



Welcome to the Age UK Stockport (AUKS) July Newsletter!

Bringing you the latest news and information
about our services and events.

Age UK Stockport working locally for YOUR WELLBEING



Heatwave Advice

Anyone can become unwell if they get too hot. However, some people are at higher risk of becoming seriously unwell.

It is important to follow this guidance so that you are prepared for hot weather and can take action to cool yourself and your home.

While many people enjoy warmer summer weather, hot weather can cause some people to become unwell through overheating (becoming uncomfortably hot), dehydration, heat exhaustion and heatstroke.

- if you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the early morning or the evening
- keep your home cool by closing windows and curtains in rooms that face the sun
- drink plenty of fluids and limit your alcohol intake
- check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you
- know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them
- Try to avoid direct sunlight, especially between 11am and 3pm when UV levels are highest
- If you are going out during this time, cover up with suitable clothing, wear a wide-brimmed hat and sunglasses, seek shade and apply sunscreen liberally and re-apply frequently



Step Out hosts a very special visitor!

Pet therapy

Pet therapy, particularly interactions with dogs, has been shown to bring meaningful benefits to older people and those living with dementia.

Gentle contact with a friendly dog can reduce anxiety, ease feelings of loneliness, and stimulate positive memories and emotions, often leading to improved mood and engagement.

For dementia sufferers, even brief visits from therapy dogs can encourage communication, social interaction, and a sense of calm, helping to lessen agitation and confusion.

These interactions can promote physical activity, provide companionship, and enhance overall wellbeing, offering simple yet powerful moments of comfort and connection.

This month our Step Out members had a lovely afternoon meeting Marilyn the Chihuahua, they were over the moon to see her, Marilyn herself thoroughly enjoyed all the cuddles and attention too.

Celebrating Our Volunteers

This week marked **National Volunteers' Week**, and we were delighted to celebrate the incredible contributions of our volunteers here at **Age UK Stockport**.

To say thank you, we hosted a special afternoon tea at our **Hub in Edgeley**, bringing together our wonderful volunteers alongside some of our lovely clients. It was a fantastic opportunity to relax, connect, and enjoy each other's company.

The afternoon was filled with warmth, laughter, and conversation—a true reflection of the community spirit we are so proud of. Our volunteers play a vital role in everything we do, and it was a pleasure to recognise their dedication in such a meaningful way.

Thank you for everything you do—you make a real difference.



Community Collaboration in Brinnington

We were also delighted to be part of a fantastic **community collaboration in Brinnington**, bringing together local partners for a hands-on and rewarding project.

Alongside **Brinnington Hall Care Home, The Lighthouse Brinnington, St Bernadette's Year 6 pupils, and Stockport Homes**, we spent time at **1st House Brinnington** planting bulbs, sunflowers, and a variety of vegetables.

This was a wonderful opportunity to bring different generations together—sharing skills, building connections, and working side by side.

The project has already brightened up the space and will continue to grow and bring enjoyment in the months ahead.

A big thank you to everyone involved—we can't wait to see everything in bloom!



Handy Help & Gardening

Summer is the perfect time to get your garden looking its best, and there are plenty of simple jobs a gardener can help with. They can mow the lawn, trim hedges, weed flower beds, prune shrubs, tidy borders, sweep paths and patios, and keep your outdoor space looking neat and inviting. Regular maintenance means you can spend more time enjoying your garden and less time working in it.

If you have a garden and are struggling to keep on top of it, our Handy Help & Gardening team are currently offering reduced rates on garden maintenance packages. All our handy Help staff are fully trained to Age UK Standards, there's no call out fees and you'll find our prices are very competitive.

You know you're in safe hands – we pride ourselves on high quality work and all our jobs are fully guaranteed, and all our staff are all DBS checked. In addition it's important to note that all our profits go back into supporting Age UK Stockport's vital work so booking the team supports your community.

Give the team a call for more details.

Telephone 0161 480 1211

Email: handyhelp@ageukstockport.org.uk



Where music brings us together

What a fantastic start to our brand-new Healing Through Harmony group at the Age UK Stockport Hub on Tuesday afternoon!

Our very first session was filled with beautiful solo singing, uplifting keyboard performances, and joyful group singing. It was wonderful to see so much talent in the room, but even more special was the warm, friendly atmosphere that everyone helped to create.

The group is running for 13 weeks, every Tuesday from 2:00–3:00pm.

You don't need to be able to sing to join us—whether you'd like to sing along, listen, relax, or simply enjoy the music and company, everyone is welcome.

If you'd like to find out more or book your place, please get in touch. We'd love to welcome you.



Creativity takes flight

Our amazing Craft Group has been busy once again, creating some truly fantastic masterpieces!

Over the past few weeks, we've been decorating our very own birdhouses, ready to welcome some feathered visitors this summer. It has been wonderful to see everyone's creativity shine through, with each birdhouse reflecting its maker's unique style and imagination. We're sure the nesting birds will enjoy their new homes just as much as our group enjoyed making them!

If you've ever thought about giving crafting a try, we'd love to welcome you. Whether you're a complete beginner, think you're "not creative," or you're an experienced crafter who can turn their hand to almost anything, there's a place for you in our friendly and supportive group.

Join us every Friday at the Age UK Stockport Hub for creativity, conversation, and plenty of fun.

For more information or to book your place, please get in touch – everyone is welcome!



World Cup Knitters

Our wonderful knitters helped us get into the World Cup spirit this June down at the Hub.

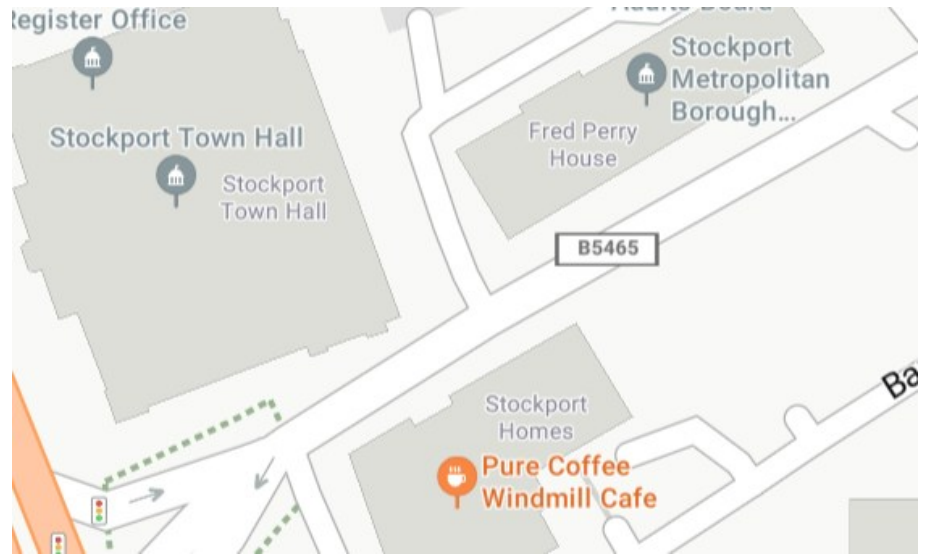
As we reflected on the tournament, many shared their memories of where they were 60 years ago when England last won the World Cup in 1966.

It was lovely to reminisce together and celebrate those special memories. We continue to support the team and wish them every success in the tournament.

Come on, England!

Live Well Independently Suite – Supporting Stockport Residents to Stay Safe, Well and Independent

Location: Live Well Independently Stockport, Ground Floor, Fred Perry House, Edward Street, Stockport, SK1 3UR



Age UK Stockport and local VCSFE partners are joining professionals throughout the week to offer friendly advice and support at Stockport Council's *Live Well Independently Suite* in Fred Perry House.

This hands-on, home-from-home space is designed to help residents explore practical solutions that make everyday life easier. Set up like a real house, the suite includes a fully furnished bedroom, kitchen, bathroom, living area and even staircases to demonstrate mobility options. There is also a dedicated technology-enabled care zone showcasing digital tools that can support safety and wellbeing at home.

Visitors can:

- Try out equipment, adaptations and assistive technology
- Receive guidance from trained staff and professionals
- Take part in demonstrations and explore options before making changes at home

Build confidence in choosing the right support to stay independent

The suite is open to residents, carers, families, professionals and community groups—whether you're planning ahead or need help with a small change.

By offering early advice and practical demonstrations, the suite helps reduce risks such as falls, supports informed decision-making and connects people with wider services across Stockport.

Opening Times

- **Monday–Thursday:** 8:30am–5pm

Friday: 8:30am–4:30pm (Times may vary)

Visitors can drop in, attend guided tours or book an appointment through a professional referral.

Contact

- **Phone:** 0161 217 6029 (Mon–Fri, 8am–4:30pm)

Email: adultsocialcare@stockport.gov.uk

Earn cashback for Age UK Stockport

📍 Stockport, Cheshire

£92.99 raised

17 supporters

Start raising free donations today

Join thousands of others raising for good causes



Turn your daily shopping into free donations!

Easyfundraising is an easy and completely free way to support great causes just by shopping online. This can be used to turn your everyday purchases into valuable donations, at no extra cost to you.

If you're planning to buy anything online, simply going through Easyfundraising first can make a real difference and help raise funds for our organisation. Every purchase, big or small, contributes and adds up over time.

Please visit the website below to find out more and get started – it's a simple step that can have a big impact!

<https://www.easyfundraising.org.uk/cause/ageukstockport/>

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - JULY 2026

For more information on specific activities, please call 0161 480 1211.

The Age Uk Stockport Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	2 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	3 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
6 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	7 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm Healing through Harmony 2-3pm	8 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	9 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	10 No Craft classes on this date due to Craft group Art Gallery Exhibition trip at 1pm—3pm. Contact Gemma for more information.
13 Digital drop in 10am - 12pm KOKU Exercise class 1pm & 2.15pm Please call to book	14 Pre booked, face to face Blue badge application 10am-2pm Healing through Harmony 2-3pm	15 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	16 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	17 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
2 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	21 Pre booked, face to face Blue badge application 10am-2pm Healing Through Harmony 2—3pm	22 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	23 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	24 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call to book
27 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	28 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm Healing through Harmony 2-3pm	29 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	30 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	31 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call 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



Weekly Community Activities Calendar - July 2026

For more information on specific activities, please call 0161 480 1211

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Brinnington Community Walk. 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY</p> <p>Confidence Gym Session 13.30PM Held at Life Leisure Avondale Heath bank road Cheadle Heath Stockport SK3 0UP</p>	<p>Brinnington Community Clean. 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS</p> <p>Confidence Class. 10am - 11am Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT</p> <p>Community Bingo. 11:30am – 1:00pm Free At Brinnington Park Leisure Complex, SK5 8LS</p> <p>Confidence Walk-Life. 1pm – 2pm Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP</p>	<p>Confidence Walk. 10.30am to 11.30am Held at Brinnington Park Leisure Complex, SK5 8LS</p> <p>Woodbank Evening Walk 18:00 - 19:30 Meet at Car Park Little Moor Ln Stockport SK1 4BL</p>	<p>Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS</p> <p>Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm Held at Brinnington Lighthouse Centre, SK5 8LS</p> <p>Confidence Class. 1:30pm – 2:30pm At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR</p>	<p>Confidence Gym Session 10.30am Held at Brinnington Park Leisure Complex, SK5 8LS</p>	<p>Saturday Social Walk. 10am Held on the first Saturday of each month from various locations around Stockport lasting for 2-2½ hours.</p>

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

Step Out Activities Calendar



Step Out Monthly Activities Calendar - July 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st AM– General knowledge Armchair exercisers PM– World joke day	2nd AM - Crossword & Quiz/ Armchair exercisers PM - Dominos & Music or Ball Bingo	3rd AM– Music Quiz / Armchair exercisers PM– Games/Pamper/Film	4th AM– Reminiscence / quiz PM - lets sing along to the 40's
6th AM- Lets make music together., & quiz PM– Music / ball bingo	7th AM - Music in Mind Armchair exercisers PM - World chocolate day	8th AM - Crossword, Quiz Armchair exercisers PM - Karaoke with members and staff	9th AM - Music Quiz Armchair exercisers PM - Earbud painting Pamper	10th AM - Quiz, crossword Armchair exercisers PM - Parachute Group Session & Floor Games	11th AM - General knowledge quiz PM - Ball / music bingo
13th AM - Lets make Music Together PM - Arts & crafts. Pamper	14th AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	15th AM - Reminiscing, quiz, Crossword Pub lunch PM –Floor games	16th AM - Music quiz/ Armchair exercisers PM - Music or ball bingo	17th AM - Reminiscence, quiz, crossword PM-Ice cream day Board games, film	18th AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
20th AM - Lets make Music Together PM - Parachute Group Session & Floor Games	21st AM - Music in Mind PM - Dominos & other Table Games. Arts & crafts	22nd AM –quiz, crossword, Reminiscing PM - Karaoke with members & staff	23rd AM - Crossword, quiz Armchair exercisers PM - let's paint	24th AM - Reminiscing & Who I'm I Quiz PM - Music / ball bingo	25th AM - Armchair Exercise to Music PM - Sing along & pamper
27th AM– let's make music together. PM-Blackpool themed day.	28th AM-Music in mind. PM– karaoke with staff & members.	29th AM-Name that tune Arm chair exercisers PM– Dominoes & board games	30th AM-Quiz, Crosswords Armchair exercisers PM-Ball / music bingo ball	31st AM– 60's 70's music quiz Armchair Exercisers PM– Board games, film	

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



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.

If you would like to donate please visit our website at <https://www.ageuk.org.uk/stockport/get-involved/donate/>

Contact Us:

Age UK Stockport
Commonweal
56 Wellington Street
Stockport
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: <https://www.ageuk.org.uk/stockport/>