



## Or 'Stockport Wonderland'

Earlier this year we were discussing Christmas and thought it would be a good idea and a bit of fun (and we all need a bit of that at the moment), to make a Christmas video! We decided on a remake of the popular 'Winter Wonderland', so a couple of people got together and made 'Stockport Wonderland' with references to places in Stockport and the work of Age UK Stockport. The first verse is:



ROMILEY! ARE YOU LISTENING?  
IN CHEADLE HULME, SNOW IS GLISTENING  
A BEAUTIFUL SIGHT  
WE'RE WITH YOU TONIGHT  
WALKING THROUGH OUR STOCKPORT WONDERLAND

David Leach, (pictured) who normally volunteers for the information and advice team, recorded the lyrics and then some of the staff and volunteers are getting together after the second lock down has finished to film the video!

We were originally hoping to have it all completed so we could put a link to the finished recording in this edition but safety must come first. As soon as the link is available we will put it on the website so please visit and enjoy our performance.

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## Thank You, Thank You, Thank You....



We are extremely grateful to Sarah Middleton who has organised for us to receive 89 gifts donated by 1st Bramhall Scouts and Neil Davison at Sainsbury's Denton.

Further donations arriving form Marple Hall School and Sky Cares very shortly.

These gifts will make such a difference to people in Stockport. **THANK YOU!**

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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 unsubscribe at any time)

### Age UK Stockport Update Dec 20

As things are changing again with new restrictions in the Tiers and reviews every two weeks we are fully reviewing what we can and can't do so please check the website for further details as it emerges!

Please also watch the website for Christmas week arrangements – we will be generally closed and of course we are not an emergency service, but we will have some contact available.

As you will know there are special five-day CHRISTMAS BUBBLES possible under the Government Guidelines so we hope you are able to get some Christmas Cheer with family and friends in a safe and careful way. Take care all.

Keep to the message: Wash Hands—Cover face—Make space

#### Age UK Stockport Virtual Annual General Meeting

It was certainly a different meeting with it being virtual via ZOOM! We made the decision to go 'virtual' back in the summer just to be sure to keep everyone safe – and what a good job we did as we found ourselves in the middle of a second national lockdown! However, one of the advantages of it being virtual is it is recorded- so you can still attend. See the link below.



We want to take this opportunity to give heartfelt THANKS to ALL the staff and volunteers who have been so committed, flexible and hard working and done brilliantly throughout this difficult time. We are enormously proud of the part Age UK Stockport has been able to play, along with other colleagues from all sectors, in responding to the many challenges of Covid 19.

Link via our website here <https://www.ageuk.org.uk/stockport/>

## The Big Knit 2020/22



The Big Knit is the campaign that Age UK has run in partnership with Innocent drinks since 2003, where we ask you to knit little woolly hats which then go on to their smoothies. For every hat that we send in, Age UK Stockport receives 25p.

You can see here some of the marvellous creations that were sent in for the last campaign which we used to decorate our Christmas tree at St George's Christmas Tree Festival before they need to be sent off to Innocent.

If you would like to get involved this year you just need to download the knitting patterns [here](#) or get in touch and we can post them to you. Then make yourself a nice cup of tea, find a comfy chair and knit away! Once your little knitted creations are ready, drop them off or post them to the address below.

We are also looking at setting up a Zoom 'Knit and Natter' group in the new year, if you would be interested in attending please email;

[Denise.Almond@ageukstockport.org.uk](mailto:Denise.Almond@ageukstockport.org.uk) **All abilities welcome!**

All the money we raise from the Big Knit will stay in Stockport and will be used to help combat loneliness – so those little hats really do make a big difference!

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## St George's 'Virtual' Christmas Tree Festival



For the past few years we have taken part in St George's Church Christmas Tree Festival along with lots of other community and voluntary organisations and it has become quite a tradition to start off the Christmas period. Unfortunately, due to the national lockdown they were unable to hold the festival in church this year but you will still be able to see the festival online.

