

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.

We are attending lots of events around Stockport during July, have a look at the events page for details

www.ageuk.org.uk/stockport/activities-and-events/events

Why not come and say hello?

Staying Cool in a Heatwave

Most of us look forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health. A heatwave can affect anyone, but the most vulnerable people include: older people, especially those over 75, and people with a serious chronic condition, especially those with heart or breathing problems.

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat. It's important to eat a balanced diet to help your body replace any salt you lose by sweating. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot.

Try to stay cool. Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler. Stay out of the sun and don't go out between 11am and 3pm if you're vulnerable to the effects of heat.

*Staying cool
in a heatwave*
Tips to keep you cool
when it's very hot



We do have a leaflet which is available to download by clicking on the picture or you can collect a copy from our information and advice office in Merseyway. Inside this guide, you'll find some helpful tips on how to protect yourself from the heat, how to recognise heat related illness and what to do if someone shows signs of struggling to deal with high temperatures.

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The Big Knit - Final Call!

Age UK Stockport has been knitting and purling like never before over the past few months and thanks to the wonderful knitters of Stockport, Age UK is just a few stitches away from hitting the 1.6m hat target for this year's Big Knit.

We need everybody to pick up their knitting needles one last time this month for a final chance to donate miniature hats to the campaign. Knitters then need to make sure their hats have been dropped off at the Information and Advice Office in Merseyway by 31st July. The miniature hats will then make their way to stores across the country and be paired with innocent smoothie bottles. For each be-hatted drink sold, Age UK receives 25p, and that money helps the Charity support older people who are facing later life alone.

Margaret Brade Chief Officer of Age UK Stockport said: "We're so pleased with how much support this year's Big Knit has received and we are extremely grateful to everyone for supporting the work of Age UK Stockport."

To drop off your knitted miniature hats, pop into the Information and Advice office in Merseyway which is open Monday to Friday 9am to 1pm or call us to arrange collection.



'THANK YOU'

Join the campaign to save free TV for older people

The end of the universal free TV licence for the over 75's has been announced from June 2020. Many are concerned that this will effect some of the most vulnerable people in our society.

Age UK has highlighted in its' campaign: "for many it's not just the box in the corner, it's a window on the world, a human voice when you've not spoken to another person in days. Half of all over 75s are living with a disability, and many rely on their TV for companionship and entertainment. Nearly a third of over 75s are living in poverty or just above the poverty line. For them, paying a hefty extra bill would simply be impossible when they're barely scraping by as it is."



It is important to note that under the new rules, low-income households where one person receives the pension credit benefit will still be eligible for a free licence. Therefore, it is important that people check their eligibility to this benefit as soon as possible. If you need assistance contact our Information & Advice office on 0160 477 1213. You can also join the Age UK campaign to save free TV for older people. Age UK nationally and other organisations across the country who represent older people, are demanding the Government takes back responsibility for keeping TV free for the over 75s.

Sign the petition at ageuk.org.uk/tvpetition

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AUKS Part of the Integrated Transfer Team

The Integrated Transfer Team is a truly multi-disciplinary team based within Stepping Hill Hospital supporting Complex Discharges. The Placement Service, Back Home Service and WIN (Wellbeing and Independence Network) offer both non Statutory Support Services for those individuals returning home or to a placement from Hospital.



Leinad Fell, AUKS Operations Manager Health & Hospital said, "Feedback from those that have used the services concludes, what great value people experience as a result of having AUKS here on site and readily available."

Family feedback includes, "I would like to take this opportunity to thank AUKS for everything they did for me. Any questions I had, they answered straight away. They are very approachable, friendly and they put me at ease while I was going through a tough time. I would like to think they should get a medal for all they do, if not, at least some recognition."

The team would like take the opportunity to send their congratulations to Cathy Lloyd on her post as ITT Lead.

For further information, or if you require support whilst in hospital for yourself or a family member please contact a member of the team on 0161 419 4869 or 0161 419 5238.



AUKS Out & About Last Month

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

- A Volunteer open day at Stockport Library
- Giving information at Park View GP Practice in Reddish during Carers Week
- Helping to raise £234 for the Alzheimer's Society Cup Cake Day in the Marjorie Warren Unit (a unit for older people) in Stepping Hill Hospital and also giving information to visitors.

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.



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Dates For Your Diary - July 19

Date	Event	Time
4th July	Photographic Memories Project At Arc Centre and Gallery, Greg Street, Reddish SK5 7BR. Free but Booking Essential! Tel 07540406747 or email saz.media@outlook.com	1pm- 3pm
5th July	Bramhall Tea Party - Afternoon Tea and entertainment for 300 older people. If you would like to attend tickets will be available shortly from Prestbury Travel in Bramhall. Booking essential	2 – 4.30pm
8th July	Photographic Memories Project at Whitehill Fire Station, Reddish , SK4 1NR Free but Booking Essential! (see above for booking details)	1.30 - 3.30
16th July	Photographic Memories Project trip to Reddish Vale. Meet at the Visitors Centre SK5 7HE. Please bring a packed lunch, drinks will be provided. Free but Booking Essential! (see above for booking details)	11 - 2pm
16th July	Healthy Four Heaton's Health and Wellbeing Market Event at St Johns the Baptist Church, 8 St John's Rd, Heaton Mersey, Stockport SK4 3BR Free event!	10 - 1pm
16th July	Signpost's Wellbeing Day for Carers At the Alma Lodge Hotel, 149 Buxton Road, SK2 6EL Please let Signpost know if you are attending by calling them on 0161 442 0442 or emailing info@signpostforcarers.org.uk	10.30- 2.30
19th July	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
28th July	Stockport Pride http://www.stockportpride.co.uk/ In Stockport Market Place Celebrating Stockport's Lesbian, Gay, Bisexual and Trans* Community	11am – 6pm
7th August & 23rd August	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

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