

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.

Winter Warmth & Wellbeing

Wednesday, 22nd January 2020, 11:00am – 2:00pm
At Stockport Masonic Guildhall, 169 Wellington Road
South, Stockport, SK1 3UA

To book your place, call **0161 480 1211**
or email info@ageukstockport.org.uk

The Age UK Stockport Christmas Carol Concert

Warren Wood Primary School
orchestra and choir and the
Doing Dementia Differently
Intergenerational Choir

Friday 13th December, 2019 at 1:30p.m.

St Mary's in the Marketplace,
Churchgate, Stockport, SK1 1YG

Light refreshments available after the concert

We look forward to seeing you there!
There is no need to book
EVERYONE WELCOME!

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Stay Healthy in Winter

As we get older, it can be harder to stay healthy in winter. There are simple things we can do to look after ourselves and others so we all stay healthy and happy this winter. There is lots of information on the Age UK website including a short video at; <https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/> There is also a booklet 'Winter Wrapped Up' that you can download by clicking on the picture below or you can collect one from the Information and Advice office in Merseyway (Mon- Fri 9.30am-1pm).

As we get older, changes to our bodies mean that cold weather and winter bugs affect us more than they used to. Last year over 60% of cases of flu that needed hospital treatment were in people over 65. Flu viruses are always changing, so you need a jab every year, using the latest vaccine. Flu isn't only unpleasant, it can also develop into pneumonia, which can be serious.

There is lots of other information like getting help with heating costs, tips on keeping your spirits up during the winter and tips on keeping warm.

If you can't find what you are looking for or need help give us a call on 0161 480 1211 and we can point you in the right direction!



Looking after DATA!

There is no doubting we all live in a world driven by information or 'data'. Almost every interaction we have with others, and especially with organisations such as Age UK Stockport, involves sharing personal identifiable information (PII), such as your name, contact details and often more sensitive information. Sharing data is an important part of our connected lives, but your data belongs to you so it's important it is used reasonably, and that it stays safe. So Age UK Stockport make this our commitment to everyone we engage with - we will work to protect your data and ensure it is used properly and legally.

This means complying with the law – as set out in the Data Protection law, including GDPR you may have heard of! Also making sure our systems are safe and secure and to do this we undertake standards that test us. We are proud to have just renewed, our **ISO 270001** – an international Information Security Standards recognised as a benchmark for good security practice.

If you want to know more check out our Privacy Statement on our website <https://www.ageuk.org.uk/stockport/about-us/more-about-age-uk-stockport/age-uk-stockport-quality-standards/>



Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Photos from our AGM



By Alex Miller, Viaduct Video <http://www.viaductvideo.co.uk/>

Out and About Last Month

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

- Volunteer Open Day
- Travel Club trip to the Plaza
- Age UK Stockport Annual General meeting—thanks if you attended!
- St George's Christmas Tree Festival

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.



Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Dates For Your Diary - December 19

Date	Event	Time
4th Dec	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 Dec	Age UK Stockport's Annual Carol Service - Come along to St Marys Church (in the Market Place), Stockport SK1 1YG to enjoy our annual carol concert. There will be the Warren Wood Primary School orchestra and choir and the Doing Dementia Differently Intergenerational Choir. Light refreshments available after the concert. There is no need to book. EVERYONE WELCOME!	1.30pm
20th Dec	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
Closed	<p>Our offices will be closed from 25th Dec to 2nd Jan</p> <p>For emergency contact details please see the list opposite or visit our website</p> 	
22nd Jan 2020	Winter Warmth and Wellbeing Event 11am – 2pm At Stockport Masonic Guildhall, 169 Wellington Road South, Stockport, Cheshire, SK1 3UA Come and find out about how to stay warm, healthy and safe this Winter and enjoy a hot snack lunch with us. Free but booking essential! RSVP by 13th January 2020 by tel: 0161 480 1211 or email: info@ageukstockport.org.uk	
7th & 31st January	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

Emergency numbers

Emergency Police / Fire / Ambulance 999

Adult Social Care out of hours service
0161 718 2118

Children's Social Services out of hours service
0161 718 2118

Samaritans Free calls anytime 116 123

Stockport Homes if rough sleeping 0161 217 6016

Shelter Homelessness Helpline 0808 800 4444

National Domestic Abuse Helpline 0808 200 0247

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

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk