Welcome to the Age UK Stockport (AUKS) January Newsletter!
Bringing you the latest news and information
about our services and events.
Age UK Stockport working locally for YOUR WELLBEING

HAPPY NEW YEAR and a happy and healthy 2026 from everyone at Age UK Stockport

During 2025 we have been celebrating our 40th year, and want to say a sincere THANK YOU to everyone involved and supporting us during 2025.

Stockport County Charity Bucket Collection

On Saturday 29th November, Age UK Stockport **staff and their families** took part in a charity bucket collection to raise much-needed funds for Age UK **Stockport**.

Despite the rainy weather, we are pleased to say we raised an excellent **£688.50 -** ALL of which will be used for our community activities.

A big thank you to all Age UK **Stockport** staff members and their families who supported this event, and a very special thank you to the **Stockport County fans** and the **Barnsley away fans** who so generously contributed to the collection.

These funds will provide great support to our work in the community, including information and signposting, and help us continue delivering important and sometimes vital services to the older community of Stockport.

These funds will provide huge support to our outreach work and help us continue delivering vital services to the older community of Stockport

Transport for Greater Manchester

Older and disabled people in Greater Manchester to benefit from permanent removal of 9.30am restriction on concessionary bus passes from March 2026.
Concessionary passholders will benefit from free round-the-clock travel on Bee Network buses, following successful trials by Transport for Greater Manchester.
Mayor Andy Burnham also intends to keep the £2 single bus fare for a fourth consecutive year.
All bus and tram fares will be frozen until the end of 2026, reaffirming the Mayor and council leaders' commitment to tackle cost of living challenges and keep the price of public transport low.
Older and disabled people in Greater Manchester will benefit from free round-the-clock travel on Bee Network buses, with the permanent lifting of the 9.30am restrictions on concessionary passes from March 2026.
Mayor of Greater Manchester Andy Burnham and council leaders from across the city -region have been working with older and disabled groups locally to bring about the major change which will give "real freedom" to passengers

Comments from the Age UK GM Collective:

"Removing the restrictions is about more than convenience – it's about dignity, independence and recognising older people as active contributors to our economy and communities. The Age UK Greater Manchester Collective has proudly championed this change and deeply values the partnership with GMCA and Transport for Greater Manchester, who have listened to the voices of older people. This decision will help thousands stay connected, fulfil caring roles, volunteer, and access vital services – strengthening the social and economic fabric of life across our city region." Age UK Greater Manchester Collective.

Keep Warm & Well

With some colder weather expected in the New Year remember to take care. Some essentials are to make sure your home is warm enough - wrap up well - keep moving – and eat well! Check out these links for much more information:

Age UK – Keeping warm and well in winter
https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/

UK Health Security Agency - Keeping warm and well: staying safe in cold weather
https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-