There will be highlights from previous years along with new videos and pictures of trees sent in from this year. If you would like to 'visit' the festival you can follow this link to their website <http://www.stgeorgestockport.org.uk/>

you then need to scroll down until you see live link. It will take you through to Facebook BUT you don't need to have Facebook to view the festival! Just click 'no' when asked to sign in or if you do have Facebook you can follow this link;

<https://www.facebook.com/stgeorgeschurchstockport>

*We hope you enjoy the on-line version, and for those of you who haven't experienced the festival before maybe you will visit the 'bigger and better' version next year in person!*

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## 12 Days of SoundUp - Musical Advent Calendar



SoundUp Arts is a community interest company (CIC) bringing interactive musical activities to people living with dementia in care homes and the community. This year they have made '12 Days of SoundUp' which is **FREE** and aims to bring some festive joy to anyone wanting some musical cheer this winter. They will be performing a range of music in the lead up to Christmas.

You can watch our trailer of the '12 Days of SoundUp' here: <https://youtu.be/Z4p17patz3l> The real thing will be launching on the 14th of December, then a musical gift will be released every day for 12 days, culminating with a big finale performance on Christmas Day! To access the '12 Days of SoundUp' musical advent calendar, visit their website: [www.sounduparts.com](http://www.sounduparts.com) or follow their Facebook page: <https://www.facebook.com/sounduparts> They are also doing a fundraiser which is a festive 'Sing-A-Long' on the 13th of December at 7pm. More details of the Festive Fundraiser can be found here: <https://www.sounduparts.com/concert-gallery/sing-song-merrily-at-home>. Any donations will enable them to continue to bring joyful music to people living with dementia in 2021.

*From all of us at SoundUp Arts, we wish you a Merry (and musical) Christmas!*

## Age Friendly Stockport Leaflet



### Age Friendly Stockport Bulletin

Find age friendly information, activities and support in Stockport to help you stay healthy and well throughout the winter and beyond.

- Keep informed and connected
- Keep the mind and body healthy
- Keep well from flu and coronavirus (Covid-19)
- Keep warm and well
- Keep learning
- Keep engaged with others
- Keep financially healthy
- Keep independent



Stockport Council have issued the first of the Age Friendly Stockport Bulletin. It contains lots of age friendly information, activities and support in Stockport to help you stay healthy and well throughout the winter and beyond.

There are sections on how you can keep informed and connected, including how to get help doing things online. Do you know DigiKnow offers Stockport residents free digital support and equipment to help you get online for

the first time or improve your skills. You can call the DigiKnow helpline on 07537 127095 for free telephone support from a Digital Champion. This section also includes details of how you can contribute to making Stockport the age friendly borough we would all want. You can contribute to this by emailing [agefriendlystockport@stockport.gov.uk](mailto:agefriendlystockport@stockport.gov.uk) or calling 07891 949236.

There is also information on keeping the mind and body healthy, keeping well from flu and coronavirus (Covid-19) and keeping warm and well.

You can also find information about how you can keep learning, keep engaged with others, keep financially healthy and keep independent.

You can download a copy from our website [here](#)

If you would like a printed copy please contact us and we can post one out to you.

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## War Memories Continued from Last Month



It was great to be back at School even though we did not have a full curriculum we were at school mornings only.

Our form teacher Mr Stewart was brilliant. Every morning the first lesson was bringing us up to date with the area's our forces were fighting in. The most interesting for me was the war in the Middle East. We had updates every morning about Tobruk and the surrounding areas, fighting between Field Marshall Montgomery

and Rommel, both brilliant strategists.

Robert came home for Christmas 1940 which was lovely for me to have my brother home. On the 22nd December 1940 the blitz started, sadly Robert got appendicitis, the doctor came first and diagnosed him then an ambulance was called and he and my Mum travelled through area's where bombs were dropping and our ack ack guns were firing at the German planes. My Mum stayed at the hospital (Booth Hall Children's Hospital) until Robert had had his operation then made her way home. Robert made a full recovery but had to stay in hospital over Christmas.

