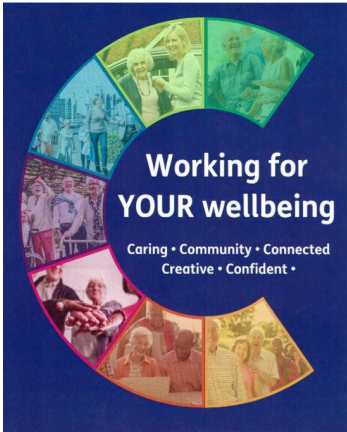


Age UK Stockport Monthly News

100 days in and we welcome you to the return of our standard Newsletter!



It is a small example of how we are all moving from the response to the crisis of the Coronavirus pandemic, to beginning the road to recovery – or at least to whatever the ‘new normal’ will look like.

So much has happened along the way for us individually and as a society! We are now gradually bringing back our staff from the emergency work they did so marvellously throughout, to gradually restabilising our normal services. This will take time as we are going slowly and cautiously to ensure we keep everyone as safe as possible.

Services

Some services never stopped! Our Information & Advice Team can still be contacted on 0161 477 1213 and Tandem Support Services and the WIN can be contacted on 0161 480 1211.

Services that have been provided in specific response to the pandemic will come to an end over July but we will be working with each and every person to ensure alternative plans are in place.

Services that can be done outside, such as Gardening and some Handy Help jobs are now back, as are wellbeing support activities that also take place outside – such as ‘Walk and Talk’ and Befriending where it can be in a garden or outside in the community. Over July we will also be starting home visits again where necessary and where they can be done in a safe way.

In all respects, inside and outside, Social Distancing will apply and generally there is no reason not to stay with the best recommendation of 2 metres, and staff will wear relevant Personal Protective Equipment. PPE may not be ‘friendly’ but it is about keeping everyone safe.

As this is changing all the time the best way to keep informed is through the website which from August on will have service updates as they happen .

Offices Events & Meetings

At present these all remain closed and we don’t anticipate any change for the next month or so. *However this is under continuing review and we will update the website.*

Any queries please just contact us on 0161 480 1211.

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)

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A BUSY TIME! In the middle of March we closed two offices, decamped staff to be based at home, furloughed some staff, and flexed the work of the others to 're-purpose' all our services — all to ensure we were in the best position possible to play our part in responding and supporting local people.

We are incredibly proud of the part we have played in providing support to local people from the very first day and continuing now. The graphic here provides a highlight of some of the work done so marvellously by Age UK Stockport workers over this time.

Behind many of these statistics are complex stories and many heart-warming stories and, in some cases, without any exaggeration, some lives saved by caring responses to challenging situations.



Coronavirus Pandemic 100 days highlights



9,442

Welfare check calls



12,807

Calls to our switchboards
With over 900 hours of talk time



1,667

Information &
Advice Enquiries



1,578

Food and
medication deliveries



£25,000+

Food shopping delivered



200+

Urgent responses for health
and other essentials

[MAKE DONATION >](#)

Assessing Your Own Risk from Coronavirus

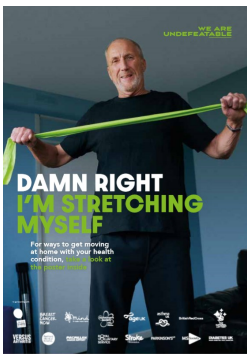
With guidelines around Coronavirus loosening Dr Elizabeth Webb has an article on the Age UK website to help you assess your own risk and decide what activities to join in with and what to avoid.

When considering risk it's important to consider 2 separate risks. Firstly, there's the risk of catching coronavirus, which depends upon both the number of people in the community who have it and the activity being undertaken. Secondly, there's the risk that coronavirus poses to you as an individual, if you were to catch it.

We can all take precautions to minimise risk of catching coronavirus, like staying 2 metres (3 steps) away from anyone we don't live with, wearing a face covering over our nose and mouth and washing our hands thoroughly and often with soap and water, or using hand sanitiser if this isn't possible. We should also keep activities outdoors if possible, and if this is not possible keep the room well ventilated. Avoid activities where people are singing, shouting or otherwise projecting their voices. Cover our mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and avoid touching our eyes, nose or mouth. Up to date guidance is available from the NHS [here](#).

The full article can be found at; <https://www.ageuk.org.uk/discover/2020/06/risk-older-people-community-coronavirus/>

Staying Active



It is important for all of us to stay active. It is great for both mental and physical health and helps to protect the body from infection and illness.

There are lots of ways you can keep moving at home like; cleaning, dancing, gardening, going up/down stairs, stretch or stand during TV advert breaks, to name but a few!

You may have seen TV adverts from 'We Are Undefeatable' which is all about ways to get moving at home with a health condition. They understand that how you feel can change from day to day and that everyone is different, but doing a little movement each day may help you get started and keep moving. If you would like some inspiration they have produced a leaflet with lots of support. You can pick one up at you local supermarket or we can send you one if you get in touch. For more ideas go to <https://www.weareundefeatable.co.uk/>

We do have a 'Walk and Talk' group that combines social isolation and loneliness with gentle exercise that is slowly starting up again following all the necessary risk assessments. If you are interested contact Chris Barlow on 0161 480 1211 or email Chris.Barlow@ageukstockport.org.uk

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Scams and Fraud

More of us are spending increasing amounts of time online, making it easier to keep in touch, but this increase in online activity also has its risks.

In the UK, the National Cyber Security Centre has detected a growing use of Covid-19 related themes being utilised by cyber criminals. This amplified online threat means that it is more important than ever for everyone to be more vigilant against fraud, particularly when it comes to sharing any financial and personal information.

Tips on how to stay safe online

Stop and think before parting with your money or information

Challenge whether the request could be fake and

Protect yourself by contacting your bank immediately if you think you have fallen for a scam

To spot a 'phishing' email look for urgent calls to action, generic addresses e.g. dear friend, poor quality images and spelling mistakes.

You can report any phishing or fraud attempts to Action Fraud via their website: [actionfraud.police.uk](https://www.actionfraud.police.uk) or call 0300 123 2040

Top tips for staying secure online can be found at: <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online>



Trading Standards Offer Free Call Blockers

Phone scams are a common way for criminals to con people out of money. Common phone scams include bank scams, computer repair scams, compensation scams and calls from people claiming to be from HMRC.

What should I do if I get a scam call?

- Never give out personal or financial information (such as bank account details or your PIN) over the phone, even if the caller claims to be from your bank.
- Hang up. If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call.

The National Trading Standards Scams Team are open for applications for free call blockers on 8th July for people who receive scam or nuisance calls. Because of Covid 19, applicants need to be able to install the unit themselves. For more information see www.FriendsAgainstScams.org.uk/callblocker

Other call blocking devices and services are available if you check with your landline provider.

There is a guide to 'Phone Scams' and more information on the Age UK website at <https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/phone-scams/>

Dementia

Living with dementia at any time brings everyday challenges for the person and those around them. Coronavirus is making daily life much harder. You may feel anxious, scared or lonely. But you are not alone – help is available.

You could try different activities around your home so that you can move from activity to activity; watch favourite films and musicals in the living room; listen to the radio in the kitchen; do jigsaw puzzles at the table; take walks around the garden, if you can.

Staying in contact with others, or having someone you can talk to is important. You can call the Dementia Connect support line on 0333 150 3456.

There's a range of resources available: <https://dementia-united.org.uk/home/covid-19-information/>

Mental Health Advice and Support

Our mind matters and keeping our mind active is important. We all need to think about our mind in the same way that we need to think about our bodies, especially in times of change.

Tips on keeping our mind well and active

Stay connected - Stay in touch with friends, family, neighbours, clubs, and your community by phone; ask for help with shopping and running errands; volunteer to become a phone befriender to others.

Stay on top of difficult feelings and worries - Try to focus on things in your control; limit how much news you watch or listen to and use trusted sources (BBC/ITV); take time to chat about how you're feeling with others, it can really help.

Plan practical things - Keep up with usual everyday activities and interests at home; make a 'to do list' for each day: writing shopping lists, making calls, order repeat prescriptions; continue accessing treatment and support for health conditions from your GP.

Take time to notice and feel joy - Focus on activities you enjoy at home; set yourself a goal, learn a new skill, or take on a challenge and take note of things that bring you joy and share them with others

More information can be found at on the [Stockport Council Website](#)

Snapshot of Last 100 Days!



Age UK Stockport is a registered charity 1139547

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