

Wishing everyone a very 'Happy New Year'!

'THANK YOU' to so many people.....

We would like to say a big 'THANK YOU' to all the people who have made the Christmas period a little better for so many others.

Special thanks go to: Sky Stockport and Sky Cares who donated gifts and then helped with the distribution and who also helped people as 'Digital Buddies'; Sarah Middleton, 1st Bramhall Scouts and Sainsbury's Denton who provided 90 hampers; Marple Hall School students who provided presents, handwritten cards and home-made gifts to the residents of Marple; Mr Malik who donated boxes of home textiles from his warehouse in Trafford Park; the Stockport Humanitarian Hub at Greater Manchester Police for all their support with the officers doing weekly welfare calls: the Handy Ladies who have been providing hot meals including Christmas day and Boxing day meals to a lot of our clients; David, Alex, Jude and Kevin and everyone involved in making the 'Stockport Wonderland' video; our WIN and TPA partners; Health Watch; Sector 3 and all partners from the VCSE sector; Stockport Council CCG and Foundation Trust; and Age UK our national brand partner.



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)

Age UK Stockport Update January 21

Unfortunately on the 5th January England went into its third National Lockdown and you can find out what this means for different areas of our lives and our different personal situations here: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>



Stay at home

It is back to the original Stay at Home message of March 2020 and the Prime Minister was not wrong when he said “The weeks ahead will be the hardest yet...”, but he was also optimistic about the end being in sight with the vaccine roll out.



Protect the NHS

Age UK Stockport will remain open to support people in all ways we are able to do safely. Our offices remain closed and home visits will be emergency and essential only, but our phone lines and socially distanced checks and range of support, including information and advice, continue. We are very aware of the



Save lives

concerns of the new variant of Covid 19 being more contagious so will be following all restrictions closely to keep everyone safe. Take care and stay safe.

CLEAN HANDS & PHONES



Scientists believe that increased awareness of the importance of improved phone hygiene can play a crucial role in helping us all to reduce further spread of Coronavirus.

Your phone is personal! It is in constant contact with your hands, face and mouth which are all susceptible to the transmission of germs. So it feels like a good time to remember to keep your phone safe by daily cleaning. Also keep it to yourself – avoid using in public areas or transport or putting it down on public surfaces – and don't share it or let others touch or handle it – and don't touch other people's either!

Many of us have got into the habit of washing our hands more often, and your phone requires the same sort of attention to stay clean and safe!

111 Access to Accident and Emergency



**help us
help you**

NHS England have recently launched a campaign for people to use NHS 111 first when they have an urgent but not life-threatening medical need, rather than going straight to A&E.

If the patient needs urgent care, NHS 111 can now book them in to be seen quickly and safely in A&E/Emergency Departments.

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Keeping Well in Winter



The Greater Manchester Ageing Hub and partners have a campaign to support older people who are not online with practical information to keep well this winter.

There are tips and advice on keeping active and socially connected, staying safe and well, and managing finances and home. There are also some useful telephone numbers listed.

The booklet can be downloaded from [keeping-well-this-winter-final-19-nov-20.pdf \(greatermanchester-ca.gov.uk\)](https://www.greatermanchester-ca.gov.uk/keeping-well-this-winter-final-19-nov-20.pdf) or if you need a hard copy contact us on 0161 480 1211.

They have also made a film 'Talking about Keeping Well this Winter' with tips on opening up a positive conversations on the doorstep or over the phone which you can view here [Talking about Keeping Well this Winter film - YouTube](#) or on our website. (The doorstep part socially distanced of course!)

Your Wellbeing During Lockdown

With the lockdown announcement, many of us are feeling particularly low and out of sorts. It's natural to feel this way and if you do you are not alone.

Age UK have some suggestions for things you can do to help look after your mental health over the coming weeks. You'll find lots of advice on the Age UK website <https://bit.ly/38ZqNWT> The advice includes hints and tips on staying in touch, including step by step instructions on making video calls, and suggestions for keeping busy and getting active including a video of chair based exercises to do at home.

There are also tips on looking after your mental health as it's quite likely there will be times we all feel anxious or low in the days and weeks ahead. If you are worried, talking really does help. Take time to chat about how you're feeling with family and friends. If things are getting on top of you and you are feeling like you can't cope it's a good idea to talk to your GP about your mental health. The Age UK booklet [Your Mind Matters](#) can be downloaded from the Age UK website and there is also lots of support locally found on the [Councils website](#)

Your mind matters 



Thinking about
your mental health

It's also important not to neglect your physical health. Having nutritious and varied food is important for good health and well-being throughout life but especially during this challenging time, there is lots of useful information and downloads on the Age UK Stockport website.

If you need help during lockdown give us a call on **0161 480 1211** and we will try to help.

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5 Steps to Better Cyber Security

Send hackers a message
they can't ignore.

Create a strong email
password.



Many of us are now using the internet more, which can mean more opportunities for hackers to attack our computers. They often do this by targeting people and businesses using: email and website scams, malware - software that can damage your device or let a hacker in and if hackers get into your device or accounts, they could access your money or your personal information.