Meanwhile back at home we were living through a blitz every night. My Dad reckoned no one could get out of bed as quickly as me when the sirens went off. I used to dive out of bed, drag my siren suit on ( a 'onesie' in today's speak) run downstairs grab my budgies cage off its stand, get the lead on my dog and dive into our shelter in the garden, complete with gas mask.

My Dad was an Air Raid Warden, he was outside with our neighbours, my Mum would be on the back path chatting to neighbours over the fence. None of them would get into the shelter, unless the bombs came thick and fast, which sometimes they did. We lived close to Heaton Park which was an RAF station, this was a target for the German's.

In 1941 I was 11 years old, at this age selected pupils sat a scholarship to get into a High School, if you didn't pass you went to a Central School. I along with another girl called Barbara Hamer were sent to a school in Cheetham Hill to sit the scholarship, there were a few other girls as well from other schools. Boys went on different days.

Both Barbara and I passed and were allocated places, me at Manchester High and Barbara at Harpurhey High School. My dad did not want me going into Manchester on my own, he asked the Education authority if I could go to Harpurhey, fortunately they agreed. We started our senior school in September 1941. This was the first experience of full time school we had since 1939. I loved it, I stayed until 1948 and count those years as some of the happiest of my life. While there I made friends with 5 other girls, we remained friends for the rest of our lives.

Sadly I have lost them all now, and I miss them. We were scattered across the world but never lost touch.

*Thanks again to Alma for sharing her memories.*

If you would like to read any of Alma's stories again - don't forget you can always look back at previous editions of the news sheet on the Age UK Stockport website at: <https://www.ageuk.org.uk/stockport/about-us/>

[news/articles/age-uk-stockport-news-sheet/](https://www.ageuk.org.uk/stockport/about-us/news/articles/age-uk-stockport-news-sheet/)

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## 'Thank You' to Everyone at Step Out Stockport



Step Out Stockport, our day Centre in Reddish, has been open throughout the pandemic, but with far fewer members to ensure everyone has been kept safe.

Louise Cash the Centre manager said, *"I am extremely proud of all my team, staff and volunteers for their hard work, support and dedication they have shown to each other, the members and families during this very challenging time. We have carried on like others, working in the unknown but most importantly we have been able to support our members and keep them safe with everything we have put in place to protect them. We are working in a very different way and the team have adapted so well. I am very passionate about Step Out Stockport, Whitehill and we will continue to provide the best service possible."*



Kevin Hargreaves, son of a member at Whitehill commented:

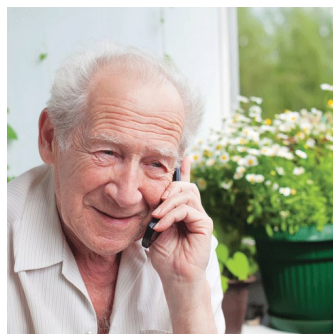
*"I don't know what me and my mum would of done if Whitehill had closed during this pandemic. You have been my lifeline and I appreciate everything that staff do for me and my mum. You are all very supportive and I know 100% that my mum is being well looked after. Step Out is such a valuable service. Thankyou for everything you do"*



Pictured here are three of our wonderful volunteers, Glynis, Kath and Linda who have supported us through the pandemic. We recently gave them some flowers to show how much we appreciate everything they do to support us and the Step Out members.

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## A listening Ear over the Festive Period



A number of our fantastic volunteers have very kindly put themselves forward to be on call during the Christmas period, and into the new year (24th Dec to 4th Jan).

If anybody feels they need to speak to someone or if you know of anyone who would benefit from a chat don't hesitate get in touch on the usual number; 0161 480 1211 and you will then be connected to a volunteer.

Also don't forget **The Silver Line on 0800 470 8090 is open 24 hours a day, every day of the year**

Age UK Stockport is a registered charity 1139547