Michelle also added, "Seeing all those people of all ages moving together was incredible."

It's proof that you don't need to be in the gym 7 days a week to make a positive change. Just half an hour of movement a day is enough to feel healthier, happier, and more connected to your community." The Move Stockport campaign formed part of Life Leisure's ongoing mission to improve the lives of others, focusing on removing barriers to activity and helping people discover ways to move that suit their lifestyle. We're not done yet. Watch this space.



Inspiring movement

Throughout September, Life Leisure's teams worked closely with schools, local businesses, community partners, the council and public health to help people find fun, accessible ways to get active. Highlights included:

- H1VE Fest – a celebration of fitness and community at Life Leisure Stockport Sports Villages' unique H1VE group training studio. The event featured four H1VE classes, including their official HYROX training club session, all to upbeat festival tracks.
- Outdoor Yoga – free Yoga classes were held at Life Leisure Hazel Grove, and thankfully, the rain held off! Yoga is a great way to relax and unwind, but often underestimated. This was a great opportunity to allow Stockport to give it a try.
- Playdays with Decathlon – we were pleased to attend the very successful Decathlon Playday event at Woodbank Park, hosting fun, active, family-friendly sessions designed to get children and parents moving together. The weather wasn't as kind to us this day, but it was still great fun!
- 30-Day challenge – our healthy habit creation challenge was also shared with local schools, encouraging children to move daily in different ways while learning about the benefits of staying active.
- National Fitness Day at Stockroom – a full day of free activities for all ages, right from babies to older adults, in the heart of Stockport, proving that movement is for everyone.
- Body Combatathon event – 5 hours back-to-back of the popular Les Mills Body Combat class at Life Leisure Houldsworth Village. Participants and instructors worked together to raise an incredible £1,100 for mental health charity Mind.

There were over 15 free sessions to get involved with over the month, providing opportunities for people from all walks of life to get moving, try something new, and build healthy habits.

Look out for Age UK Stockport's Community Activities coming soon!

Discover what's on near you on the Life Leisure website at: www.lifeleisure.net

Coverage in Woman and Home magazine

Age UK national press officer contacted Age UK Stockport to say two national magazines would like to highlight 2 stories of people that have supported with isolation for older people over the Christmas period. We've made our best efforts to increase the size of the Articles provided, apologies for the small print!

Hazel Batty our Community Lead nominated 2 people who had supported this, in the local community.

Real life

'INSTEAD OF LONELINESS, THERE'S LAUGHING'

 Clare Cliff, 49, lives with her partner, Lorna, 53, and her son, Harvey, 16 in Stockport, Cheshire. Every year as a child, I'd wake on Christmas Day, open my stocking then we'd head to local care homes. Dad would dress as Father Christmas and we'd give out presents. The elderly residents said our visit had lifted their spirits and made their day. It made me feel the same way. My parents always instilled in me the great importance of giving to the less fortunate, especially on Christmas Day. According to Age UK research, last year, 1.3 million older people said they feel lonely at Christmas. Five years ago, I became involved in a multi-generation community group called Friendly Fridays, and was chatting to Dorothy, a 98-year-old who told me she was unable to spend Christmastime with her family members because she had severe mobility issues and they lived too far away. She said Christmas Day would be a normal day, alone at home. I felt compelled to do something, so I asked the community centre where we ran Friendly Fridays if I could host a Christmas Day lunch there. They said yes and helped me get funding too. Within 24 hours, volunteers were chauffeuring the guests and helping prep the meals. Local companies donated gifts and decorations.

The gift of company

At first, the invitees were apprehensive. They didn't believe it was free and that they'd be picked up and taken home. But I assured them it was real. On Christmas Day 2019, 30 elderly people arrived for lunch. Volunteer musicians sang, and the room sparkled with happiness. It was important to me that my son Harvey was happy for me to take on a huge project that would detract from our own Christmas quality time. He was 11 then and he really

 Clare gets some help from Santa on the day

embraced it, telling me how proud he was. He has helped out every year since, always taking the time to listen to the attendees' stories. That makes me proud of him too. During Covid, we delivered home-cooked meals to people's homes on Christmas Eve, with instructions for how to warm them up the next day. We rang participants on Christmas Day and Boxing Day too, so they had someone to chat to. In 2021, we returned to the community centre to host lunch for 40 older people, many of whom were service users of Age UK Stockport, who promoted the event. Word spread that our lunch was lovely, so last year was the biggest turnout we've had yet, with 56 guests and six doorstep deliveries for those who couldn't attend. I start prepping in July, securing donations, wrapping presents and finding decorations. Some say our lunch is the highlight of their year and that they'll remember it forever. Others say without it, they wouldn't have seen anyone in weeks. One said, 'My heart is full.' Mine is too. Instead of loneliness, there's laughing and chatting on Christmas Day. * Visit ageuk.org.uk/christmasappeal for more

 Attendees enjoy a bit of Yuletide cheer

 The centre can host as many as 56 guests

Sarah Middleton - Over the last several years, Sarah Middleton, a local resident, has been so kind in arranging the collection of Christmas hampers from 1st Bramhall Scouts, Queen Bees WI Bramhall, and the wider community, liaising closely with Hazel Batty our Community Manager at Age UK Stockport to arrange this and over the years, we have collected and received hundreds of hampers.

These go out to local people, and we are always very happy to support the distribution of these hampers. It is wonderful to see the pleasure they bring and the community spirit they inspire.

Our thanks go out to Sarah, the 1st Bramhall Scouts, Queen Bees WI Bramhall, and the community for their generous donations.

Clare Cliff - Over the last several years, Clare Cliff arranged and facilitated a special Christmas Day get-together for older residents who would otherwise have been on their own over the festive period.

She organised donations of food, drinks and presents for the day, arranged transport, and even secured live music. Clare also liaised with Age UK Stockport, who were able to refer clients to attend. The event was even featured on national TV.

Our thanks go out to Clare and her volunteers for all the fabulous work they do in making this a memorable event and helping people feel less isolated over the festive period.

from the heart

THE SECRET SANTA



Sarah Middleton, 51, from Stockport, Greater Manchester, ensures older members of her community have a gift to open on

Christmas morning. She lives with her husband Jeff, 61, and their three sons, Ben, 22, Tom, 21, and Dan, 17.

When I was a schoolgirl we had a gift-box scheme to provide presents for those who might not have anything to look forward to on Christmas Day. We would be matched up with an older person, deliver the box, and stay for a cup of tea and a chat. It was lovely. Nine years ago, with some help from the team at Age UK Stockport, I decided to resurrect it.

That first year I invited children at my son's school to wrap shoeboxes in festive paper and fill them with goodies – from hand soap and hankies to tins of food and festive treats. Age UK Stockport booked a space at the local fire station in Reddish to put on a Christmas dinner, and the kids gave their gifts and spent time with the older attendees. It was fantastic. The firemen sang carols and around 50 boxes also went out to housebound people.

We've continued it ever since. I start planning in early November, and use social media and word of mouth to invite gift-box donations. Age UK Stockport collects the boxes early December and distributes them in time for Christmas. Afterwards we receive a flood of letters from recipients saying how thrilled they are with the gifts, and how emotional it made them knowing someone had thought of them.

The project helps to get me and my family into the festive spirit. Just seeing the growing pile of boxes helps us to appreciate people's kindness – and to think about the positive impact this has on those feeling lonely at this time of year.

**PEOPLE'S
KINDNESS
MEANS
SO MUCH**

12 WAYS TO DO GOOD THIS CHRISTMAS

From hosting a festive charity bake to giving your time to lonely people, there are lots of ways to spread goodwill.

1 Donate gifts for poorly children

Christmas can be a sad or scary time for a child who's not at home with their family. Make their festive season joyful by donating to a children's hospital or hospice: most have advice on their websites as to what gifts you can give. Many ask for vouchers or donations so they can buy specific items, ensuring presents are suited to age (teens are often forgotten).

2 Try a random act of kindness

Why not drop off an anonymous present at your neighbour's door, or you could tape 50p pieces to a toy vending machine to delight the next little customer. Buy a coffee for the person behind you in the queue and soak up their smile.

3 Support your local food bank

An increase in those needing food banks has meant donations are in constant demand, especially at Christmas. Add items to your online shop, or check the BankTheFood app for details of what's in short supply. Want to do more? Host a collection for your food bank at your work or school.

4 Hold a charity bake sale

You could do this at your workplace, after an evening class or from your garden gate. Recruit some fellow bakers and advertise your sale in advance. Don't forget to cater for dietary requirements for wider appeal.

5 Join Christmas Jumper Day

Get your work, school or circle of friends involved in fundraising while dressing up. Save the Children's Christmas Jumper Day is on Thursday 11 December. Sign up online and encourage others to wear their silly sweater – at a price!

6 Visit your elderly neighbour

It doesn't take much time to check that an older person is safe, warm and well. Make sure they have essentials, such as bread and milk, and knock at their door when you can – you may be the only person they've spoken to in days.

7 Donate and make a big difference

Why not donate money to your favourite charity – or find a new cause that's close to your heart? If funds are low, have a wardrobe clear-out and take some winter clothing to your nearest charity. Or sign up to give blood – each donation could save or improve up to three lives.

8 Adopt an animal

The perfect way to help wildlife, most charities send updates throughout the year, so it's a gift that keeps on giving. As well as exotic or endangered creatures, ask local shelters if they offer an adoption scheme, or care for nature in the UK. The Wildlife Trusts offers adoption for otters, bats, red squirrels and more.

9 Support a charity sport event

Look up your local Santa fun run or, if you're near the capital, Santa in the City (santainthecity.co.uk) takes place 2-4 December. Last year, over 3,000 Father Christmases walked or ran through London's financial district.

10 Volunteer

Give your time to Crisis at Christmas and you could be doing anything from welcoming those looking for support, to delivering festive hampers in the community. Find out more at crisis.org.uk.

11 Send cards to a nursing home

A jolly robin or Christmas tree card will brighten someone's day. Get in touch with the home beforehand, then recruit others, including the kids, and get writing. Introduce yourself and share a favourite festive memory.

12 Compliment everyone

Don't overthink this. Simply say something nice about someone's earrings, their smile, their shirt or how good they are at making coffee. Make it a genuine compliment and leave them feeling warm and fuzzy. Warning: you may enjoy doing this so much you carry it on into 2026.

Proudly supporting

**WE ARE
UNDEFEATABLE**

Help Age UK understand physical activity, health and wellbeing in people with long term health conditions

This Autumn Age UK are supporting a research study led by London Metropolitan University to understand how people living with long term health conditions are managing their physical activity, health, and wellbeing.

If you live with a long term health condition, you're invited to take part in a short online survey (15–20 minutes). Your feedback will help improve support and services for people like you.

You don't need to be doing regular exercise to take part – we want to hear from as many people as possible. As a thank you, you can opt into a prize draw to win one of five £50 shopping vouchers.

The survey is only available online and can be completed by typing the address below into your internet browser

<https://forms.office.com/e/iZGAjUW1pc>

Thank you for sharing your experience.

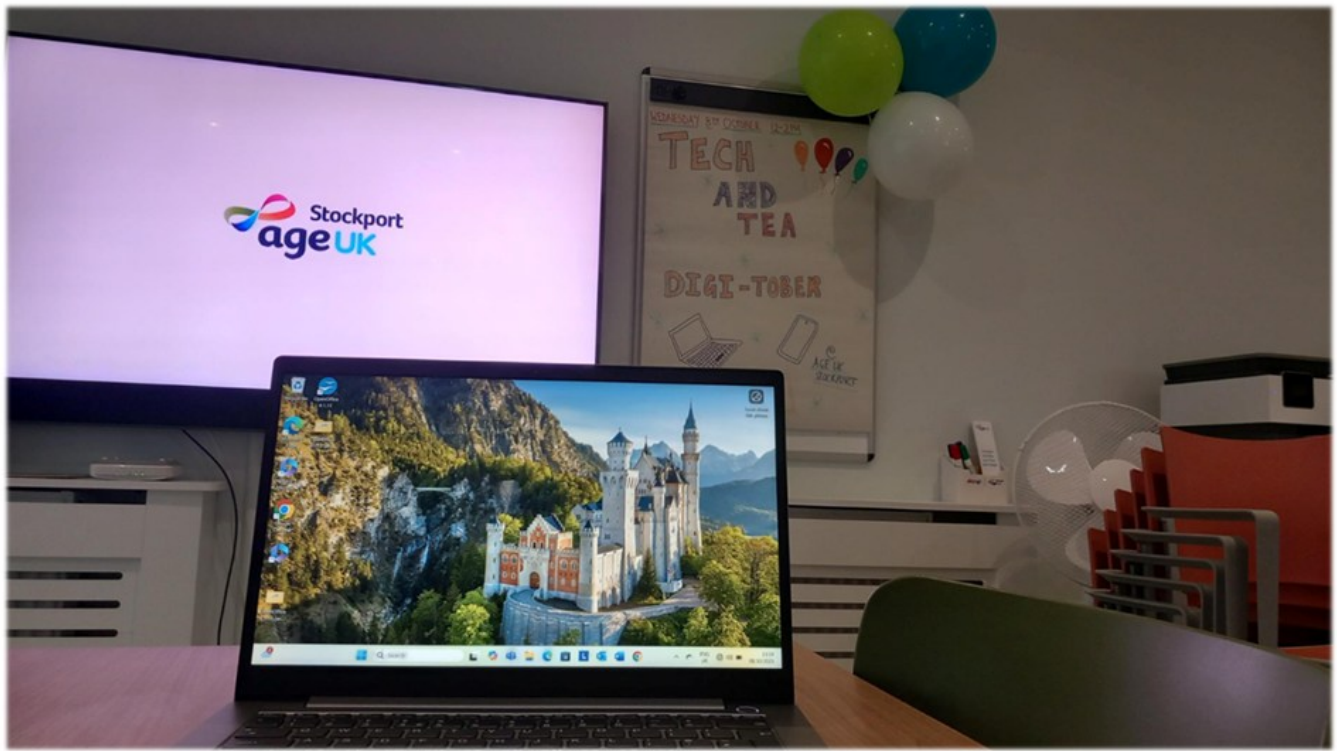
Latest News From The Hub



Winter Warmth and Wellbeing Event

On Tuesday, 25th November, Age UK Stockport held a Winter Warmth and Wellbeing event at our hub in Edgeley, Stockport. Residents joined us in a warm and welcoming space where we provided refreshments, hot drinks, information, and support. Representatives from our charity and other local organisations were also on hand to offer practical advice and tips on staying warm and well this winter.

We were delighted with the great turnout, and because of the event, follow-up calls and appointments have been arranged with providers and clients.



Tech and Tea!

Tech doesn't have to be daunting, and with a cup of tea in hand, our visitors quickly discovered that learning new skills could be fun and rewarding. From setting up smartphones to exploring the wonders of tablets and laptops, everyone had the chance to dive into the world of tech at their own pace.

We want to remove any fears and embracing the joy of discovery, whether it was sending an email for the first time, making a video call to a loved one, or simply learning how to browse the internet safely.

We're thrilled to continue offering FREE digital support through our regular drop-in sessions at the Age UK Stockport digital hub, 2 Castle Street, Edgeley, SK3 9AB, which take place every week:

- Mondays: 10:00am - 12:00pm
- Wednesdays: 12:00pm - 2:00pm
- Thursdays: 10:30am - 12:30pm

Whether you're completely new to technology or just need a little extra help with a specific issue, our friendly volunteers are here to help from our amazing Digital Volunteers from Sky, Stockport college digital students and Digi know volunteers, whose patience, support, and tech expertise support and with a friendly approach make everyone feel comfortable and empowered, and they were always ready with a helpful tip or answer to every query, no matter how big or small.

We would love to see you there, so come along, bring your devices, and let's explore the digital world together — one click at a time.

Activities and Events at the Hub

This document is available as a standalone document that is in bigger text size. If you would like a copy of this you can view online at <https://www.ageuk.org.uk/stockport/activities-and-events/events/> or pick one up at our Hub in Edgeley or call us on 0161 480 1211

Age UK Stockport Hub Monthly Activity Calendar		December 2025			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Digital drop in 1 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 2 Blue badge application appointments 10am -2pm 0161 477 1213 Singing for the brain 1-2pm	Knit and natter 3 10:30am - 12pm Digital drop in 12pm -2pm	Information and Signposting drop in 4 10:00am - 2pm Digital drop in 10:30am - 12:30pm		
Digital drop in 8 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 9 Blue badge application appointments 10am -2pm 0161 477 1213	Knit and natter 10 10:30am - 12pm Digital drop in 12pm -2pm	Information and Signposting drop in 11 10:00am - 2pm Digital drop in 10:30am - 12:30pm		
Digital drop in 15 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 16 Blue badge application appointments 10am -2pm 0161 477 1213	Knit and natter 17 10:30am - 12pm Digital drop in 12pm -2pm	Information and Signposting drop in 18 10:00am - 2pm Digital drop in 10:30am - 12:30pm		
Digital drop in 22 10am - 12pm	Pre booked face to face 23 Blue badge application appointments 10am -2pm 0161 477 1213	Christmas Eve Hub Closed 24	Christmas Day Hub Closed 25		
Hub Closed 29	Hub Closed 30	Hub Closed 31	Age UK Stockport Hub 2 Castle Street Edgeley, Stockport SK3 9AB		



**We would like take this opportunity of wishing you a very
HAPPY HOLIDAYS!**

Please note we will be closed between Christmas and New Year.

There will therefore not be a full January Newsletter but we will be posting a brief update including activities for January during the first week back.



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/>

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