



**Age UK Stockport News-
letter**

November 2025

Welcome to Novembers Age UK Stockport (AUKS) Newsletter!
We've updated our look to bring you the latest news and information
about our services and events.

Age UK Stockport 40th Anniversary Celebrations

A wonderful time was had by all on 16th October 2025 at Stockport County Football club, to celebrate Age UK Stockport 40th Anniversary.

This year we wanted to celebrate a bit differently and it started off with our chair of trustees Sue Alting, giving us an overview of the last 40 years, and a mention of thanks to our partners, staff/SLT/CEO and Trustees.

We shared our celebration video by Alex Miller from Viaduct Video and a then a presentation by Hazel Batty one of our

Senior leads about the great intergenerational work with do with the Trafford college group. It was so wonderful to see so many of our clients coming along to join in the celebrations.

Thanks to all the VCSFE organizations who came along as stall holders in a marketplace style, they engaged with the clients and give out info about their services. To Stockport County events team and Age UK Stockport staff members for all their support in hosting our refreshments.

Finally a personal thanks to our fabulous performances of music and dance.

Rachel and Jodie from the 'Doing Dementia Differently Intergenerational Choir' with the children who were a credit to Stockport school, who we loved having there performing and joining in the disco later, and it was so lovely to see the EDUCATE member singing and then joining in with the dancing,

To top it all off the amazing Dementia disco, with Kate/ Nick and this was fabulous, this got us all off our feet and the enjoyment of having an afternoon boogie, we loved it !!!

Overall, a lovely time had by all, hope you all enjoyed also.



Writings from Patricia Routledge

One month before turning 95, Patricia Routledge wrote this, she died on the 3rd October 2025 aged 96.

“I’ll be turning 95 this coming Monday. When I was younger, I often worried I wasn’t good enough—that I’d never be cast again, that I’d disappoint my mother. But these days begin in peace and end in gratitude.”

In my forties, my life finally began to make sense. Before that, I’d performed steadily—provincial stages, radio plays, West End productions—but felt somewhat lost. I was searching for something within myself, a home I hadn’t yet found.

At 50, I took a television role that many of you would later know me by—Hyacinth Bucket from *Keeping Up Appearances*. I thought it would just be a minor role, a brief moment. I never expected it to become beloved across the globe. That character taught me to embrace my quirks and quietly healed something deep within me.

At 60, I started learning Italian—not for my career, but simply so I could sing opera in its native tongue. I learned the gentle art of living alone without loneliness, reading poetry aloud each night—not to perfect diction, but to soothe my spirit.

At 70, I returned to Shakespearean theatre, a place I once thought I’d aged out of. This time, there was nothing to prove. I stepped onto those legendary boards with calmness. The audience felt that serenity. I had stopped performing; I was simply being.

At 80, I discovered watercolor painting. I painted flowers from my garden, nostalgic hats from my youth, and faces glimpsed on the London Underground—each painting was a silent memory made tangible.

Now, at 95, I write letters by hand. I’m learning the simple joy of baking rye bread. I still breathe deeply each morning. Laughter remains precious, though I no longer feel the need to make others laugh. Quietness is sweeter than ever.

I’m writing this today to share something simple and true:

Growing older isn’t a final act—it can be life’s most exquisite chapter if you allow yourself to bloom once more. Let the years ahead be your treasure years. You don’t have to be perfect, famous, or adored. You only need to be present—fully—for the life that’s yours.

With warmth and gentle love,

Patricia Routledge





A Truly Special Afternoon: Celebrating International Day of Older Persons & Silver Sunday

On Wednesday 1st October, we gathered at the Age UK Stockport Hub to mark two very special occasions: International Day of Older Persons and Silver Sunday. And what an incredible celebration it turned out to be!

The day was filled with laughter, joy, and plenty of memories made as we enjoyed a delightful Afternoon Tea-Dance.

The beautiful spread of sandwiches, scrumptious scones, and a variety of irresistible small cakes left everyone smiling. Tea and coffee were served in elegant China tea sets, adding a touch of class to the event and making everyone feel extra special.



But the fun didn't stop there! We played Spin the Wheel for even more sweet treats — and, as always, the excitement grew as the wheel landed on different prizes. The highlight of the afternoon, however, was the dancing. Our wonderful clients hit the dance floor, showing off their best moves and throwing some serious shapes. Some even took the time to teach others a few steps, spreading joy and a sense of togetherness across the room.

The atmosphere was nothing short of magical, with everyone coming together to celebrate the beauty of life, friendship, and the joy of moving to the music. It was a wonderful reminder of the strength and spirit of our older community, and we're already looking forward to doing it all again in the future.

A huge thank you to everyone who came along, supported, and helped make this day so special. It's the people that make these moments truly unforgettable, and we couldn't have asked for a better way to celebrate both International Day of Older Persons and Silver Sunday than with such a fantastic group of people.

We can't wait for the next chance to come together and create more wonderful memories!

Pictures from our Edale Fundraising Walk!



Inspiring Charity Sponsored Walk Raises Vital Funds for Age UK Stockport!

On a sunny Friday, 26th September, Age UK Stockport, Life Leisure, and members of the local community came together to raise vital funds through an Inspiring Charity Sponsored Walk!

Led by Danny Drayson our Ageing Well Lead we started at Edale Train Station at 10am and finishing at Life Leisure Stockport with a warm welcome party, the group covered an impressive 18 miles over the course of 7–8 hours. A dedicated number of walkers completed the full route, while others joined in at various points along the way, including Sett Valley Trail, New Mills Marina, and Marple.

It was a glorious day, and despite some tired legs at the end, everyone thoroughly enjoyed the event — coming together in true community spirit to support a fantastic cause. A huge thank you goes out to all our walkers, everyone who sponsored and supported the event, and especially to Lisa Arrandale from Life Leisure and Life Leisure Romiley team for organising such a warm and much-needed refreshment stop at the finish line!

Together, we truly made a difference — well done, everyone!

Community Activities Calendar for November

 November 2025 Weekly Calendar Community Activities Calendar		
MONDAY	TUESDAY	WEDNESDAY
Brinnington Community Walk 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up, for a warm welcome whatever the weather! (Except Public Holidays)	Brinnington Community Clean 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS. This is a volunteer lead group for people wanting to improve physical and mental well-being whilst also giving something back to the community. Consisting of litter picking and general maintenance. Confidence Class- 10am - 11am - Free At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK57AT (adjacent to Broadstone Mill), To improve strength, stability, and general fitness. For all abilities. No need to book! 11:30am – 1:00pm Free Community Bingo –At Brinnington Park Leisure Complex, SK5 8LS. This session is supported by the Lighthouse Centre. Just turn up and join in the fun! Confidence Walk-Life Leisure Avondale, 1pm – 2pm Heathbank Road Cheadle Heath, SK3 0UP. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up, no need to book!	Confidence Walk 10.30am to 11.30am At Brinnington Park Leisure Complex, SK5 8LS. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session. No need to book

 November 2025 Weekly Calendar Community Activities Calendar		
THURSDAY	FRIDAY	SATURDAY
Coffee Morning– 10.30am to 12 noon Everyone welcome! Join us for our Coffee morning in the Community Room at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS. This is a great space for people to meet and chat with like-minded people in the Brinnington Community. There will also be an opportunity to influence what happens in your local area. Just turn up – No need to book! Free Chair based Exercise Class followed by a Light Meal 12.15pm- 1pm Brinnington Lighthouse Centre, SK5 8LS Free chair-based exercise class followed by a light meal. This class is designed for beginners, and you can just turn up you don't have to book! Community Gym Session - at Stockport Sports Village, 1 – 2pm Lambersh Grove, Woodley SK6 1QX -Free gym session! We are running a Community Gym session in partnership with Life Leisure. It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. No need to book! Confidence Class- At The Bramhall Village Club, 1:30pm – 2:30pm 2 Melbourne Road, Bramhall SK7 1LR. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? Indoor confidence walk session run in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up and pay on the day! £1.50 charge including refreshments	Gym Session at Brinnington Park Leisure Complex – meet at 10.30am. Free gym session! It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. If you'd like to go along, meet at 10.30am in the Community Room – Just turn up, no need to book!	Saturday Social Walk On the first Saturday of each month starting at 10am at various locations around Stockport and will last for 2- 2½ hours. Come along to get your steps in and meet new people! No need to book. This walk is being run in conjunction with Life Leisure's Active Community Team. Just turn up, for a warm welcome whatever the weather! Contact 0161 480 1211 to find out next walk location.



Jane Austen Event

Age UK Stockport and Stockport Library Services were delighted to receive £250 from the Ward Flexibility Funding to support a special event held on Saturday 4th October 2025 at Edgeley Library.

The event was a great success, bringing the community together for a day of crafting, joyful Regency-themed activities, and a celebration of the life and works of Jane Austen, marking her 250th anniversary.

Attendees of all ages enjoyed taking part in the festivities. Library staff embraced the theme by dressing in Regency-style costumes, adding to the atmosphere. Refreshments were provided, making the day even more enjoyable for all who came along.

We are grateful for the support from the Ward Flexibility Funding, which helped make this memorable community celebration possible.

Proudly supporting

WE ARE UNDEFEATABLE

Help Age UK understand physical activity, health and wellbeing in people with long term health conditions

This Autumn Age UK are supporting a research study led by London Metropolitan University to understand how people living with long term health conditions are managing their physical activity, health, and wellbeing.

If you live with a long term health condition, you're invited to take part in a short online survey (15–20 minutes). Your feedback will help improve support and services for people like you.

You don't need to be doing regular exercise to take part – we want to hear from as many people as possible. As a thank you, you can opt into a prize draw to win one of five £50 shopping vouchers.

The survey is only available online and can be completed by typing the address below into your internet browser (or clicking the link if you are reading this on email): <https://forms.office.com/e/iZGAjUW1pc>

Thank you for sharing your experience.

Latest News From The Hub

The poster features a light blue background with a circular inset showing a cozy winter scene with a cup of soup, a lit candle, and a knitted blanket. The text is arranged in a clean, modern layout with a mix of bold and regular fonts. The event details are clearly stated, including the date, time, and location. The Age UK Stockport logo is prominently displayed at the top right.

**Tuesday
25th
November
2025
10am - 2pm**

**Stockport
ageUK**

**WINTER WARMTH
AND WELLBEING**

Join us in our warm space for refreshments plus warm snacks. Find out more about Age UK Stockport services and other support available with representatives from local organisations here to discuss how they can help you stay warm and well this winter.

www.ageuk.org.uk/stockport/

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

Winter Warmth and Wellbeing Event

Come and join us in our friendly, warm and welcoming space. Find out more about the support available from Age UK Stockport and other local organisations. Whether you're looking for information, services, or just ways to stay warm and well this winter, there'll be people here to help and answer your questions.

Singing, Smiles & Sunshine: A Heartwarming Start to Our “Singing for the Brain” Sessions

Held on Tuesday 7th October at The Hub

On Tuesday 7th October, something truly special happened at The Hub. We held our very first Singing for the Brain session — and oh, what a time we had!

The room filled with gentle chatter and warm smiles as people arrived, unsure of what to expect but happy to be part of something new. As the first familiar notes of Daisy, Daisy rang out, voices joined in — some quietly, some boldly — and just like that, a beautiful connection was made.

We moved on to old favourites like You Are My Sunshine, Side by Side, It's a Long Way to Tipperary, and the ever-charming Oh My Darling, Clementine. Every song stirred a memory, sparked a laugh, or brought a tear of joy.

But the real surprise? Before we knew it, feet were tapping and arms were swaying as we boogied to Dancing Queen by ABBA! Even Frank Sinatra made an appearance, setting the perfect tone for a joyful trip down memory lane. Laughter echoed off the walls as we ended with a rousing chorus of Roll Out the Barrel - and it was clear: we hadn't just sung songs, we had built something special together.

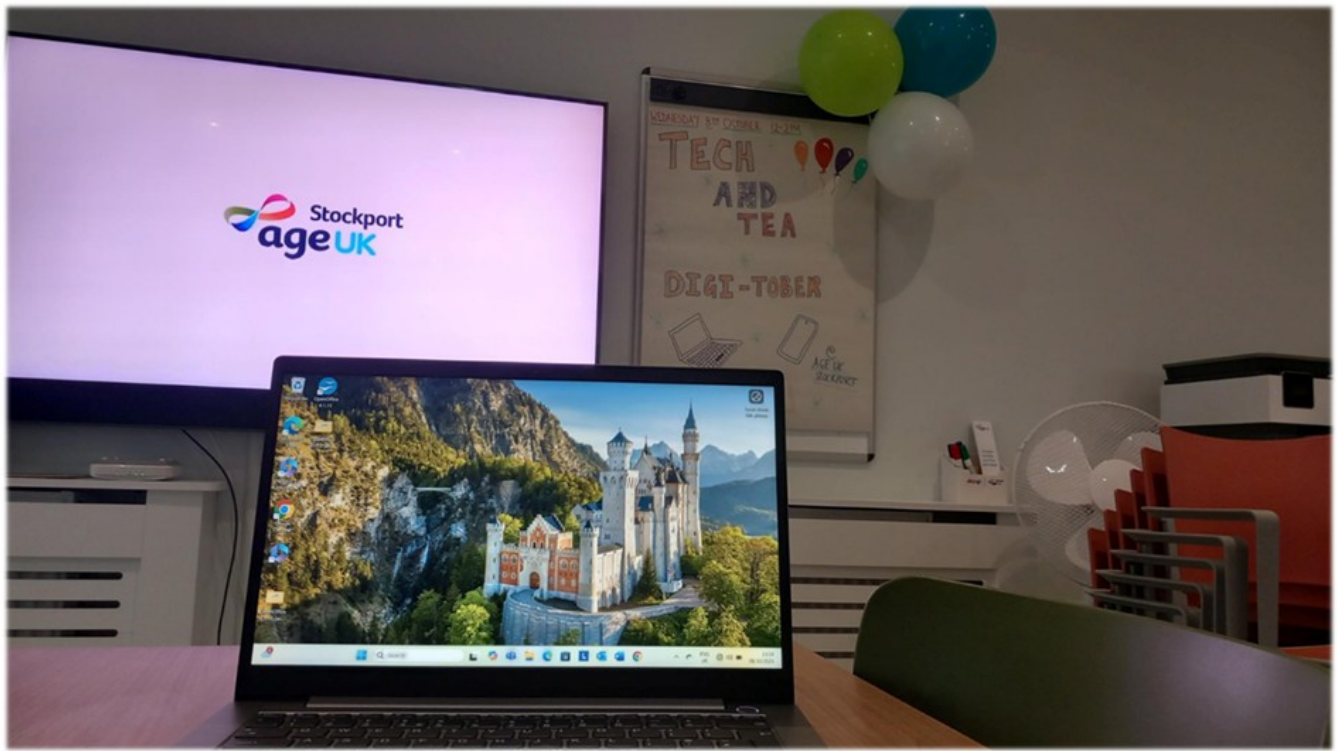
Afterward, we gathered for tea and biscuits - a perfect time to chat, reflect, and share stories about the songs we grew up with and the memories they stirred. It was heartwarming to hear how much everyone had enjoyed the session, and how excited they were for the next one.

We truly can't wait to do it all again on Tuesday 4th November, from 1–2pm at the Age UK Stockport Hub. If you'd like to be part of our group - whether you love singing, listening, or simply sharing a cuppa with lovely company - we'd love to welcome you.

For more information, please contact Vee on 0161 480 1211.

Singing for the Brain sessions are held on the first Tuesday of every month, from 1–2pm. Come along and rediscover the magic of music, memories, and togetherness.





Tech and Tea!

Tech doesn't have to be daunting, and with a cup of tea in hand, our visitors quickly discovered that learning new skills could be fun and rewarding. From setting up smartphones to exploring the wonders of tablets and laptops, everyone had the chance to dive into the world of tech at their own pace.

We want to remove any fears and embracing the joy of discovery, whether it was sending an email for the first time, making a video call to a loved one, or simply learning how to browse the internet safely.

We're thrilled to continue offering FREE digital support through our regular drop-in sessions at the Age UK Stockport digital hub, 2 Castle Street, Edgeley, SK3 9AB, which take place every week:

- Mondays: 10:00am - 12:00pm
- Wednesdays: 12:00pm - 2:00pm

Thursdays: 10:30am - 12:30pm

Whether you're completely new to technology or just need a little extra help with a specific issue, our friendly volunteers are here to help from our amazing Digital Volunteers from Sky, Stockport college digital students and Digi know volunteers, whose patience, support, and tech expertise support and with a friendly approach make everyone feel comfortable and empowered, and they were always ready with a helpful tip or answer to every query, no matter how big or small.

We would love to see you there, so come along, bring your devices, and let's explore the digital world together — one click at a time.

More Activities at the Hub

This sheet is available as a separate document on request for easier reading—to request a copy please call us on 0161 480 1211

MONTHLY CALENDAR					November 2025					AGE UK STOCKPORT HUB 2 CASTLE STREET EDGELEY SK3 9AB				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Digital drop in 10am - 12pm		Pre booked face to face Blue badge application appointments 10am -2pm 0161 477 1213		Knit and natter 10:30am - 12pm		Information and signposting drop in 10:00am - 2pm		Craft Class- 10am - 12pm						
KOKU Exercise class 12pm - 1pm (Class fully booked)		Singing for the brain 1-2pm		Digital drop in 12pm -2pm		Digital drop in 10:30am - 12:30pm		Craft Class 12.30pm - 2.30pm (Fully booked)						
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KOKU Exercise class 12pm - 1pm (Class fully booked)				Digital drop in 12pm -2pm		Digital drop in 10:30am - 12:30pm								
Digital drop in 10am - 12pm		Winter Warmth Event 10am - 2pm		Knit and natter 10:30am - 12pm		Information and signposting drop in 10:00am - 2pm								
KOKU Exercise class 12pm - 1pm (Class fully booked)				Digital drop in 12pm -2pm		Digital drop in 10:30am - 12:30pm								



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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