



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

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

Age UK Stockport working locally for YOUR WELLBEING



● Partners with supplies for the homeless; (L-R) Jayne Walsh from Age UK Stockport, Laura Burgess from Stockport Homes Group, Diane Fearn from Age UK Stockport

The Age UK Stockport Hospital Discharge Team and the Stockport Homes Group Hospital Homeless Advocate are working together to provide Winter Warmth Bags filled with essential items, including:

- Hats, gloves, and scarves
- Thermos flasks
- Toothbrushes and toothpaste
- Sanitary items
- Food supplies

These bags are designed to offer comfort, dignity, and practical help to homeless or risk of homelessness patients during the colder months.

Pictured outside the new Accident and Emergency department at Stepping Hill Hospital is Jayne Walsh & Diane Fearn from Age UK Stockport Hospital Discharge Team and Laura Burgess from Stockport Homes Group Hospital Homeless Advocate.



Give an Hour. Change a Life.

Become a Volunteer with Age UK Stockport

Could you spare just one hour a week?

Join our Gift of Friendship programme and assist local older residents to feel more connected, confident and supported. As a Gift of Friendship Volunteer you will be matched with a resident who would benefit from regular, face-to-face companionship.

Your weekly visit will offer:

- A friendly chat and a listening ear
- Company and comfort
- Confidence to reconnect with the community
- A meaningful, rewarding friendship

No special skills needed - just kindness, reliability, and a willingness to make someone's day brighter.

Ready to Make a Difference?

We'd love to welcome you to the team.

 Volunteer@ageukstockport.org.uk

 0161 480 1211



The Gift of Friendship

Could you give an hour a week to change a life? Our Gift of Friendship service matches volunteers to isolated older residents to offer face-to-face companionship. No special skills needed – just kindness, reliability, and a willingness to make someone's day brighter. Ready to make a difference? Call 0161 480 1211 or email volunteer@ageukstockport.org.uk

Step Out Stockport

Did you know Age UK Stockport's Step Out service offers a safe and welcoming place where people can socialise, join in with activities and receive support and assistance.

Step Out 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.

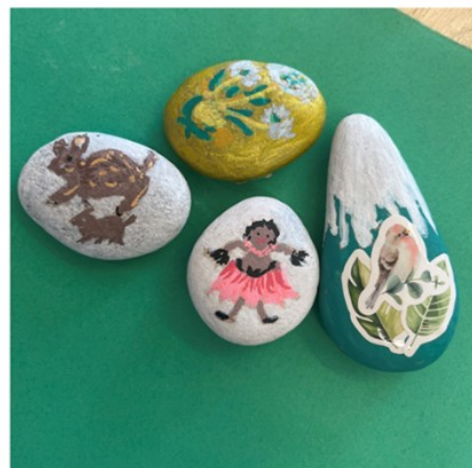
Our highly skilled and friendly team can assist with personal care needs, assistance at mealtimes and provide memory and cognitive support. We also have an Activity Coordinator onsite who provides a wide range of fun and interesting activities that you are welcome to join in with from crafting to baking, art to gardening, there really is something for everyone.

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.





Let's talk about sex...

Research tells us that intimacy remains important in later life, but is there enough sexual health care and support available for older people?

Still got it!

Age UK is preparing to launch a bold new national mini-campaign, Still Got It, timed for the week commencing 9 February to coincide with Valentine's Day. The campaign aims to open up conversations around sex, intimacy, dating and relationships in mid-to-later life, subjects the charity says are too often treated as taboo.

The initiative forms part of Age UK's wider strategy to challenge negative attitudes towards ageing. The charity notes that one of its top-performing online advice pages in recent years has been on this very topic, highlighting a clear public appetite for honest, supportive information.

Still Got It will celebrate confidence, self-empowerment and the message that growing older doesn't mean losing your identity, desires or capacity for connection. Age UK hopes the campaign will help dismantle stigma and reinforce that intimacy and relationships can remain an important part of wellbeing at any age.

To support the campaign, the charity is seeking people aged 50+ willing to share their experiences with the media—whether about long-term relationships, dating later in life, single living, body confidence or the impact of societal stigma. Participants can speak openly or use a pseudonym.

Age UK is also looking for local events and activities that could offer engaging filming opportunities, such as Valentine's themed classes, daytime discos or community groups attended by potential storytellers.

The charity says the goal is simple: to encourage more open, comfortable conversations about topics that matter—because, as the campaign puts it, “we've still got it.”

If you are interested, please get in touch on 0161 480 1211 and we can forward your details on to Age UK nationally.

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - February 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
2 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	3 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm	4 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	5 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	6 Craft class enrolment 11am-1pm Please call to book
9 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	10 Pre booked, face to face Blue badge application 10am-2pm	11 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	12 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	13 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book
16 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	17 Pre booked, face to face Blue badge application 10am-2pm	18 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	19 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	20
23 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	24 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm	25 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	26 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	27 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book

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 - February 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	Brinnington Community Clean. 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS	Confidence Walk. 10.30am to 11.30am Held at Brinnington Park Leisure Complex, SK5 8LS	Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS	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.
	Confidence Class. 10am - 11am Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT (adjacent to Broadstone Mill)		Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm Held at Brinnington Lighthouse Centre, SK5 8LS		
	Community Bingo. 11:30am – 1:00pm Free At Brinnington Park Leisure Complex, SK5 8LS		Confidence Class. 1:30pm – 2:30pm At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR		
	Confidence Walk-Life. 1pm – 2pm Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 OUP				

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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 St

Stockport

SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk