

## Join us on Zoom!



Starting this month you will have two opportunities to join us virtually! We are starting an exciting new project called “**Positive Smiles**” the aim is to create a “**virtual coffee morning**” via Zoom, so if you are feeling disengaged or isolated or you just need a bit of company, you can get together with others for a friendly chat. The focus will be on keeping physically and emotionally well in these difficult times, but the group will be very much what the members want it to be!

**The first meeting will be Tuesday 23rd February at 11am.**

We are also starting a Zoom ‘**Knit and Natter**’ but don’t worry if you can’t knit, you



can just come along for the natter! One of the aims of the group will be to knit some of the little woolly hats to go on the Innocent Smoothie bottles and raise funds for Age UK Stockport, but the main aim is to have a natter and get people connected!

**The first Knit and Natter will be  
11 - 12 on Wednesday 24th February**

If you are interested in either ‘**Positive Smiles**’ or ‘**Knit & Natter**’ email us on [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) putting the group you are interested in in the subject line then we can send you the joining details.

If you need some assistance setting up Zoom — let us know and we will send some tips or provide some telephone support to help.

If you haven’t got into this ‘Zoom’ thing or the internet generally but are interested in learning, you might want to find out more about “Digital Buddies.” Age UK Stockport and Sky are working together to match people up with one of Sky’s trained volunteers (Digital Buddies) who will contact you by telephone each week to help you learn to make the most of using your computer, tablet or Smartphone.

They can help you use video calls such as Zoom so you can stay connected to others or help you learn how to use the internet so you can access a range of services or shop online for food etc.

For more information call us on **0161 480 1211**

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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)

## Monthly News - February 21

### Age UK Stockport Update

Back at the start of January it was hard to keep up with the changing guidance but now a month on we are well and truly in the middle of the third national lockdown. There is also no denying that lock down in winter with its short days and cold weather and all too often wet weather is harder to take than March 2020! However on the other hand the vaccination programme is now rolling out well and offers some light ahead.

So with the return to the old logo below—we again had to stop our recovery and return to a focus on keeping people safe in line with government regulations. However we are here as before for anyone who needs assistance.



We are also using this time to get ready to go back to recovery just as soon as we can. Whilst we are waiting do please see the front page about ways to engage - or to get help to do so in the future. If you know of someone who could benefit please ask them to contact us. There is now no denying that digital access has an ever greater importance so we are really keen to assist.

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### Weekly Reminiscence & Activity Paper

When someone is living with dementia, they can have varying difficulties in recalling memories.

Using 'reminiscence' as part of dementia friendly activities can not only assist in evoking memories, but it also helps to improve mood and overall wellbeing.



Successfully recalling memories from the past can in still a feeling of accomplishment, whilst the positive memory itself can bring joy.

Reminiscing with someone who has dementia can also help to boost confidence and recover social skills, as the person feels both listened to and valued.

Darren Harwood of the Pennine Care NHS Foundation Trust produces a weekly magazine

which includes information about the particular week in history and also: local weather for the next seven days, interesting articles and activities like quizzes, word searches, colour by letters and connect the dots!

If you would like to receive the **free** weekly resource by email you just need to email Darren at [pcn-tr.theweeklyliaison@nhs.net](mailto:pcn-tr.theweeklyliaison@nhs.net)

## Life Leisure Online Classes



For those of you who might need some motivation to exercise at home, or just prefer some (virtual) company, why not try an online class?

Life Leisure run several online classes each week that are designed for older people. These classes include SMILE classes which are a low impact and gentle exercise concept developed by Life Leisure. They provide fun, engaging and adaptable exercise and physical activity sessions for older adults and those with long term health conditions or disabilities to help improve physical and mental health and wellbeing.

There are also over 50's keep fit classes which are gentle exercises to music, no equipment is needed, you just make sure you give yourself enough space to move!

The sessions are free to participate in and participants can sign up via the following link: <https://activecommunities.eventbritestudio.com/> All the sessions are put on Eventbrite on a weekly basis.

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## Culture Buddies Mail Art



Culture Buddies is a postal art exchange project where participants can connect with others and stay creative all in the comfort of their own home.

If you are over 50, enjoy art and are feeling isolated, either due to health or digital exclusion, this could be for you!

You'll receive an art pack full of materials delivered to your door and a set of stamped envelopes.

A Culture Buddy a volunteer with whom you'll begin a creative exchange through the post - will inspire you to add to, or create new pieces of art.

There's no time limit for the project, so participants can take their time to either add or create a piece of work inspired by the Mail Art, with the hope that the piece will be sent between participant and buddy a few times, to see how they can influence and inspire one another's creativity. And maybe in the future they can meet up in person!

All post will go via Arc Centre at the Hat Works, so there'll be no exchange of personal addresses.

For more information visit [Arc's website](#) or call Hebe on 0161 480 7731..

If this isn't for you, but you are interested in helping to shape arts and culture in Stockport, you can find out more about the Culture Champions programme on Arc's website, or email [culturechampions@arc-centre.org](mailto:culturechampions@arc-centre.org)

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## Get Your Mind Plan - Every Mind Matters



There are simple things we can all do to look after our mental wellbeing. If you've been struggling with your mood, stress, anxiety or sleep you could take the short 'Mind Plan Quiz' from Every Mind Matters to get a **free** NHS plan, full of tailored tips and advice to help. It includes tips and advice on how to manage stress, dealing with anxiety, improving your sleep and boosting your mood.

Public Health England have recently launched their 'Better Health - Every Mind Matters' campaign to support the nation's mental wellbeing with the encouragement that "When things aren't so good out there, make inside feel better". You can access the free NHS-approved 'Mind Plan' from our website at <https://www.ageuk.org.uk/stockport/about-us/news/articles/better-health---every-mind-matters/>

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## Financial Support Available

### Financial support from grant-giving charities



Are you struggling financially as a result of the coronavirus pandemic? If you are, grant-giving charities (also called 'benevolent funds') can offer financial support in the form of non-repayable grants to individuals, and their families, in need of assistance. Some of these charities also offer additional services to help people get back on their feet including counselling, advice services (debts, benefits, careers or legal support etc.), peer-to-peer support groups and wellbeing/ mental health services.

Grants are awarded for all kinds of reasons, and each application is judged case-by-case, but some common examples are to help pay for: daily essentials, including food and clothes; bills; new or replacement furniture and white goods; disability adaptations; respite breaks; debt and insolvency fees and funeral costs .

You can find a grant through the [Turn2us Grants](#) Search which is a one-stop-shop of over 1,500 charitable grants. You can search by age, location, profession, medical condition and other criteria. You then enter a few details about yourself such as age, location, career history and other criteria, then you will be given a list of all charities you may be eligible for support from that you can approach. Or call the **Turn2us helpline** for a free and confidential chat on

**0808 802 2000** (Mon - Fri 8am to 6.30pm, Sat 9am to 1pm)

For more information and a copy of a short guide see our website:

<https://www.ageuk.org.uk/stockport/about-us/news/articles/financial-support-from-grant-giving-charities/>

or contact the information and advice team on **0161 477 1213**

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## Domestic Abuse Data Collection Change

### We won!

Thanks to you, older people who have faced domestic abuse will finally be recognised.

Data will now be collected on all victims and survivors of domestic abuse, whatever their age.



Age UK have long been campaigning to remove the upper age limit on domestic abuse data collection and finally the change has been agreed.

At the moment data isn't collected for anyone aged over 74. This change is a huge step, and it's going to make a real difference for older victims and survivors.

Caroline Abrahams, Charity Director at Age UK said:

"We are thrilled to hear that from next year the national data collection on domestic abuse will, for the first time, include the 75s and over, something we have been actively campaigning for in recent years. This is an

important step towards making our society a safer and more supportive one for very old people who experience domestic abuse".

"Domestic abuse affects people of all ages so it's high time that the oldest victims are recognised and brought in from the cold in this way."

"What gets measured gets done' they say, so this shift offers the hope that in future, services to prevent domestic abuse and help its victims will become much more sensitive to the needs of very old people. It also opens up opportunities to raise the awareness of professionals who are well placed to identify older people who may be affected by domestic abuse, such as hospital doctors and nurses. Sometimes, for example, domestic abuse first comes to notice when an older person is admitted to hospital, and it becomes clear they are frightened to go home.

"Many of us will find it rather extraordinary that until now, there has been a cut off at age 74 for collecting data on experiences of domestic abuse. Arbitrary age limits are by definition ageist and have no place in the modern world, but better late than never and it's good that this one is going now."

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## Age UK Survey on Health and Care

Age UK (national) are conducting research to understand more about how the COVID-19 pandemic has impacted on older people's health and care. They are especially interested to hear how the new restrictions over winter have impacted on older people.

They will be using the information as part of their work to influence Government and to help improve the support which older people receive in relation to health and care. Any input will be much appreciated, and you do not need to answer any questions which you are uncomfortable with.

This survey should take no more than 15 minutes to complete and can be found at;

<https://www.surveymonkey.com/r/28GSQTW>

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## Coronavirus vaccines explained



Now these are rolling out check out the following sites for more information:

Check your GP websites or telephone info lines.

Read about the priority groups and information on the process on the NHS website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

Also lots of good information on the Age UK website

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/coronavirus-vaccine/>

### Statement from Director of Public Health in Stockport:

This has been a challenging and unprecedented situation, so I want to thank each and every one of you for the hard work, sacrifices you have made in not seeing your families and friend and the upheaval in your working lives and education of children, as well as continuing to follow the lockdown restrictions.

Our vaccination rollout is accelerating at pace in Stockport and as it is expanded to include more people, please take up the offer.

You will receive an invite from the NHS so please do not call in the meantime.

## & Scams



Unfortunately, some criminals have been using the roll-out as an opportunity to take advantage of people waiting to get the vaccine. There have been reports of scam text messages, calls, emails and doorstep visits. While scams such as these are rare, it is still very important to be aware of what to look out for.

The advice is very simple:

**The vaccine is only available on the NHS, and you will never be asked to pay for it or to provide your bank details.**

Anything that suggests otherwise is a scam. Also remember that:

The NHS will **never** arrive unannounced at your home to vaccinate you.

The NHS will **never** ask you to prove your identity by sending copies of personal documents such as your passport, driving license, household bills or pay slips.

If you believe you, or someone else has been the victim of a scam, report this directly to [Action Fraud](#) or call **0300 123 2040**.

## ONESTOCKPORT

One Stockport is an initiative conceived by Stockport Council to be supported by, and delivered in partnership with, representatives from Stockport's diverse communities. The aim of One Stockport is set out as working together to build a better future for everyone by connecting communities, promoting health & well-being and supporting our local businesses.

“Over the past weeks and months, the coronavirus has impacted on every one of our lives. We now have a unique opportunity to harness our new-found sense of community and equality and to become united as One Stockport. As the One Stockport story is told by everyone in our community, the campaign will evolve. Through a shared vision, we can all work together to build a brighter, more sustainable future for everyone.”

Lots more on the website including how to get involved.

Check it out at <https://www.onestockport.co.uk/>

## FEBRUARY EVENTS



**LGBT+ History Month**  
**Race Equality Week**

   
1-7 February 2021

**Health and Wellbeing Sessions**

**Tuesday 2nd February 2020**  
**5:00pm - 6:00pm** *Via Zoom*

**Thursday 4th February 2020**  
**7:00pm - 8:00pm** *Via Zoom*

To book on and see more events visit  
[www.stockportplus.org/history](http://www.stockportplus.org/history)



Learn more about

   

Check out the link for more information and details of more Stockport events

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## Housing Survey

Manchester Metropolitan University and the Centre for Ageing Better are launching a new survey to better understand older people's views about the homes and communities they live in.

The survey is part of the 'Right Place' programme, which aims to investigate the reasons why some older people want to move home in later life, while others choose to remain in their current home as they grow older.

The survey will be used to provide better information for local and national government, housing associations and property developers to highlight opportunities to improve the housing offer for older people who want to move, and to inform programmes supporting those who don't move to 'age in place' within vibrant neighbourhoods.

The survey can be completed online (on your phone, tablet or computer) and should take no more than 20 minutes to complete. It is entirely anonymous.

Click on the link below for more;

[https://mmu.eu.qualtrics.com/jfe/form/SV\\_bJmG6f2C5P1gDZQ](https://mmu.eu.qualtrics.com/jfe/form/SV_bJmG6f2C5P1gDZQ)

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## European Citizens

Are you or do you know anyone who is a European Citizen? Data from the Home Office suggests that many older European citizens have not applied for the EU Settlement Scheme as they assume that the rules do not apply to them.

Now the UK has formally left the European Union (EU), all EU citizens living in the UK should consider applying to the EU Settlement Scheme. For a limited number of older EU citizens living in the UK, who may have indefinite leave to remain or enter the UK, the rules do not apply but for many other EU citizens they do.

It is just worth checking to ensure immigration status is right. Applications have to be made **by the end of June** this year

For more information and to apply, visit  
[gov.uk/eusettlementscheme](https://www.gov.uk/eusettlementscheme)

We cannot provide immigration advice but you can find out more information and how to check and apply here:

[government information guide. EU settlement scheme -](#)

[Important Information leaflet \(2020\) \(publishing.service.gov.uk\)](#)

Age UK Stockport is a registered charity 1139547

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