You can improve your cyber security by taking five actions:

1 - Use a strong and separate password for your email - If a hacker gets into your email, they could: reset your other account passwords or access information you have saved about yourself. Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.

2 - Create strong passwords using 3 random words - When you use different passwords for your important accounts, it can be hard to remember them all. A good way to create strong, memorable passwords is by using 3 random words. Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

3 - Save your passwords in your browser - Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you. This can help: make sure you do not lose or forget your passwords and protect you against some cyber crime, such as fake websites. It is safer than using weak passwords, or using the same password in more than one place.

4- Update your devices- Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack. Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.

5 - Back up your data - Backing up means creating a copy of your information and saving it to another device or to cloud storage (online). Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit [cyberaware.gov.uk](https://www.cyberaware.gov.uk)

GMCA's Bus Consultation



Have your say on the impact of Covid-19 on GMCA's proposals for the future of your buses. Buses account for 75% of all public transport journeys in Greater Manchester both before and during the pandemic. They continue to be a critical link to jobs and essential services, including for the one third of households in GM without a car.

Between October 2019 and January 2020 GMCA (Greater Manchester Combined Authority) held a consultation on a proposed franchising scheme for the city-region's buses. Over 8,500 people gave their views.

In June, GMCA received the results of the consultation but decided, before a final decision could be made, that the impact of Covid-19 on the bus market and the proposed franchising scheme should be considered. Now, GMCA is asking for your views on its proposals in light of the findings of the Covid-19 impact report, which looked at potential future travel demand in Greater Manchester and what it could mean for GMCA's proposals to change how buses are run.

Have your say on the future of your buses at gmconsult.org or call 0161 244 1100 before Friday 29 January 2021.

'Digital Buddies' With Sky Cares

One of the aims of the Age UK Stockport social isolation project is to improve levels of digital connectedness to help people keep in touch with their community and friends. It recognises that we cannot deny we are in a more digital world. Through our partnership with Sky Cares we launched a new initiative called "Digital Buddies"

In December, 8 volunteer mentors from Sky were matched with people known to AUKS who were keen to learn more about the digital world. Through December the focus has been to support taking part to learn how to use Zoom or similar applications to enable them to link up with each other, and/or access fitness and wellbeing groups to help keep socially engaged and active during this challenging time of social restrictions. The first group still has a couple of weeks to run and it is planned that the project will continue into 2021 with a further 10 to 15 people each month going forwards.

We have found that those taking part have valued the weekly contact from the Digital Buddies, particularly through a more difficult festive period than usual.

If you would like a 'Digital Buddy' contact us on 0161 480 1211 to speak to a member of the team.

There is also the **DigiKnow Helpline** for Stockport residents which offers free telephone support from a Digital Champion. You can access support by calling **07537 127095**. Leave your name, number and a brief description of what you need help with on their answerphone. They'll put you in contact with a volunteer Digital Champion.

Concerning Views on Ageing



A new report from the Centre for Ageing Better analyses the way ageing and later life are spoken about in politics, the media, advertising and the charity sector. It reinforces concerns around the treatment of older people during the COVID-19 pandemic. It shows that ageing is increasingly associated with decline and ill-health, and older people commonly portrayed as frail, vulnerable and dependent, with the top ten most frequently used words across society including help, care, support, dementia and NHS.

Political discourse mainly frames the ageing population as a costly 'crisis' emphasising the dependence of older people on state support, which of course overlooks the significant contribution of people at older ages to communities and families, including caring for loved ones.

Yet in politics and the media, the report found that older people are often pitted against younger people in 'boomer vs millennial' narratives around competition for resources, with older age often being used as a proxy for wealth. The report warns that this hides the inequalities that exist within generations.

These ways of talking about ageing and later life underpin the issues seen during the pandemic, with older people treated as a homogenous group who are vulnerable, frail and a problem to be managed rather than citizens of equal value. Negative attitudes to older people have serious consequences, sowing distrust between generations and potentially affecting policy-making decisions. The Centre for Ageing Better are calling for age to be added to the protected characteristics covered in the Editor's Code, which sets out expectations with regards to avoiding discrimination in the media.

"Open a newspaper on any day of the week and you're likely to find articles which refer to the 'crisis' of an ageing population, 'selfish' boomers, or the 'burden' of older people on the NHS." We're all living many years longer than our parents or grandparents, so it's vital that we find new ways of talking about ageing. Politicians and those working in the media have a huge amount of power to shape the way we discuss these issues, and a responsibility to represent the reality and diversity of later life." You can read the full article on the [Centre for Ageing Website](#)

Age UK Stockport welcomes this report and will continue to work for the appropriate level of respect to be given to all people, and especially older adults who are so often misrepresented as highlighted here.

Signs and Images



Another example of negative stereotyping was highlighted by a competition set up in partnership with Public Health England, aimed to find a new icon to portray older people in a more positive light.

The dancing couple design shown here won and will replace the road sign above! We can expect to see the new design coming later this year!

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