



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

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

Age UK Stockport working locally for YOUR WELLBEING



Help shape the future of our work

We are seeking new trustees to strengthen our Board and help shape the future of our work. We are also seeking a new Chair of our Board of Trustees.

If you're passionate about supporting everyone to make the most of their later life, and you have the skills and experience to help shape and guide our organisation to achieve our vision, we'd like to hear from you.

Like any volunteer involved in our work, our aim is for you to enjoy what you do with us, know how you contribute towards our work and see the positive impact that you have on people's lives in Stockport.

We are looking for dedicated, creative people, of all ages, with a range of professional and life experience, who will take on the responsibilities of being a trustee or Chair. Bring a trustee is a voluntary role; it is not a paid position. Trustees are selected on the basis of their skills and experience, plus their knowledge of the local communities of Stockport.

The time commitment for being a trustee is approximately 6-10 hours a month and for our Chair, about 16 hours a month.

To find out more about being a trustee or our Chair, please go to our website by clicking the link below or typing the address into your internet browser.

<https://www.ageuk.org.uk/stockport/about-us/more-about-age-uk-stockport/trustees-governance/>

Having read the Recruitment Pack, if you would like apply, please download the Expression of Interest Application Form from the link above.

If you would like an informal chat with our current Chair, please email applications@ageukstockport.org.uk and leave your name and contact details and we will get back to you.

The deadline for emailing your Expression of Interest Application Form back to us is **17th March 2026**.



Give an Hour. Change a Life.

Become a Volunteer with Age UK Stockport

Could you spare just one hour a week?

Join our Gift of Friendship programme and assist local older residents to feel more connected, confident and supported. As a Gift of Friendship Volunteer you will be matched with a resident who would benefit from regular, face-to-face companionship.

Your weekly visit will offer:

- A friendly chat and a listening ear
- Company and comfort
- Confidence to reconnect with the community
- A meaningful, rewarding friendship

No special skills needed - just kindness, reliability, and a willingness to make someone's day brighter.

Ready to Make a Difference?

We'd love to welcome you to the team.

 Volunteer@ageukstockport.org.uk

 0161 480 1211

 **Stockport**
ageUK
Let's change how we age



The Gift of Friendship

Could you give an hour a week to change a life? Our Gift of Friendship service matches volunteers to isolated older residents to offer face-to-face companionship.

No special skills needed – just kindness, reliability, and a willingness to make someone's day brighter. Ready to make a difference? Call 0161 480 1211 or email volunteer@ageukstockport.org.uk



We are pleased to announce that, for this year's Ramadan period, The Royal Nawaab Pyramid has selected Age UK Stockport as their chosen charity. We are grateful for their support and look forward to working together to make a meaningful difference for older adults and families in our community. We will be delighted to share more in our April's newsletter.

Message from the Nawab: We're proud to support Age UK Stockport this Ramadan standing alongside members of our community who deserve care, dignity and companionship, especially during this meaningful time, it is an honour to play a small part in the vital work they do every day.

We wish all a peaceful and happy Ramadan.

Celebrating the End of the 9.30am Bus Pass Restriction

Age UK Stockport was delighted to be represented today, 27 February 2026, at a special Greater Manchester event marking the upcoming removal of the long standing 9.30am bus pass restriction. This change, introduced by Andy Burnham, Mayor of Greater Manchester, will allow older and disabled residents to travel free at any time of day on Bee Network buses from 1 March 2026.



The event brought together local leaders, community organisations, and transport partners to celebrate what has been described as an important step in improving accessibility, independence, and everyday opportunities for residents across Greater Manchester.

Age UK Stockport staff members Hazel Batty and Nikki Thompson were invited to attend on behalf of the organisation. In the photographs taken at the event, Hazel and Nikki are pictured alongside:

- Councillor Mark Roberts, Leader of Stockport Council
- Andy Burnham, Mayor of Greater Manchester

Their presence highlighted Age UK Stockport's ongoing commitment to supporting older people's mobility, wellbeing, and access to essential services.

Why This Change Matters

The removal of the 9.30am restriction means that concessionary pass holders will be able to:

- Attend early medical appointments without additional travel costs
- Take part in morning activities, volunteering, or caring responsibilities
- Travel more flexibly and confidently across the Bee Network
- Enjoy greater independence throughout the day

This improvement follows successful trials across Greater Manchester and forms part of a wider effort to make public transport more inclusive and affordable.



After a two-year break, Krazy Races will return to Stockport in partnership with **Totally Stockport BID** on **Sunday 9th August 2026!**

Expect a full day of fun, entertainment, and plenty of “wow, did they really just do that!?” moments as Stockport once again plays host to the wackiest soapbox derby around. Join thousands of spectators from across Stockport and beyond to cheer on our crazy, wacky, and outrageous soapbox racers as they launch themselves downhill in hand-crafted karts, tackling a 350m course packed with chicanes, obstacles, water splashes and more!

The event is fuelled by our amazing amateur teams, competing not just to be the fastest, but also for prizes like **Best Dressed, Best Design, and Best Showmanship** – all powered by gravity, creativity, courage, and a little bit of luck! In true Krazy style, the competition will come down to a nail-biting knockout, with only the fastest 10 karts making it to the final showdown for the winner’s trophy.

Following a break last year from the Krazy Races events the Age UK National team based in Warrington will be participating in the forthcoming Krazy Races event. Paul Birkenhead will be Age UK Nationals Lewis Hamilton, and we will be cheering him on as he sets off in an amazingly designed Go-Kart and custom-made overalls, and we will have a group from our team doing a dance performance before the races start.

The prize for the races is not just about crossing the finish line, but also about innovation, showmanship, customs and much more. A little bit about Paul: Paul has worked for Age UK National for 39 years. During his time with Age UK National, Paul started as a clerk and typist, through to office manager and everything in between, and has always been keen in taking part in fundraising events for the organisation.

Lucky number 44!

We seem to see a pattern with the number 44. Lewis Hamilton had number 44 on his Go-Kart as a child therefore, it only makes sense to have number 44 on Paul’s Krazy Kart. Age UK Stockport will be supporting Paul and the National team in the race!

Watch this space for more information or check the Krazy Race website.

[Totally Stockport Krazy Races - Sunday 9th August 2026](#)



New service offer from 'Add Tram and Train' expiry reminder email trial for older person's concessionary travel pass

Transport for Greater Manchester (TfGM) is trialling a new email reminder for older person's concessionary travel pass holders with the 'Add Tram and Train' entitlement. The three-month pilot is in response to customer feedback via the Greater Manchester Older People's Network and Equality Panel and the Age-friendly Stockport Board and will be reviewed in summer 2026.

The 'Add Tram and Train' entitlement costs £10 per year for concessionary travel pass customers and gives unlimited off-peak travel on trams and trains in Greater Manchester.

From February 2026, customers whose 'Add Tram and Train' entitlement is expiring and have registered their email address with TfGM will receive a reminder from customer@tfgm.com. Emails will be sent around 7 days before the end of each month in February, March, and April, advising customers of their 'Add Tram and Train' expiry date and how to renew for another year:

To include renewal via the following methods

- On a Bee Network bus (same day purchase and activation)
- Information and Ticket Office (Travel Shop) (purchase up to 28 days in advance)
- PayPoint store (purchase up to 7 days in advance)

Customers who have not registered their email address with TfGM and wish to receive a reminder email can update their contact details at www.tfgm.com/my-pass



Free KOKU Strength & Balance at the Age UK Stockport Hub

Our weekly **Strength & Balance class** is a welcoming, confidence boosting session designed to help you stay active, steady and connected. Led by Hayley, the class focuses on gentle movements that build strength, improve balance and support everyday mobility — all at a pace that suits you.

You can expect:

- **Strength-building exercises** — simple movements that help maintain muscle and joint health
- **Balance practice** — steady, supported activities to help you feel more confident on your feet
- **A friendly group atmosphere** — meet new people and enjoy exercising together

Supportive guidance — an instructor who understands your needs and help you progress comfortably

Whether you're looking to stay active, regain confidence after a fall, or simply enjoy a sociable weekly routine, this class offers a fun and encouraging way to keep moving.

We'd love to welcome you along — come and give it a try. Booking required.

For more details please contact the Age UK Stockport office on 0161 480 1211 or email us at info@ageukstockport.org.uk referencing your interest in KOKU.

Staying Safe from **ROMANCE FRAUD**

A practical guide highlighting common tactics used in romance fraud. Safeguarding through knowledge and empowerment.

A guide to spotting romance fraudsters

Thames Valley Police has developed a new romance fraud e-booklet in partnership with Kingston University.

Romance frauds happen when a person thinks they've met the perfect partner through an online dating website or app, but the other person is using a fake profile to form a relationship with them. They're using the site to gain the victim's trust and ask them for money or enough personal information.

This booklet has been designed to demonstrate the clever tactics used by romance fraudsters with a view to providing knowledge and empowering communities. It also dispels the myths of shame and embarrassment often associated with this crime by highlighting the link to coercive control. If of interest to you or someone you know you can get it here.

[A Guide to Spotting Romance Fraudsters](#)

Website address for paper newsletters:

https://www.thamesvalley.police.uk/SysSiteAssets/media/downloads/thames-valley/campaigns/romance-fraud-ebook_v3.pdf



Exploring history and creativity on an inspiring visit to Salford art gallery and museum.

In February, a group from Age UK Stockport set off from our Edgeley hub for an unforgettable trip to Salford Art Gallery and Museum! After a warm welcome from the wonderful staff, we explored breathtaking artwork that sparked inspiration all around.

We then stepped back in time along the charming cobbled Reminiscence Street, discovering cobblers, blacksmiths, a traditional pharmacy, vintage carts, and even a penny farthing — it truly felt like a journey into the past!

A delicious buffet lunch from the in-house café gave us the perfect chance to relax before a final browse in the gift shop. We headed home smiling after a fantastic, fun-filled day.

A huge thank you to Dunelm for the generous funding that helped make this amazing experience possible!



Stepping Hill embraces exercise as a key tool in recovery for its patients with help from Life Leisure

Life Leisure is building on its Active Hospital work to help patients move more, feel better and take their next step into community wellbeing.

As part of the ongoing Active Hospital initiative, Life Leisure has begun regular engagement at Stepping Hill Hospital in Stockport.

The initiative is led by Lisa Arrandale, who is heading up the Active Hospital work on behalf of Life Leisure, working closely alongside Jan Sinclair, the hospital's lead for the Active Hospital project. Together, they aim to make engaging in physical activity feel achievable rather than forced, while providing clear, supportive pathways to long-term wellbeing.

A key part of this early work has been the introduction of Active Hospital kit bags, which are now being provided on wards at Stepping Hill to support simple, low-impact movement. Each kit currently includes a pedal exerciser, resistance band and pedometer, with plans to add further items over time. The kits are designed to help patients move safely and confidently during their hospital stay, and staff have already been engaging with and supporting the use of the kit bags incredibly.

Each kit bag also includes a practical, easy-to-use folder featuring:

- Simple exercise ideas
- Information on Life Leisure community sessions

This work marks the start of a longer-term presence. Moving into 2026, Life Leisure will continue to develop its role within the hospital, building relationships, listening to feedback and shaping support that works for both patients and staff.

Because when movement feels supported, it's more likely to last.

To find out more about Active Pathways, visit: <https://www.lifeleisure.net/active-pathways/>

Wise Words from Retired actor Judi Dench



"Don't prioritise your looks my friend, as they won't last the journey.

