



**Age UK Stockport Newsletter**

*May 2025*

**Welcome to the Age UK Stockport (AUKS) News Sheet!**  
Bringing you the latest news and information about our services and events.

## **AUKS NEWS SHEET - Development Update**

Hello to all our readers. I wanted to update where we are on the development of the new-look News Sheet! We are continuing to collect feedback, and we know we are not there yet, but we will continue to work with it.

To address some of the issues we are aware of:

Digital News Sheet - as noted previously the move to a basic digital format was planned a while back mainly to shorten the time taken to put it together due to reduced staff time and to save printing costs. It was also in recognition that the majority of our readers do now access digitally, and that is only likely to increase. We would welcome all feedback from our digital readers – just email [newsletter@ageukstockport.org.uk](mailto:newsletter@ageukstockport.org.uk)

Print Version - we will continue to ensure that people who don't have access to the internet can get a printed copy. We are working on the best way to do this and from what I have seen so far, we know we have more work to do here! We will keep working on it.

We will have to continue to find ways around postage costs wherever possible as it is sadly prohibitively costly to our reduced budgets.

Activity Information - we separated out the Activity sheets as we were learnt that there were a good few people who only wanted that from the newsletter - so this way its easier to print a page or so to give out. Hard copies can pick up from the Hub in Edgeley.

The focus of the News Sheet is to inform members of our local community of some general issues and importantly to give information about AUKS services.

It is a journey taking longer than we would like but we will continue until we get it into a good place. If anyone has other issues I have not addressed, or concerns - ideas - suggestions please let us know.

Thanks to all who have fed back to us - it is really helpful to have the information.

Margaret Brade, CEO. Lee Speed, Editor



# **Act Now,** **Age Better.**

Your guide to keeping active for healthier ageing

## **Act Now Age Better – get involved!**

Our new campaign Act Now, Age Better launches Tuesday 29 April!

Ageing doesn't have to mean living with frailty—movement is your secret weapon to staying strong.

- Stay independent. Everyday tasks like shopping, dressing, and cooking may seem easy now - maintaining strength ensures they stay that way. Physical activity builds a buffer to allow you to maintain function as you age.
- Do what you love. Good mobility and fitness keep you enjoying hobbies, traveling, and socialising with family and friends.
- Support yourself and others. Encouraging movement builds strength and independence. The sooner you start moving more, the better your chances of ageing well.
- Prevent health problems. Staying active can help delay or reduce the likelihood of developing a long-term condition.

Visit the website to find out more at:

[ageuk.org.uk/actnowagebetter](http://ageuk.org.uk/actnowagebetter)



# TAKE FIVE TO AGE WELL

Age UK and The Open University are collaborating to launch a campaign which offers five steps to boost your health and well-being.

'Take Five to Age Well - Launching on 1st May 2025, the campaign invites you to join a UK-wide community making small daily changes over 30 consecutive days for better ageing.

Everyone wants more time on Earth in good health and the science indicates almost all of us, regardless of our genes, can systematically do things to improve our chances of a longer and healthier life. We don't have a choice about whether we age or not but we do have a choice about how we age. There are simple habits that can help us keep strong, sharp, independent, and feeling good; Take Five to Age Well aims to empower people to adopt these habits over a month long period and beyond.

We are asking you to choose one or more actions from the list below and try to maintain that healthy change(s) for one month, to improve your health and wellbeing in the short and longer term.

There's support for you during those 30 days to turn those changes into a habit for long-term health and wellbeing.'

- **Eat:** healthy eating is good for your health
- **Drink:** stay well hydrated for healthy ageing
- **Move:** exercise boosts body and mind
- **Connect and Engage:** make and maintain social connections for your health  
Think: use your brain to stay sharp.

**Sign Up Now**

Visit the Open University Website at:

<https://nquire.org.uk/mission/take-five-to-age-well-25-make-your-pledge/contribute>



## Latest News From The Hub



### Age Friendly Network: Thanks to All

April's Age Friendly Network was an absolute hit!

We kicked things off with Stephen from Hearing Products, who gave us an exciting look at a wide range of cutting-edge equipment designed to support those living with hearing impairments—and yes, we even got hands-on and tried them out ourselves!

