

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.

Make Care Fair Petition – Act now!

You may remember last month we highlighted the Make Care Fair petition, asking the Prime Minister to fix the care system for good. Because of the budget on 11th March, Age UK would like to make the public's strength of feeling clear to the Government in advance of any announcement.

If you would like to join us you can sign the letter by [Clicking Here](#) which will take you to the Age UK Petition page



Worried about Coronavirus?

The best thing to do if you have questions or concerns is to phone 111 to get information from the NHS.

We currently have a number of events organised which at the time of going to press we are going to hold, **but** we will be reviewing all events on a daily bases and act in accordance with National Guidelines

Do I need to avoid public places?

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

How to avoid catching or spreading coronavirus

Do - wash your hands with soap and water often – do this for at least 20 seconds, always wash your hands when you get home or into work, use hand sanitiser gel if soap and water are not available, cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze, put used tissues in the bin straight away and wash your hands afterwards and try to avoid close contact with people who are unwell.

Don't - do not touch your eyes, nose or mouth if your hands are not clean.

Do not go to a GP surgery, pharmacy or hospital. Call [111](#) if you need to speak to someone.

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Are You Eligible for Pension Credit?

The Government are currently running a campaign to raise awareness of Pension Credit and challenge some common misconceptions by highlighting that:

- people of State Pension age may be entitled to Pension Credit even though you may have savings or a retirement income or own your own home
- an award of Pension Credit can provide access to a range of other benefits such as help with housing costs, council tax or heating bills

Also a change in circumstances can make someone newly eligible for Pension Credit (for example, bereavement, a change in health or disability). So even if you've applied before and did not get it, it may be worth another look.

If you are happy using the internet there is a Pension Credit Calculator to find out how much Pension Credit you may be entitled to – without giving any personal details <https://www.gov.uk/pension-credit-calculator>

Or you can contact The Pension Service on 0800 99 1234.

Or you can contact the Information and Advice office on 0161 477 1213 or email advice@ageukstockport.org.uk and they can do a benefits check for you.

If you're over State Pension age, you may be eligible to get **Pension Credit** to help with the cost of living.



HM Government

Let Us Know What You Think!

We are inviting you to share your views with Age UK Stockport at three separate events for Cheadle Area Ward (Cheadle, Gatley, Cheadle Hulme North and Heald Green), Marple Area Ward and Stepping Hill Ward (Hazel Grove, Offerton and Stepping Hill). Each event will focus on the local areas and AUKS would very much appreciate your attendance.

Together, a collective discussion will help us to secure funding for the future development of your area and retain Stockport's reputation as a brilliant place to live and work. What's better than hearing the daily experiences from you, the residents of these areas? Your local community benefits from your insights and suggestions, so please come along and be involved in making a difference and share afternoon tea or lunch with us (depending on the time of the event). Full details of the events can be found on the last page of the news sheet or at www.ageuk.org.uk/stockport/activities-and-events/events



Please book your place as soon as possible as they are limited!

By phone on 0161 480 1211 or by email at; info@ageukstockport.org.uk

We look forward to seeing there and 'let's get talking!'.

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Photography Competition

Greater Manchester Older People's Network in association with other GM agencies has launched a photography competition to promote changing the way older people are represented in the media.

This initiative is designed to generate positive and realistic images of people over 50 and they would like the photographs to explore one of the following six themes: 'New Beginnings', 'Passing it on', 'Journeys', 'Making a Difference', 'Being yourself' and 'Together'.

It is really important that you read all the rules and regulations before you start planning your photograph and that you download the Consent Form which must be submitted with your entry for inclusion.

Entries can be submitted via the website <http://bit.ly/Ageproudpics> by the closing date 2nd April 2020. To enter you must be a resident of Greater Manchester and your photograph must feature at least one older person from Greater Manchester.

If you are unable to submit your photograph online, have any further questions about entering this competition or general enquiries please email ageproud@macc.org.uk or speak to the Greater Manchester Older People's Network Team by calling 0161 834 9823



#ageproudpics

Out and About Last Month

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

- Time to Talk Day - A walk around the town centre, followed by drinks and a bite to eat at Café SQ
- Valentines film at Sky Cinema in Stockport
- Talk to the Parkinson's Society
- Attended visit of Norwegian Government Delegation for an Age Friendly visit at Cornerstone Stockport

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 - March 20

Date	Event	Time
10th & 27th 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
16th – 22nd March	March Nutrition and Hydration Week - Further information can be found at www.nutritionandhydrationweek.co.uk	
17th March	Open Day at No Limits Friendship Club - At Queens Court, Marple, SK6 6BS Come along and enjoy a chat and a cuppa and take part in various activities in a warm, safe and friendly environment	1pm - 3pm
19th March	Cheadle Counts! - At St Mary's Church Upper Room (above Tesco), 11 Wilmslow Rd, Cheadle, Stockport, SK8 1DW. Join us for afternoon tea and a discussion about what makes Cheadle Area Ward (Cheadle, Gatley, Cheadle Hulme North and Heald Green), great places to live and work.	1pm - 3pm
26th March	Stepping Forward in Stockport! - At St Peters Parish Centre, Green Lane, Hazel Grove, Stockport, SK7 4EA. Join us for lunch and a discussion about what makes Hazel Grove, Stepping Hill and Offerton great places to live and work.	11.00am - 1pm
14th 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
16th April	Marple Matters! - At Brabyns Recreation Centre, Brabyns Park, Marple Bridge, Stockport, SK6 5LB. Join us for afternoon tea and a discussion about what makes Marple and surrounding areas a great place to live and work.	2.00pm - 4.00 pm

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

Age UK Stockport is a registered charity 1139547

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