



Age UK Stockport Newsletter

July 2025

**Welcome to the Age UK Stockport (AUKS) News Sheet!**  
Bringing you the latest news and information about our services and events.

## Staying **cool** in a heatwave

How to stay safe when it's hot



## **How to keep cool in hot weather**

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.

### **How can I stay cool when I'm out and about?**

Avoid spending too much time outside or exercising during the hottest part of the day (between 11am and 3pm), and keep in the shade.

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- Wear a sun hat and carry a bottle of water with you.
- Wear light-coloured, lightweight cotton clothing can help keep you cooler.
- Keep an eye on the weather forecast
- Apply sun cream. You should use at least SPF 30 and apply it regularly. Make sure you don't miss any spots – it can be easy to forget bald patches, for instance.
- UV levels can still be harmful when it's cloudy out, so be careful even when it's not sunny.
- Talk to your optician about prescription sunglasses. Make sure any sunglasses you wear have a CE mark and UV40 label.

### **How can I stay cool when I'm at home?**

- Keep blinds down and windows closed when it's cooler inside than out.
- Most medication should be kept below 25°C – so it can be best to keep it in the fridge when it's really hot.
- Check your skin for changes every few months. If you notice that a mole has changed colour or shape or has been bleeding, go and talk to your doctor.
- Drink plenty of water to avoid getting dehydrated, but avoid alcohol as it can dehydrate you.
- Drink plenty to avoid getting dehydrated and keep eating even if you're not feeling too hungry. It can be best to avoid alcohol.
- A damp cloth or a splash of water on the back of your neck can be better at cooling you down than a fan.
- Open windows on opposite sides of the home during cooler times (early morning or late evening) to create cross-ventilation.
- Keep blinds or curtains closed during the day, especially on sun-facing windows, to block out heat.

- Limit the use of ovens and stoves during the hottest parts of the day to reduce indoor heat.
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Want more information?

Check out our handy guide to keeping cool: <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

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## Age UK Stockport & Sector 3 working together to deliver Cool Packs.



Age UK Stockport and Sector 3 recently collaborated to distribute cool packs, carefully sourced essentials to help keep you cool in hot weather.

The team visited shops around Stockport to source items and put the packs together.

Each Cool Pack includes:

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- A sunhat
  - Suntan lotion
  - A mini handheld fan
  - A reusable water bottle
  - A Greater Manchester leaflet with guidance and support for coping during a heatwave.
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It is a great example of practical, community-focused support in action!

This pilot was for a small number of packs distributed to the community organisations in preparation for the heatwave. Master call, The Wellspring and Accident and Emergency Stepping Hill all received packs.

Age UK Stockport and Sector 3 are now working to secure further funding to deliver more of these packs.

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## **Latest News from Step Out Day Centre**

This week our members have been busy making their own summer desserts. This is just one of the many activities here at Whitehill.

Everyone who wanted to take part really enjoyed prepping the fruit and all reminisced about favourite puddings enjoyed when we were at school and at home.

This is a great group activity that brings everyone together, a couple of members even shared recipes that they would like to make next, so watch out 'Bake Off', we have some very talented bakers!

Step Out is a day-time service for adults offering a safe and welcoming place where people can socialise, join in with structured activities and receive support and assistance.

Activities include, craft sessions, singing, games, reminiscence, hairdressing, gardening plus lots more.

Step Out is a charged for Service.

For more information

Email: [info@stepoutstockport.org](mailto:info@stepoutstockport.org)

Telephone: 0161 480 0480

Step Out Day Centre

Whitehill Resource Centre

Whitehill St

Stockport

SK5 7LW

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## Celebrating Carers Week

As Carers Week came to a close, we wanted to say a heartfelt thank you to Stockport's unpaid carers—those everyday heroes who selflessly support loved ones, friends, and neighbours.

From dementia discos and coffee mornings to business brunches and information stands at Stepping Hill Hospital, the week's events have brought people together, raised awareness, and shared vital support.

A huge thank you to all the brilliant partners for making it all happen, including: Signpost Stockport for Carers, Stockport NHS Foundation Trust, Age UK Stockport and Great Minds Together.

Ongoing Support for Carers – We're Here All Year Round!

While Carers Week shines a spotlight on carers, support is available every day. If you or someone you know is a carer. **Live Well Stockport** makes it easier to get help when you need it.

