

Age UK Stockport Monthly News

WELCOME to the latest edition of the Age UK Stockport (AUKS) monthly news, where you can find out what's happening both within AUKS and also in the wider community.

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).

If you would like a paper copy, you can collect one from the Information and Advice Office in Merseyway, or ask a member of the Age UK Stockport team.

*Wishing everyone
a very
'Happy New Year!'*

Winter Warmth & Wellbeing

Wednesday, 22nd January 2020, 11:00am – 2:00pm

At Stockport Masonic Guildhall, 169 Wellington Road South, Stockport, SK1 3UA

There are many ways to stay warm, healthy and safe this winter. Find out how at our Winter Warmth Event and enjoy a hot snack lunch with us. Free but booking essential!

To book your place, call **0161 480 1211** or email info@ageukstockport.org.uk



Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Volunteering at Age UK Stockport

Right now, more than 2.5 million older people in the UK have no one to turn to for help and support. No one to ask for advice. No one to help in a crisis.



Here at Age UK Stockport our volunteers' time, knowledge and commitment is essential to supporting many people in the local community. Volunteering with Age UK Stockport gives you the chance to have a great time whilst helping others. Whether you have a lot of time or a little, there are volunteering opportunities available, whether working with groups or with individuals, working in the community or in the office. In return you can gain new skills and experiences, meet new and interesting people, claim out of pocket expenses, access appropriate training, enhance your CV and have a good time!

Have a look at our volunteering opportunities on our website at: <https://www.ageuk.org.uk/stockport/get-involved/volunteer/> or give us a call on 0161 480 1211 and speak to a member of the volunteering team

Please bare in mind when applying you will have to provide references, have a Disclosure and Barring Service (DBS) check and undergo the appropriate training.



Dementia Friendly Garden Plans

2020 sees the launch of an exciting new project to design and create a Dementia Friendly Garden for the Step Out Service in Whitehill.

We aim to design a new green space embedding the importance of outdoor time for those living with dementia. Working with specialists we will ensure that the space is designed in a way that works not only for those living with dementia but also carers, family members and the local community. The planting scheme will be sensory and will invite insects, birds and other creatures into the garden. The garden will also encourage participation by the users with fruits trees, raised beds and a glasshouse / shed combo for growing from seed or potting on.

We need your help... Working with [The Good Exchange](#) who support other charities to raise funds for good causes, we will be seeking to raise funding to design and create the garden.

You can help by actively sharing the link to encourage support and donations: <https://app.thegoodexchange.com/project/17645/age-uk-stockport/step-out-dementia-friendly-garden>



'THANK YOU'

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Changes to Travel Passes

From 1st February 2020 if you have a TfGM-issued pension-age concessionary pass or a Women's Concessionary Travel pass and you want to continue to benefit from unlimited off-peak travel on trams and trains in Greater Manchester you will need to pay an annual £10 fee.

There is no change to free, off-peak bus travel across England so if you only use buses, you can choose not to pay to add tram and train. Also the £10 charge does not apply to concessionary passes for disabled people.

The new scheme starts on 1st February but you will be able to pay early from 5 January, to make sure you're ready! You can pay in person at a [TfGM Travelshop](#) or at a [PayPoint shop](#) (from 25.1.20) or you can pay online at [getmethere.com](#) To buy online, you will need to link your concessionary pass to a **get me there** account and can find more details and a step-by-step guide at [getmethere.com/add-a-card](#).

For further information visit: <https://tfgm.com/tickets-and-passes/add-tram-and-train> or collect a leaflet from TfGM Travelshop of the Information and Advice office in Merseyway (just next to the Post Office)



Out and About Last Month

In the past month we have been out and about at various events. Including:

- St George's Christmas Tree Festival
- Signpost for Carer's Winter Wellbeing Event
- Christmas Party at Marple Hall School
- Christmas sing a long at the Plaza with The Doing Dementia Differently Intergenerational Choir
- Age UK Stockport's Annual Carol Concert at St Mary's in the Marketplace

If you would like AUKS to be involved with an event you are organising please let us know, by contacting us on the details below.



Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Dates For Your Diary - January 20

Date	Event	Time
7th January	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
8th January And every Wednesday thereafter	At Stockport Plaza Café, (located upstairs but there is a lift on the ground floor) Drop in for a cup of tea and something to eat! At great prices. Carers, friends, family and care agencies are all welcome. A warm and welcoming space. The perfect opportunity to meet people to go on day trips, to the cinema or any other hobbies you may have. For more information please call The Meadows: 0161 716 4505 (choose option 3 to speak to Louise)	10.30 am - 11.30 am
22nd January	Winter Warmth and Wellbeing Event At Stockport Masonic Guildhall, 169 Wellington Road South, Stockport, Cheshire, SK1 3UA Come and find out about how to stay warm, healthy and safe this Winter and enjoy a hot snack lunch with us. Free but booking essential! RSVP by 13th January 2020 by phone: 0161 480 1211 or email: info@ageukstockport.org.uk	11.00am – 2 .00pm
31st January	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
11th & 28th February	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm

For more information and to keep up to date with what's happening visit
www.ageuk.org.uk/stockport/activities-and-events/events

Age UK Stockport is a registered charity 1139547

Age UK Stockport
 Commonweal
 56 Wellington Street
 SK1 3AQ

Telephone: 0161 480 1211
 Email: info@ageukstockport.org.uk
 Website: www.ageukstockport.org.uk