Latest News From The Hub

Activities & Events at the Hub

THE AGE UK STOCKPORT HUB
2 CASTLE STREET, EDGELEY, STOCKPORT, SK3 9AB

January 2026

MONTHLY ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NEW YEARS DAY 1 HUB CLOSED	HUB CLOSED 2
Digital drop in 5 10am - 12pm **KOKU Exercise class** 12pm - 1pm (Class fully booked)	Pre booked face to face 6 **Blue badge application appointments**10am -2pm 0161 477 1213 **Singing for the brain** 1-2pm	**Knit and natter**10:30am - 12pm **Digital drop in** 12pm -2pm	**Information and signposting drop in** 8 10:00am - 2pm **Digital drop in**10:30am - 12:30pm	**Craft class enrolment** 9 11am - 1pm (Ring 0161 480 1211 to book)
Digital drop in 12 10am - 12pm **KOKU Exercise class** 12pm - 1pm (Class fully booked)	Pre booked face to face 13 **Blue badge application appointments**10am -2pm 0161 477 1213	**Knit and natter**10:30am - 12pm 14 **Digital drop in** 12pm -2pm	**Information and signposting drop in** 15 10:00am - 2pm **Digital drop in** 10:30am - 12:30pm	**Craft Class**- 10am - 12pm 16 **Craft Class**12.30pm - 2.30pm (Ring 0161 480 1211 to book)
Digital drop in 19 10am - 12pm **KOKU Exercise class** 12pm - 1pm (Class fully booked)	Pre booked face to face 20 **Blue badge application appointments**10am -2pm 0161 477 1213	**Knit and natter**10:30am - 12pm 21 **Digital drop in** 12pm -2pm	**Information and signposting drop in** 22 10:00am - 2pm **Digital drop in** 10:30am - 12:30pm	**Craft Class**- 10am - 12pm 23 **Craft Class**12.30pm - 2.30pm (Ring 0161 480 1211 to book)
Digital drop in 26 10am - 12pm **KOKU Exercise class** 12pm - 1pm (Ring 0161 480 1211 to book)	Pre booked face to face 27 **Blue badge application appointments**10am -12pm 0161 477 1213 **TANDEM TUESDAYS**12pm - 2pm	**Knit and natter**10:30am - 12pm 28 **Digital drop in** 12pm -2pm	**Information and signposting drop in** 29 10:00am - 2pm **Digital drop in** 10:30am - 12:30pm	**Craft Class**- 10am - 12pm 30 **Craft Class**12.30pm - 2.30pm (Ring 0161 480 1211 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

Stockport age UK

January 2026

Community Weekly Activities Calendar

MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S	SATURDAY'S
Brinnington Community Walk **10:30am** **Meet at Hollow End Towers, Northumberland Road, SK5 8NY** Join us for a leisurely walk around Reddish Vale. Just turn up, for a warm welcome whatever the weather!	**Brinnington Community Clean 9am - 10.30am** **Meet at Brinnington Park Leisure Complex, SK5 8LS.** This is a volunteer lead group for people wanting to improve physical and mental well-being whilst also giving something back to the community. Consisting of litter picking and general maintenance. **Confidence Class- 10am - 11am - Free** At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK57AT (adjacent to Broadstone Mill), To improve strength, stability, and general fitness. For all abilities. No need to book!	**Confidence Walk– 10.30am to 11.30am** At Brinnington Park Leisure Complex, SK5 8LS. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session. No need to book	**Coffee Morning– 10.30am to 12 noon** Everyone welcome! Join us for our Coffee morning in the Community Room at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS. This is a great space for people to meet and chat with like-minded people in the Brinnington Community. There will also be an opportunity to influence what happens in your local area. Just turn up – No need to book! **Free Chair based Exercise Class followed by a Light Meal** **12.15pm- 1pm** **Brinnington Lighthouse Centre, SK5 8LS** Free chair-based exercise class followed by a light meal. This class is designed for beginners, and you can just turn up you don't have to book!	**Gym Session- at Brinnington Park Leisure Complex – meet at 10.30am.** Free gym session! It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. If you'd like to go along, meet at 10.30am in the Community Room – Just turn up, no need to book!	**Saturday Social Walk** **On the first Saturday of each month starting at 10am at various locations around Stockport and will last for 2- 2½ hours.** Come along to get your steps in and meet new people! No need to book. This walk is being run in conjunction with Life Leisure's Active Community Team. Just turn up, for a warm welcome whatever the weather! Contact 0161 480 1211 to find out next walk location.

MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S	SATURDAY'S
	11:30am – 1:00pm Free Community Bingo –At Brinnington Park Leisure Complex, SK5 8LS.This session is supported by the Lighthouse Centre. Just turn up and join in the fun! **Confidence Walk-Life Leisure Avondale, 1pm – 2pm Heathbank Road Cheadle Heath, SK3 0UP.** Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up, no need to book!		**Confidence Class- At The Bramhall Village Club,** **1:30pm – 2:30pm** 2 Melbourne Road, Bramhall SK7 1LR. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? Indoor confidence walk session run in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up and pay on the day! £1.50 charge including refreshments		

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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 different 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/

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