Your sense of humour though, will only get better with age. Your intuition will grow and expand like a majestic cloak of wisdom.

Your ability to choose your battles, will be fine-tuned to perfection.

Your capacity for stillness, for living in the moment, will blossom.

Your desire to live each and every moment will transcend all other wants.

Your instinct for knowing what (and who) is worth your time, will grow and flourish like ivy on a castle wall.

Don't prioritise your looks my friend, they will change forevermore, that pursuit is one of much sadness and disappointment.

Prioritise the uniqueness that make you you, and the invisible magnet that draws in other like-minded souls to dance in your orbit.

These are the things which will only get better."



No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking.

The first No Smoking Day was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in March.

Support and information is available at the website below!

<https://www.todayistheday.co.uk/why-quit/>

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - March 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
2 Digital drop in 10am - 12pm / Beginners computer course KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	3 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm	4 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	5 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	6 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book
9 Digital drop in 10am - 12pm / Beginners computer course. KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	10 Pre booked, face to face Blue badge application 10am-2pm	11 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	12 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	13 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book
16 Digital drop in 10am - 12pm Beginners computer course KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	17 Pre booked, face to face Blue badge application 10am-2pm	18 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	19 Information and signposting drop in 10:00am-2pm GMP FRAUD PREVENTION VISIT Digital drop in 10:30am-12:30pm	20 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book
23 Digital drop in 10am - 12pm / Beginners computer course KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	24 Pre booked, face to face Blue badge application 10am-2pm	25 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	26 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	27 Craft Class 10am-12pm Craft Class 12.30pm-2.30pm Please call to book. Final Class Of the Course
30 Digital drop in 10am - 12pm / Beginners computer course KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	31 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm			

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 - March 2026

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

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

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Step Out Activities Calendar



Step Out Monthly Activities Calendar - March 2026

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

Other activities will be carried out throughout the month on a day-to-day basis. This will include afternoon tasting treats and other types of arts and crafts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 AM: Armchair Exercise to Music PM: Lets Make Music Together	3 AM: Music in Mind PM: St Patrick's afternoon decorations & games	4 AM: Crossword & Music Quiz PM: Afternoon Karaoke	5 AM: 60s Music Bingo PM: Dominos & other Board Games	6 AM: Parachute & Floor Games PM: Afternoon Movie & Reminiscing	7 AM: Crossword & Reminiscing PM: Tree/Earbud Painting
9 AM: Lets Make Music Together PM: Group Sing Along	10 AM: Music in Mind PM: Ball or Music Bingo	11 AM: White Board Games & Name that TV Tune PM: Parachute & Floor Games	12 AM: Armchair Exercise to Music PM: Shamrock Decorating Crafts	13 AM: Who I'm I Quiz & Crossword PM: Shamrock Decorating Crafts	14 AM: Ball Bingo PM: Shamrock Decorating Crafts
16 AM: Lets Make Music Together PM: Shamrock Making Crafts	17 AM: Music in Mind PM: Irish Quiz & Music/Dancing	18 AM: Armchair Exercise & Crossword PM: Group Sing Along	19 AM: Morning Sing Along PM: Tree/Earbud Painting	20 AM: Armchair Exercise to Music PM: Afternoon Karaoke	21 AM: Dominos & Board Games PM: Music or Ball Bingo
23 AM: Lets Make Music Together PM: Tree/Earbud Painting	24 AM: Music in Mind PM: Dominos & Table Games	25 AM: 60s Music Bingo PM: Reminiscing 50s,60s & 70s	26 AM: Crossword & 60s Music Quiz PM: Afternoon Karaoke	27 AM: Parachute & Floor Games PM: Tree/Earbud Painting	28 AM: Armchair Exercise to Music PM: Afternoon Movie
30 AM: Lets Make Music Together PM: Name that TV Tune & 60s Quiz	31 AM: Music in Mind PM: White Board Games & Dominos				

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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.

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

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56 Wellington St

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SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk