

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.

Donate As You Shop

If you shop on Amazon and would like to choose AUKS to receive a donation you can do so by clicking the link below, This will take you directly to Amazon Smile where you can log in as normal. This will set us as your chosen charity which we would very much appreciate! You have to use the Smile website for donations to register, so please update your bookmarks or if you are using a search engine, look for "Smile Amazon".

<https://smile.amazon.co.uk/ch/1139547-0> **THANK YOU!**

 smile.amazon.co.uk

Latest Scams

The Financial Conduct Authority (FCA) is urging over 55s to take their time to check that investment 'opportunities' are legitimate before they hand over their money. On average, victims of investment fraud lost £32,000 each last year. Recent pension freedoms and low interest rates offering poor returns on savings are making over 55s an increasingly attractive target for fraudsters. The new research is part of the [FCA's ScamSmart campaign](#), helping to protect consumers from investment fraud. The campaign features an interactive tool, the [FCA Warning List](#), that helps investors find out more about the risks associated with an investment, and check a list of firms the FCA knows are operating without its authorisation.

There is also a TV licence scam that involves emailing people using various headlines to get the reader's attention, such as the person's TV licence is close to expiring. The scam email contains a link that takes people to a fake TV licencing website where personal details are taken. More information about the scam is on the [BBC website](#).

You may also like to visit [Action Fraud's](#) website for information about types of fraud. Age UK produces a guide called [Avoiding Scams](#) which includes information about email and online scams, what to do, how to avoid being scammed and who to contact. You can download a copy or collect it from the Information and Advice office in Merseyway.

Action Fraud
National Fraud & Cyber Crime Reporting Centre




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Changes to Couples Benefits

In May the Government is changing the way benefits are given to couples where one partner is under the State Pension age. Currently when the older partner reaches State Pension age, the couple stops receiving working age benefits and start receiving pension age benefits instead.

Pensioner benefits are higher, which makes quite a difference to the couple's overall income but the Government has decided to change this system. From May, if one partner is of working age the couple will only be able to receive working age benefits – in the future this will mean claiming Universal Credit. They'll no longer be able to claim Pension Credit and/or Housing Benefit. These benefits are a huge help because they top up low incomes and take the couple above the poverty line.

If the change is allowed to go ahead, many of the poorest older people in the country could be a staggering £140 worse off a week. This is a drop in income of up to £7,000 a year. The change is only supposed to hit new claimants BUT if a couple's claim for Pension Credit is interrupted by just a day, or if they move area, they will lose it forever resulting a big and immediate drop in how much money they receive.

If you are a pensioner living on a low income with a partner of working age, check your eligibility for Pension Credit and Housing Benefit by contacting the Information and Advice Office in Merseyway on 0161 477 1213.



Happy Nutrition and Hydration Week!

11th - 17th March

Nutrition and Hydration week has been running every March since 2012. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well-being.

As we get older it can be harder to maintain a healthy weight. If someone has a low body weight or has lost weight without meaning to they are likely to be undernourished. If you or someone you know, has suddenly lost weight then you could make a difference by making some small changes.

Top tips include:

- Focus on eating small meals and snacks in between if you have a poor appetite
- Have high energy snacks and milky drinks
- Use full-fat or fortified milk
- Use ready meals and snacks that are easy to prepare



This should help to put on weight which will give you more energy and make your body stronger to fight off illness and infections. Staying well hydrated will improve your energy, balance and mood and reduce infections. Aim to have 6-8 drinks per day. This can include tea, coffee, water, squash, milk and other drinks.

For more information contact AUKS or collect your 'Are You Eating Enough?' leaflet from the Information and Advice office in Merseyway.

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Join us for Lunch and Conversation

Wednesday 27th March 10am - 2pm (latest)

On Wednesday 27th March we would like to invite a group of people to our offices on Wellington Street to join us for lunch and conversation. We would like to engage with the local community to share ideas in an informal and relaxed environment.

You may have already used our services, or you may know nothing about AUKS, it really doesn't matter, just come along anyway!

Places are limited (by the size of the room) so please email Denise.Almond@ageukstockport.org.uk to book your place or telephone Commonweal and speak to the reception team.

For further information or an informal chat, or if you can't make this date but would like to be involved in the future, please contact Denise Almond on 0161 480 1211 (I do work part time so it may take a few days for me to get back to you, but I always will!)

BOOKING ESSENTIAL!



AUKS Out & About Last Month

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

- Stockport Vascular Dementia and Mild Cognitive Impairment Conference where sessions included information on dementia prevention, living well with dementia and the support on offer from a wide range of sources.
- Hate Crime Awareness Event at Stockport College
- The Greater Manchester (GM) 'Doing Ageing Differently' Conference, where Andy Burnham (Mayor of GM) explained how creating an age-friendly GM is one of the 10 priorities. A new publication, the Ageing Hub Digest was also launched; which sets out thinking across key areas of activity - economy and work, housing and planning, transport, culture, age-friendly places and healthy ageing. If you'd like a hard copy please email AgeingHub@greatermanchester-ca.gov.uk



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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Monthly News - March 19

Dates for your diary

Date	Event	Time
11th— 17th March	Nutrition and Hydration Week - More details to follow. Further information can be found at www.nutritionandhydrationweek.co.uk	
14th March	New art group starting 14th March and then running every Thursday. Age Well @ Arc is a safe, creative studio for older people with an interest in the arts, who may be experiencing isolation or mental health issues. The project will be for those who are over 60 and are wanting to meet new people and share their love of art whilst improving their wellbeing. Arc Centre and Gallery, Vauxhall industrial Estate, Greg Street, Reddish, SK5 7BR. For more information Contact: 0161 474 1462 or referrals@arc-centre.org	1pm– 3pm
22nd March	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
27th March	Lunch and conversation - We would like to invite you to join us at Commonweal. BOOKING ESSENTIAL!	10am - 2pm
3rd April	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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