Next up, Steve from the Free Home Library Service shared how easy it is to bring the joy of books straight to your doorstep, along with all the info you need to get started.

Steph and Sidrah from Boots Pharmacy in Stockport, who showed us how simple it is to order prescriptions online. They also shared some great tips on managing minor ailments with the support of the pharmacy—helping you skip the GP queue!

We also heard from Hayley, who introduced us to the brilliant KOKU app—free to download and perfect for anyone looking to boost strength and balance from the comfort of home.

To round off an already fantastic session, Hazel Batty shared a powerful video showcasing AGE UK's brand-new "Act Now, Age Better" campaign—an inspiring call to action for us all.

The session was fun, interactive, and packed with useful information, everyone left filled with ideas and new knowledge!

Want to join us next time?

Tuesday 24th June

10:30am – 12pm

Age UK Stockport Hub

2 Castle Street, Edgeley

SK3 9AB

Contact 0161 480 1211

Email: [Thehub@ageukstockport.org.uk](mailto:Thehub@ageukstockport.org.uk)

# VE DAY 80<sup>TH</sup> ANNIVERSARY



## You are Warmly Invited!

This year marks the 80th Anniversary of VE Day, and we would love for you to join us in celebrating this important milestone at the Age UK Stockport Hub.

Come along for a heartfelt afternoon where we'll share memories, enjoy tea and cake, and reflect on the significance of VE Day, a day that brought hope and peace to so many.

There will be:

- Opportunities to reminisce,
- Music from the era
- The company of friends, both old and new.

It's a chance to honour those who lived through the events of the war, and those whose bravery and sacrifices will never be forgotten.

Whether you're coming to share a memory, enjoy some music, or simply spend time with others, we'd be so pleased to have you join us. This is a celebration of history, friendship, and community – and we can't wait to share it with you.

Date: Thursday 8<sup>th</sup> May  
Time: 10am - 2pm

Location: Age UK Stockport Hub  
2 Castle street,  
Edgeley ,  
SK3 9AB





## Craft classes at the hub



### Get Crafty with Us at Age UK Stockport!

Our exciting new craft sessions, in collaboration with The Trafford and Stockport College Group, are now in full swing at the Age UK Stockport hub – and they've been a hit!

In our last group, we explored everything from macramé and sewing to diamond art. The creativity was flowing, and many of us were amazed at what we could achieve – especially those trying these crafts for the very first time.

Now, we're diving into new creative territory with needle felting and more hands-on projects in our current sessions.

Want to get involved? Our craft classes typically run for around 10 weeks and offer a friendly, relaxed environment to try something new. Spaces are limited, so if you're interested, get in touch with Gemma on 0161 480 1211 to find out more and reserve your spot!





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	2 Craft group AM 10:00am - 12:00pm / PM 12:30pm - 2:30pm (Booking required) 0161 480 1211
5 Bank Holiday - Hub Closed	6 Blue Badge Appointments/ Travel <u>pass</u> appointments Booking required 0161 477 1213	7 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	8 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm VE Celebration Day 10am – 2pm	9 Craft group AM 10:00am - 12:00pm / PM 12:30pm - 2:30pm (Booking required) 0161 480 1211
12 Digital Drop-in 10am - 12pm	13 Blue Badge Appointments/ Travel <u>pass</u> appointments Booking required 0161 477 1213	14 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	15 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	16 Craft group AM 10:00am - 12:00pm / PM 12:30pm - 2:30pm (Booking required) 0161 480 1211
19 Digital Drop-in 10am - 12pm	20 Blue Badge Appointments/ Travel <u>pass</u> appointments Booking required 0161 477 1213	21 Knit and natter group 10:30am – 12pm Digital Drop-in session 12pm – 2pm	22 Information Drop-in 10am – 2pm Digital Drop-in 10:30am - 12:30pm	23 Craft group AM 10:00am - 12:00pm / PM 12:30pm - 2:30pm (Booking required) 0161 480 1211

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## Out and about with Tandem



The warmer weather is finally helping many people to get outdoors again. We met with Alison, a Tandem Support worker who was taking advantage of the sunshine for a stroll in Bramhall Park with one of her clients. There was also a well earned stop at The Stables Cafe for a cuppa.

