



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

Age UK Stockport working locally for YOUR WELLBEING



The Early May Bank Holiday has its roots in ancient springtime celebrations that go back hundreds of years. Long before it became an official day off, communities across Britain marked the start of May as a turning point in the year, celebrating warmer weather with outdoor gatherings, flowers and maypole dancing. Many of these traditions grew out of old seasonal festivals that focused on renewal and new life.

The bank holiday itself is much more recent, officially introduced in 1978. It was set on the first Monday of May to create a long weekend and to keep the focus on rest and community, rather than the political events linked to May Day in some other countries.

Today, the Early May Bank Holiday is simply seen by many as a welcome break and a sign that spring is finally here. Whether it's enjoying a day out, joining a local event, or just relaxing at home, it continues to mark the shift towards brighter days and summer ahead.

However you celebrate the Bank Holiday, Age UK Stockport hopes you had a lovely day!



Help shape the future of our work - seeking a Chair of the Board of Trustees

Board of Trustees

We are delighted to share that following a successful recruitment for our Board of Trustees we are welcoming three new trustees to our Board of Trustees this month.



Melissa Woodham, a Stockport resident and solicitor in a local Stockport firm

Rosemary Wheeler, a Stockport resident, with a background in Stockport community health services and a current volunteer of Age UK Stockport

David Hughes, a Stockport resident and retired from a career in the private commercial sector and a number of volunteering roles.

More on our New Board in the next edition

Chair of Trustees

Having strengthened our Board with a great balance of established and experienced trustees and new trustees we are now seeking a Chair of the Board designate for when our current Chairperson steps down at the end of her term later this year. You can view the Chair Recruitment Pack at the website below.

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



Sky Up Hubs Lead Partner Day

Age UK Stockport staff - Hazel Batty and Gemma Reeves- Brown attended the first regional Sky Up Hubs Lead Partner Day of the year at their flagship hub in Wigan on Friday 10th April 2025, at The Brick Community Stadium.

Sky Up partners came together to share best practice and knowledge, helping to shape and showcase our social impact across all regions. We explored great ways to share our learning with the wider network, maximise our offerings, and collaborate by drawing on everyone's expertise and experience.

Hazel and Gemma stepped into the role of Sky presenters for the day; they had an enjoyable day with lots of learning but lots of fun!!

Gift of Friendship Service



Do you have an older family member, friend or neighbour that spends a lot of their week alone? Then we can help! We have trained and DBS checked volunteers ready to visit people in their own home every week for up to 6 months to offer companionship and help connection to their community.

For more info please call 0161 480 1211 or email

volunteer@ageukstockport.org.uk

Earn cashback for Age UK Stockport

Stockport, Cheshire

£92.99 raised

17 supporters

Start raising free donations today

Join thousands of others raising for good causes



Turn your daily shopping into free donations!

Easyfundraising is an easy and completely free way to support great causes just by shopping online. This can be used to turn your everyday purchases into valuable donations, at no extra cost to you.

If you're planning to buy anything online, simply going through Easyfundraising first can make a real difference and help raise funds for our organisation. Every purchase, big or small, contributes and adds up over time.

Please visit the website below to find out more and get started – it's a simple step that can have a big impact!

<https://www.easyfundraising.org.uk/cause/ageukstockport/>



Step Out Stockport Welcomes Michelle!

At Step Out we are excited to introduce our new Activity Coordinator. Michelle takes over from Sasha who has now stepped up as a Senior Support Worker.

“Hi, my name is Michelle. I am enjoying my new role as Activity coordinator at Step Out. I have lots of exciting activities planned for us at Step Out. I have worked in the care sector for over 13 years.

I have 7 years experience in Activity coordination. I have 2 grown up children who I see regularly. I enjoy DIY, Gardening and love to go to the charity shops for a bargain.”

ELEVENSES/ AFTERNOON TEA

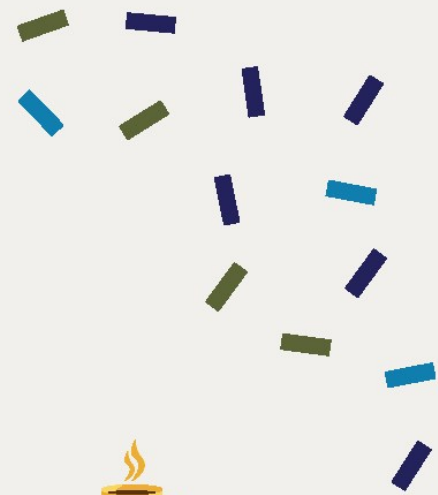
Tuesday 19th May 2026

**10.30AM to 12.00 Midday
OR
1.00 PM to 2.30 PM**

Limited availability

*Contact Gemma to secure your
place. 0161 480 1211. Please make
any allergies known on booking.*

**AGE UK STOCKPORT HUB
2 CASTLE STREET
EDGELEY
SK3 9AB**



*A selection of
sandwiches,
cakes, tea,
coffee and soft
drinks*



Call +0161 480 1211

Email: Thehub@ageukstockport.org.uk

TRAFFORD AND STOCKPORT COLLEGE GROUP

PARTNERSHIPS IN EXCELLENCE APPRENTICESHIP & SKILLS AWARDS

For the last five years, Age UK Stockport and Trafford College Group have been working together in a fantastic collaboration. From our Welcome Wednesday sessions and intergenerational projects to the support provided at our Hub in Edgeley, the partnership has continued to grow. We've also been proud to work alongside Michele McLaughlin MBE as part of the wider community partnership work.

We are delighted to share that this year we have been nominated for an award under Partnership in Excellence. Haze Batty and Gemma Reeves Brown from Age UK Stockport will be attending the event and are excited to be representing the partnership and celebrating the achievements we've made together.



A wonderful group of knitters from St Peter's Church in Hazel Grove have generously donated a beautiful collection of handmade knitted blankets to Age UK Stockport. Each blanket has been lovingly crafted over many months, with every stitch made to bring warmth and comfort to older people in our community.

Pictured is Anne from the church alongside Hazel Batty, our Senior Lead at Age UK Stockport. We are incredibly grateful for this thoughtful donation. The blankets will be shared with older residents across Stockport, offering not only warmth but also a sense of care.

Acts of kindness like this make a real difference to the lives of local people, and we extend our heartfelt thanks to everyone involved.

STOCKPORT! ROCKS! 2026

Congratulations to our gift of friendship volunteer Leslie Wyatt: who has been nominated and shortlisted for a Stockport Rocks! Award under the health and wellbeing category, this is an annual volunteer awards ceremony, rewarding and celebrating the incredible people and organisations who give their time to support local causes and make a difference to the Stockport community.

Leslie is an exceptional Gift of Friendship volunteer for Age UK Stockport. For over two years, Les has been visiting his client, providing meaningful companionship. Each week, he takes four buses to ensure he can make these visits, demonstrating remarkable dedication and commitment.

As this client is bed-bound, Les's visits are incredibly important to her. He has shared that they get on extremely well, and his time with her brings comfort, connection, and genuine companionship. Les's reliability, kindness, and willingness to go above and beyond truly make a difference, and he is a wonderful example of the impact our volunteers have.

We wish him lots of luck for this nomination.



Petplan Charitable Trust Grant

Age UK Stockport is delighted to have received funding from the Petplan Charitable Trust. This support will enable us to better assist clients in Stockport who are struggling to care for their pets.

The funding will help us establish and expand this essential service, ensuring that both pets and their owners are well supported during challenging times. With our strong community presence, extensive experience, and deep commitment to local residents, we are confident in our ability to deliver a successful and impactful project that truly meets the needs of individuals across Stockport.

Memory Hub

Offerton Community Centre, Offerton, SK2 5NX



Join us for advice and support
in our new **memory hub** cafe

supporting people to age well



Every Other Tuesday
11am - 1pm



Upcoming Dates:

14/04/26 • 28/04/26 • 12/05/26 • 26/05/26
09/06/26 • 23/06/26 • 07/07/26 • 21/07/26
04/08/26 • 18/08/26 • 01/09/26 • 15/09/26

Contact: 0161 477 6999

NHS



SignPost
STOCKPORT FOR CARERS



**STOCKPORT
LIVE WELL**



Dementia Memory Hub – Hosted Every Other Tuesday

Location: Offerton Community Centre, SK2 5NX

Time: 11am – 1pm

Next session: 12 May 2026

Join , Age UK Stockport, and other community and clinical staff for advice, support, a friendly chat, and a cuppa. Everyone is welcome.



Lost your driving licence recently?

Do you feel like you've lost your independence?

We can help

Help to
set up
Stockport
Car Scheme

Help
Navigating the
Bee Network

How to
set up Uber

For more information please contact

Age UK Stockport

☎ 0161 480 1211 ✉ info@ageukstockport.org.uk

Independent Living Team

☎ 0161 474 3776 ✉ independentlivingteam@stockporthomes.org.uk

Carecall
Proud to be part of SHG

 Stockport
ageUK

Join us for our next

AGE FRIENDLY NETWORK MEETING



We're excited to include some helpful and informative talks in our upcoming session:

- Accessibility in our town.

Join us for tea, coffee, and biscuits as we get together for a relaxed catch-up.

It's the perfect time to:

- Connect with others in the network
- Share any issues or ideas you'd like us to explore as a group.
- Take a look around our hub space.

We'd love to see you there! Everyone is welcome.

We are going to have speakers from Transport for Greater Manchester on Access for All and from Signpost for Carers.

Join us afterwards to celebrate Carers Day



Tuesday 24th February
10:30am - 12:00pm



THE AGE UK STOCKPORT
HUB,
2 CASTLE STREET,
EDGELEY, STOCKPORT,
SK3 9AB



RSVP TO BOOK A PLACE TO
INFO@AGEUKSTOCKPORT.ORG.UK
0161 480 1211

LEARN MORE
www.ageuk.org.uk/stockport

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - MAY 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
				1 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
4 HUB CLOSED BANK HOLIDAY	5 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm	6 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	7 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	8 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call to book
11 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	12 Pre booked, face to face Blue badge application 10am-2pm	13 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	14 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	15 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book
18 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	19 Elevenses event 11.00am—12:30pm Afternoon tea event 1.00pm—2:30pm BOOKING REQUIRED	20 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	21 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	22 Craft class Group B AM 10am—12pm Craft class Group B PM 12:30pm—2:30pm Please call to book
25 HUB CLOSED BANK HOLIDAY	26 Pre booked, face to face Blue badge application 10am-2pm Tandem Tuesdays 12pm-2pm	27 Knit and natter 10:30am-12pm Digital drop in 12pm-2pm	28 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	29 Craft class Group A AM 10am—12pm Craft class Group A PM 12:30pm—2:30pm Please call to book

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Community Activities Calendar



Weekly Community Activities Calendar - May 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 Woodbank Evening Walk 18:00 - 19:30 Meet at Car Park Little Moor Ln Stockport SK1 4BL	Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS	Confidence 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		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 - MAY 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1ST AM– Music quiz. PM– Pub lunch. Dominoes & board games	2ND AM-Reminiscing & quiz PM– Sing along 40’S / 50’S
4TH CLOSED	5TH AM –Music in mind. PM - Parachute Group Session & Dominos.	6TH AM– Reminiscing and pamper PM-Armchair exercise & sing along.	7TH AM - Crossword & Quiz PM - Ball bingo / music bingo	8TH AM– V.E day reminisce PM– V.E day afternoon tea party	9TH AM– Reminiscing & quiz PM - Music or Ball Bingo
11TH AM - Lets make Music Together PM - Arts & crafts Dominoes'	12TH AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	13TH AM - Reminiscing & Who I’m I Quiz PM - Afternoon Movie & Group Puzzle Making	14TH AM - Ball Bingo PM - Parachute Group Session & Floor Games	15TH AM - General Knowledge Quiz PM - Music or Ball Bingo	16TH AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
18TH AM - Lets make Music Together PM - Parachute Group Session & Floor Games	19TH AM - Music in Mind PM—National biscuit day. Reminiscing & quiz	20TH AM - Name that TV Tune & Who I’m I Quiz PM - Parachute Group Session & Floor Games	21ST AM-armchair exercisers PM– pet Therapy Dominoes & arts & crafts.	22ND AM - Reminiscing & Who I’m I Quiz PM - Afternoon Karaoke Sing Along with Members	23RD AM - Armchair Exercise to Music PM - Arts & crafts. Board games
25TH CLOSED	26TH AM– Music in mind. PM– music or ball bingo	27TH Am– General knowledge quiz PM-armchair exercisers	28TH AM– Hangman/play your cards right. PM-Ball bingo / dominoes	29TH AM-Music quiz & reminiscing PM-Karaoke sing along with members	30TH AM– Crossword & quiz PM– Sing along 60’s /70’s

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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:

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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