

## 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](http://www.ageukstockport.org.uk) or by signing up to email [info@ageukstockport.org.uk](mailto: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 would like to say a big  
'Thank you' to all our volunteers  
who make such a difference to the  
people of Stockport.**



## Carers Week - 10th to 16th June 19

**Carers Week is an annual campaign to raise awareness of caring**, highlighting the challenges unpaid carers face and to recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

There are 6.5 million people in the UK who are carers. They will be looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring. It impacts on all aspects of life from relationships and health to finances and work. Caring should not be underestimated, without the right information and support, it can be tough. We have an 'Advice for Carers' information

booklet which looks at both the practical and emotional side of caring. It aims to let you know where to go for help, so you don't feel you have to manage on your own. You can download a copy by clicking on the picture or you can collect one from our office in Merseyway or just give us a call!

*Advice  
for carers*  
A practical guide



Age UK Stockport

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## Photographic Memories Project

We are working with SAZ Media who are offering the over 50's age group a chance to discuss memories through photography.



There will be an opportunity to share technical and memorable experiences of photography throughout your life time and to leave a Stockport legacy of photography through the decades. There will also be the opportunity to learn how to use a digital camera and join them on days out across an 8 week project, resulting in a collaborative gallery at the end of August with prizes to be won.

Don't worry if you don't have a camera of your own because they can be provided.

All our workshops dates for this group are listed on the website [www.sazmedia.co.uk/whats-on](http://www.sazmedia.co.uk/whats-on) and in our diary page in this news sheet. To get involved simply get in touch with them via phone 07540406747 or [email saz.media@outlook.com](mailto:saz.media@outlook.com) or contact Denise or Hazel at Age UK Stockport.

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## New Senior Management Team

Age UK Stockport welcomed a new Senior Management Team from April this year. This development had been planned for some time to widen and develop our work with and for local people, in local communities and with other organisations, as well as continuously improving the relevance and quality of what we do.

Working with the Chief Executive Margaret Brade, are Hazel Batty (Community & WIN Lead), Katie Howard Spink (Quality Lead) (left to right front row) and

Lee Speed (Services Lead) and Leinad Fell (Hospital Services Lead) (left to right back row).



The team have between them many years of valuable and varied experience in supporting people's wellbeing – the mission of Age UK Stockport – and are excited to be working together to support the work being delivered everyday by the great team of committed staff and volunteers at Age UK Stockport.

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## Weekly Groups



Do you know we have a friendship club in Marple? The club is held on Tuesday afternoons and is a great place to enjoy a chat and a cuppa, and to get help and support. Come and take part in various activities in a warm, safe and friendly environment.

We also have the Sound Minds Group which is for people suffering with depression, anxiety and low mood. They meet in Reddish on Mondays 13:30 -15:30 and in Marple on Wednesdays

12:30 - 14:30. It is a referral group only not drop in, for referrals please contact Paula Hudson on the number below.

One of the members said “Being part of a group has boosted my confidence and made me feel part of a community again. I have made new friends and it also gives me a purpose to my day.”

For more information see our website <https://www.ageuk.org.uk/stockport/activities-and-events/regular-activities/age-uk-stockport-activities/>

or telephone 0161 480 1211



## AUKS Out & About Last Month

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

- Dementia drop in at The Kitchen in Chestergate Stockport
- Coffee Morning at the ‘Carousel’ pub in Reddish where we shared coffee and cake and a trip down memory lane
- Cheadle Dementia Showcase Event
- A Health and Wellbeing Day at Re:dish (<http://re-dish.org>) in the Bairstow Community Centre



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 - June 19

Date	Event	Time
1st- 7th June	Volunteers Week <a href="https://volunteersweek.org/">https://volunteersweek.org/</a> We would like to say a big 'Thank you' to all Age UK Stockport's Volunteers	
10th-16th June	Carers Week <a href="https://www.carersweek.org/">https://www.carersweek.org/</a> is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.	
15th June	World Elder Abuse Awareness Day	
21st June	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
3rd 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
4th July	Photographic Memories Project At Arc Centre and Gallery, Greg Street, Reddish SK5 7BR. <b>Free but Booking Essential!</b> (see earlier article for booking details)	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. <b>Booking essential</b>	2 – 4.30pm
8th July	Photographic Memories Project at Whitehill Fire Station, Reddish <b>Free but Booking Essential!</b> (see earlier article for booking details)	1.30 - 3.30
16th July	Photographic Memories Project trip to Reddish Vale. Meet at the Visitors Centre and bring a packed lunch, drinks will be provided. <b>Free but Booking Essential!</b> (see earlier article for booking details)	11 - 2pm

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

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