The Tandem Support Service supports many people across the borough to stay independent, whether it's support with shopping, assistance getting to appointments or just some good company, the Service is always happy to help.

If you would like an informal chat please do not hesitate to contact us; Call us on 0161 480 1211 or Email: [Tandem@ageukstockport.org.uk](mailto:Tandem@ageukstockport.org.uk)



## Spring is in the air at the Step Out Service



Our members have been busy in the garden, preparing the ground and planting. It's great to spend time together in the sunshine and we are fortunate to have an enclosed courtyard offering a safe and welcoming place where people join in with this activity while receiving support and assistance if needed.

The service is provided through daytime sessions based at Whitehill Resource Centre in Reddish.

Each session runs between 9.30am and 4.00pm, Monday – Saturday, except on public holidays. Attendance can be booked for more than one session across the week.

For enquiries

Contact:

Email: [info@stepoutstockport.org](mailto:info@stepoutstockport.org)

Telephone: 0161 480 0480

**Join Us for an Inspiring Charity Sponsored Walk!**





- **Date:** Friday, 26th September
- **Start:** Edale Train Station
- **Finish:** Life Leisure Romiley
- **Distance:** Approximately 16 miles
- **Duration:** 6 to 7 hours

We invite you to be part of a remarkable journey that brings our community together while raising vital funds for Age UK Stockport. This charity walk is not just about the miles we cover, but the smiles we share and the people we support.

#### **Why Participate?**

- **Support a Great Cause:** Your participation helps us continue our support for the many groups we've assisted over the years.
- **Inclusive for All:** Whether you choose to walk the full 16 miles or join us at various points along the route, everyone is welcome!
- **Community Spirit:** Connect with staff, members, and supporters from Age UK Stockport and Life Leisure. Together, we can make a difference.

#### **How You Can Help:**

- **Walk with Us:** Lace up your walking shoes and join us for the full route or at any point along the way.
- **Spread the Word:** Share this event with friends, family, and colleagues. The more, the merrier!
- **Donate:** If walking isn't your thing, consider making a donation to support our cause.

Let's make this day unforgettable. Your involvement, whether big or small, will contribute to a brighter future for our community. Together, we can achieve great things!

**Sign Up Today and Be Part of Something Special**

Contact Danny for more information

[daniel.draysen@ageukstockport.org.uk](mailto:daniel.draysen@ageukstockport.org.uk)



# Join Us for an Inspiring Charity Walk!

Date: Friday, 26th September  
Start: Edale Train Station  
Finish: Life Leisure Romiley

Take a step toward making a difference! Join us for a meaningful journey through beautiful landscapes – all in support of Age UK Stockport. This sponsored walk is more than just a trek; it's a celebration of community, connection, and compassion.

## Why Walk With Us?

Every mile walked, every smile shared, and every story told helps us raise vital funds for older adults across Stockport. Your steps can help support the many local groups and individuals who rely on our services.

## How You Can Get Involved:

- 👣 Walk With Us – Tackle the full 16 miles or join us at various points along the route – everyone is welcome!
- 🗣️ Connect – Meet staff, members, and supporters from Age UK Stockport and Life Leisure.
- 📣 Spread – Can't join the walk? You can still support the cause with a donation.

**Let's come together, make memories, and create real change for our community.**





General Health or looking at Type 2 Diabetes or Pre Type 2 Diabetes – check out some good tips and free resources from GP Dr Nerys Frater



Visit The Lifestyle Clinic website for a FREE 12-page PDF download  
<https://www.thelifestyleclinic.co.uk/>

There has never been a better time to take control of your health. With 3.8 million people with a diagnosis of type 2 Diabetes in the UK and 1 in 10 predicted to be affected in the next 10 years there has never been a more important time to share knowledge on what you can do right now to change your trajectory. But with so much conflicting information out there it isn't as simple as going on a diet. This free download will offer an insight into how hundreds of patients have been helped to master their blood sugar.





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.

[Donate now](#)

### Contact us:

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