## What is Live Well?

Live Well is part of Stockport Council's early help and prevention service for adults. Whether you're a carer or need support yourself, the Live Well team is here to:

- Offer face-to-face appointments in local venues like libraries, community centres, and council buildings.
- Provide advice, information, and initial assessments to identify what support you may need.
- Connect you with community services, Library and Leisure Services.
- Support with enablement, such as equipment or home adaptations.
- Promote carer wellbeing through short-term support.

With five Social Care Officers and a Team Manager covering the borough, accessing support is quicker and easier than ever.

*“My Social Care Officer was supportive, and I felt listened to throughout our time working together.” – Service user*

#### Other Useful Contacts and Resources

If you're a carer, here's where you can get trusted help and advice:

- Live Well / Stockport Council: Local support, carer's assessments, and more

[www.stockport.gov.uk/support-for-carers](http://www.stockport.gov.uk/support-for-carers)

- Signpost Stockport for Carers: Help, assessments, and guidance for carers

[www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk)

- Carers Week: Guides and factsheets

[www.carersweek.org](http://www.carersweek.org)

- Healthy Stockport: Wellbeing and mental health support

[www.healthystockport.co.uk](http://www.healthystockport.co.uk)

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# Handy Help Gardening Service



Summer is a very busy time for our Handy Help Gardening Service.

As many people struggle to tidy up gardens after Winter.

Whether it's simply a lawn that needs mowing or hedges in need cutting back, we are always happy to step in and help.

Our prices are competitive - and we pride ourselves on high quality work. Our costs contribute to supporting Age UK Stockport's vital local work.

**Call us for more information**

**0161 480 1211**

**Email: [handyhelp@ageukstockport.org.uk](mailto:handyhelp@ageukstockport.org.uk)**



## Latest News From The Hub

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### Connecting Our Community: A Day with Stagecoach and the Bee Network

Last month, we were delighted to welcome Andrew and Simon from Stagecoach, who spent the day with us to demonstrate the Bee Network app and its amazing features designed to help make bus travel easier, smarter, and more accessible for everyone.

The Bee Network is Greater Manchester's new integrated transport system that brings together buses, trams, and eventually trains, under one coordinated network. Through the Bee Network app, users can plan journeys, track services in real time, check service updates, and purchase tickets all in one place—making travel more efficient and convenient.

During their visit, Andrew and Simon spoke to us about the various types of bus passes available for both adults and children, including flexible options like daily, weekly, and monthly passes, as well as discounted travel for students and concession holders.

A big thank you to Simon and Andrew for an engaging and informative session, and for showing us how the Bee Network is helping to transform public transport in our region.

Don't miss out! Come along and get all the info you need to feel more connected and confident using local transport. Free refreshments provided.

Age UK Stockport Hub

2 Castle Street, Edgeley

SK3 9AB

Contact 0161 480 1211

Email: [Thehub@ageukstockport.org.uk](mailto:Thehub@ageukstockport.org.uk)

## Age Without Limits Day



## Celebrating Age Without Limits Day at the Hub

On June 11th, we proudly celebrated Age Without Limits Day—a special day dedicated to challenging stereotypes and recognising the value, wisdom, and individuality that comes with age, celebrating the diversity and value of ageing.

At our hub, our Knit and Natter group engaged in open and thoughtful conversations about ageing, and what ageing means to them. They reflected on questions such as:

“What’s the best part of getting older?”

“How do you feel about telling people your age?”

“What is something you have learnt with age that you wish you knew when you were younger?”

“Have you ever felt you couldn't wear certain things because of your age?”

The discussion was heartfelt, empowering, and full of laughter, as attendees shared personal insights and celebrated the freedom that comes with embracing who they are at every stage of life.

We also had the joy of celebrating a birthday for one of our valued hub attendees—making the day even more special! The group came together to share cake, warm wishes, and a reminder that growing older is something to be proud of and cherished.

A big thank you to everyone who took part and helped make this a truly memorable day.

Learn more at:

[AgeWithoutLimits.org](https://www.agewithoutlimits.org)



# FREE STRENGTH AND BALANCE EXERCISE CLASS



- STRENGTHEN MUSCLES AND BONES
- IMPROVE BALANCE AND FUNCTION
- MAINTAIN MENTAL WELLBEING



EVERY MONDAY, 12 MIDDAY – 1 PM  
THE AGE UK STOCKPORT HUB.  
2 CASTLE STREET, EDGELEY, SK3 9AB.

Spaces are limited!  
Reserve your spot now  
for our 12 week course by  
calling 0161 480 1211.

FACILITATOR  
HAYLEY HENDERSON

[WWW.AGEUK.ORG.UK/STOCKPORT](https://www.ageuk.org.uk/stockport)



## An Afternoon to Remember: A Tea Party Like No Other



On Thursday 19th June, 100 of our clients were invited by Together Money for what turned out to be a truly magical afternoon tea. The tables were beautifully decorated, the food was top-notch, and the hospitality, simply outstanding.

July 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Digital Drop-in</b> 10am -12pm	<b>1</b> <b>Blue Badge Appointments/</b> <b>Travel pass appointments</b> <i>Booking required 0161 477 1213</i>	<b>2</b> <b>Knit and natter group</b> 10:30am – 12pm <b>Digital Drop-in session</b> 12pm – 2pm	<b>3</b> <b>Information Drop-in</b> 10am – 2pm <b>Digital Drop-in</b> 10:30am - 12:30pm	<b>4</b> <b>Craft group AM</b> 10:00am - 12:00pm / <b>PM</b> 12:30pm - 2:30pm <i>(Booking required)0161 480 1211</i>
<b>7</b> <b>Digital Drop-in</b> 10am -12pm	<b>8</b> <b>Blue Badge Appointments/</b> <b>Travel pass appointments</b> <i>Booking required 0161 477 1213</i>	<b>9</b> <b>Knit and natter group</b> 10:30am – 12pm <b>Digital Drop-in session</b> 12pm – 2pm Age without limits 10am – 1pm	<b>10</b> <b>Information Drop-in</b> 10am – 2pm <b>Digital Drop-in</b> 10:30am - 12:30pm	<b>11</b> <b>Craft group.</b>
<b>14</b> <b>AGE UK STOCKPORT FUNDRAISING EVENT</b> Stalls, Tombola, plus more. 11am - 4:30pm at The Hub. (Contact Gemma for info)	<b>15</b> <b>Blue Badge Appointments/</b> <b>Travel pass appointments</b> <i>Booking required 0161 477 1213</i>	<b>16</b> <b>Knit and natter group</b> 10:30am – 12pm <b>Digital Drop-in session</b> 12pm – 2pm	<b>17</b> <b>Information Drop-in</b> 10am – 2pm <b>Digital Drop-in</b> 10:30am - 12:30pm	<b>18</b> <b>Craft group</b> <i>(Booking required)0161 480 1211</i>
<b>21</b> <b>Digital Drop-in</b> 10am -12pm	<b>22</b> <b>Age Friendly Network meeting</b> 10:30am -12pm <b>Contact Hazel to book a place.</b> <b>Tandem Tuesdays</b> 12-2pm	<b>23</b> <b>Knit and natter group</b> 10:30am – 12pm <b>Digital Drop-in session</b> 12pm – 2pm	<b>24</b> <b>Information Drop-in</b> 10am – 2pm <b>Digital Drop-in</b> 10:30am - 12:30pm	<b>25</b>
<b>Digital Drop-in</b> <b>28</b> 10am -12pm	<b>Blue Badge Appointments/</b> <b>29</b> <b>Travel pass appointments</b> <i>Booking required 0161 477 1213</i>	<b>30</b> <b>Knit and natter group</b> 10:30am – 12pm <b>Digital Drop-in session</b> 12pm – 2pm	<b>31</b> <b>Information Drop-in</b> 10am – 2pm <b>Digital Drop-in</b> 10:30am – 12:30pm	

## Get ready for the Tandem Auction & Tombola in July



**The Tandem  
'Auction & Tombola'**

 Stockport  
ageUK

**To be held at Age UK  
Stockport's Hub on Thursday  
10th July 2025 at 12.30**

Tombola tickets will be on sale in the hub prior to the event.  
The Art to be auctioned off will also be on display all week from Monday 7th July.

All funds raised will go to Age UK Stockport.

We hope to see you there!

*The Hub 2 Castle Street, Edgeley, Stockport SK3 9AB*

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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 difference and a little bit of help really does go a long way.

Follow the QR Code to Donate or visit our website at:

<https://www.ageuk.org.uk/stockport/get-involved/donate/>



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## Contact us:

Age UK Stockport

Commonweal

56 Wellington St

Stockport

SK1 3AQ

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Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)