Stockport age UK

Let's change how we age

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

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

Age UK Stockport working locally for YOUR WELLBEING

Age UK Stockport AGM 2026 & Winter Warmth Marketplace Invitation!

We would like to invite you to join us at our AGM and Winter Warmth Marketplace on Tuesday 1 December 2026 at 12:00 noon – 2:30pm

Held at Stockport County Football Club, Hardcastle Rd, Edgeley, Stockport SK3 9DD with (limited parking available, first come, first served basis)

This special event will provide an opportunity to hear about the work and achievements of Age UK Stockport over the past year, learn about our plans for the future, and connect with local organisations offering support, advice, and services to help local people stay safe, well, and warm throughout the winter months.

Refreshments will be provided, including Tea and coffee - Soup and a roll - Cake and seasonal treats.

BOOKING IS REQUIRED by emailing info@ageukstockport.org.uk or telephone 0161 480 1211



Change to our Friday telephone opening hours

From Friday the 13th of November, our telephone lines will close slightly earlier on Fridays.

Our opening hours will be:

Monday to Thursday: 9am–5pm
Friday: 9am–4.30pm

Our voicemail service will continue to be available at all times, so if you call outside these hours, you can leave us a message, and we'll get back to you as soon as we can.







Stockport Music Tour Strikes the Right Note
Our clients recently enjoyed a fantastic afternoon exploring the rich musical heritage of Stockport with a guided Stockport Music Tour led by Rosemary and John.

The tour sparked many happy memories as participants reminisced about local music venues, artists, and moments from years gone by. It was wonderful to hear stories being shared and to see so many smiles throughout the afternoon.

Rosemary and John brought the tour to life with their wealth of knowledge, enthusiasm, and fascinating insights into Stockport's musical history, making the experience both enjoyable and informative for everyone involved.

We would like to extend our sincere thanks to Rosemary and John for providing such a memorable afternoon. Our clients thoroughly enjoyed the experience and are already looking forward to future activities like this.









Welcome Wednesdays Return

We were delighted to welcome back our **Welcome Wednesday's** sessions in October, delivered in partnership with Trafford and Stockport College.

This session was held at the Stockport campus, where our clients enjoyed a fun and engaging afternoon playing a variety of board games alongside the college students.

The session provided a great opportunity for social interaction, laughter, and friendly competition, while helping to bring different generations together in a warm and welcoming environment.

The afternoon was a real success, and we look forward to continuing to work with the Trafford and Stockport college group on future activities.

Stockport Age UK

Friendship
Community
Wellbeing
Belonging

Activities at Age UK Stockport Hub

A place to connect, take part and enjoy.



Our Weekly Activities

Monday
Drop in Digital support 10am - 12pm · Strength & balance classes (Please phone to book)

Tuesday
Pre-booked blue badge appointments (Please phone to book)

Wednesday
Drop in Digital support 12pm - 2pm · Knit & natter 10am - 12pm

Thursday
Drop in Digital support 10:30am - 12:30pm

Thursday
Information & sign posting drop in 10am - 2pm

Friday
Craft group (Please phone to book)

1st Tuesday of every month
Singing for the Brain 1pm - 2pm

Digital support is available on Mondays, Wednesdays and Thursdays.

To book, please phone 0161 480 1211

The Hub, 2 Castle Street, Stockport SK3 9AB



A Special Recognition for Gemma Reeves-Brown
During one of her final weeks with Age UK Stockport, Gemma Reeves-Brown had the very special opportunity to attend a reception at 10 Downing Street.

Gemma Reeves-Brown was nominated in recognition of the fantastic work she carried out supporting people across Stockport during the summer heatwaves. The reception, held on 21 September 2026, recognised individuals, volunteers, community groups and organisations from across the country who went above and beyond to provide vital support to people and communities during the heatwaves.

During this special occasion, Gemma also had the pleasure of meeting Andy Burnham, our Prime Minister and Paul Farmer, Chief Executive of Age UK.
It was a wonderful and well deserved recognition of Gemma's contribution, hard work and commitment to supporting older people in Stockport, and a very special way to mark the end of her time with Age UK Stockport.

Congratulations Gemma, and a huge thank you for everything you have done. We wish you all the very best for the future!





Keeping Feet Healthy in Later Life
On Tuesday 27th October, we were delighted to welcome **Anthony Lowne**, a podiatrist from Heaton Moor to The Hub as our guest speaker.

Anthony delivered an informative and engaging talk on the importance of looking after our feet as we age. He shared practical advice on maintaining good foot health, highlighted common issues that can arise in later life, and explained the range of podiatry services he offers to help keep people active and comfortable.

Our clients also enjoyed taking part in a series of simple foot exercises designed to improve flexibility, strength, and circulation. These easy-to-follow exercises demonstrated how small daily habits can make a big difference to overall foot health and wellbeing.

Thank you to Anthony for taking the time to visit The Hub and share his expertise. The session was both educational and enjoyable, leaving everyone with valuable tips to help keep their feet fit, healthy, and happy.



Halloween Arts & Crafts at Step Out Stockport

A few of our members really enjoyed making some Halloween Lanterns.

For one of our ladies, this really gave her the giggles. She stated she had more sticky tissues on her than she had manged to stick to the jar.

Lots of fun and mess made and a great gift to take home for Grandchildren!

A Spooktacular Halloween at the Hub

This week at the Hub, our clients enjoyed a wonderfully witchy Halloween celebration filled with fun, laughter, and plenty of spooky surprises!



The Hub was buzzing with excitement as everyone took part in a variety of board games, bringing out some friendly competition and lots of smiles. The room was filled with laughter, friendship, and a fantastic Halloween spirit as clients came together to enjoy the festivities. It was wonderful to see so many people joining in, having fun, and making new memories. Events like these are a great way to bring people together, helping to reduce loneliness while creating a strong sense of community.



A huge thank you to everyone who attended and helped make the day such a success. Our clients had a frightfully good time, and we are already looking forward to our next celebration at the Hub!



Ageing Well Health Fair at Cheadle Mosque
Hazel Batty, our Senior Lead, and Katie Illingworth, our new LifeScape Lead, recently attended the Ageing Well Health Fair at Cheadle Mosque.

It was a fantastic community event, bringing together local organisations and services to share information, advice and support. There was a warm and welcoming atmosphere, with lots of meaningful conversations taking place throughout the morning.

Hazel and Katie really enjoyed meeting members of the local community, talking about the support available through Age UK Stockport, and introducing our new LifeScape programme, which will focus on positive ageing, confidence, community connection and helping people make the most of later life.

The event was also a great opportunity to strengthen relationships with local partners and continue our work to ensure that older people from Stockport's South Asian communities feel connected to services and opportunities available locally.

A huge thank you to everyone involved in organising the event and to Cheadle Mosque for such a warm welcome. We look forward to building on the connections made and supporting more community events like this in the future.

Stress Awareness Week

Please join us as we mark Stress Awareness Week, from Monday 2 to Friday 6 November 2026, at: Age UK Stockport Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AE

Relax • Connect • Create • Move

Come along and take some time for **you**. Join us for friendly activities designed to help you relax, connect with others and support your wellbeing.

Monday | Move For Mood

Gentle movement, stretching and breathing techniques, with simple ideas for managing stress and supporting wellbeing.

Tuesday | Sing Away Stress

Join our **Singing for the Brain** session for uplifting songs, good company and a chance to discover how music can support our mood.

Wednesday | Knit, Natter & Unwind

Relax with knitting, friendly conversation, calming music and a herbal cuppa.

Our Wellbeing Tree

Tell us **"What helps me feel less stressed?"** and add your own leaf to our Wellbeing Tree.

A Little Something For You

Everyone taking part will receive a small wellbeing pack containing:

Herbal tea • Positive affirmation card • Love Hearts • Mindfulness colouring sheet

Come along, take a little time for yourself and enjoy connecting with others.

For more information, contact Age UK Stockport on 0161 480 1211

Supporting happier, healthier lives in Stockport

Stockport age UK

Singing for the Brain

Every 1st Tuesday of the month

1pm - 2pm

All welcome



All welcome

The Hub, 2 Castle Street
Stockport, SK3 9AB
0161 480 1211



Farewell and Good Luck to Lee Speed
We are saying a fond farewell to Lee Speed, our Senior Lead and a valued member of Age UK Stockport's Senior Management Team.

During his time with us, Lee has managed a number of important services, including Handy Help, Tandem, Step Out and Gift of Friendship, as well as taking on the important responsibility of being our Safeguarding Lead.

Lee has made a real contribution to Age UK Stockport, supporting colleagues and helping us continue to provide services that make a difference to older people across Stockport.
We would like to thank Lee for all his hard work, commitment and support over the years.

Everyone at Age UK Stockport wishes him every success and happiness for the future as he moves on to his new role.

Latest News and Activities at The Hub

Activities & Events at the Hub

The Hub Monthly Activities Calendar - October 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 International day of older persons event 11am – 1:30pm Meet at the Age UK Stockport Hub	2 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
5 Digital drop in 10am - 12pm Strength and Balance Beginners Class 12-1pm. S&B Follow On Class 1.15-2.15pm Please call to book	6 Floristry class 10am – 12pm Singing for the brain 1-2pm	7 Knit and natter 10am-12pm Digital drop in 12pm-2pm	8 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	9 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
12 Digital drop in 10am - 12pm Strength and Balance Beginners Class 12-1pm. S&B Follow On Class 1.15-2.15pm Please call to book	13 Pre booked, face to face Blue badge applications 10am-2pm Floristry class 10am – 12pm	14 Knit and natter 10am-12pm Digital drop in 12pm-2pm	15 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	16 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
19 Digital drop in 10am - 12pm Strength and Balance Beginners Class 12-1pm. S&B Follow On Class 1.15-2.15pm Please call to book	20 Pre booked, face to face Blue badge applications 10am-2pm Floristry class 10am – 12pm	21 Knit and natter 10am-12pm Digital drop in 12pm-2pm	22 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	23 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
26 Digital drop in 10am - 12pm Strength and Balance Beginners Class 12-1pm. S&B Follow On Class 1.15-2.15pm Please call to book	27 Pre booked, face to face Blue badge applications 10am-2pm Tandem Tuesdays 12pm – 2pm	28 Knit and natter 10am-12pm Digital drop in 12pm-2pm	29 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	30 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm

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Community Activities Calendar

Weekly Community Activities Calendar - October 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 **Confidence Gym. 1pm – 2.30pm** Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP	**Brinnington Community Clean. 9am - 10.30am** Meet at Brinnington Park Leisure Complex, SK5 8LS **Confidence Class. 10am - 11am** Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT (adjacent to Broadstone Mill) **Community Bingo. 11:30am – 1:00pm Free** At Brinnington Park Leisure Complex, SK5 8LS **Confidence Walk-Life. 1pm – 2pm** Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP	**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 **Free Chair based Exercise Class followed by a Light Meal. 12.15pm-1pm** Held at Brinnington Lighthouse Centre, SK5 8LS **Confidence Class. 1:30pm – 2:30pm** At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR	**Confidence Gym. 10.30 – 12.00am** 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.

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Step Out Activities Calendar

Step Out Monthly Activities Calendar - October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1st **AM–** Music Bingo & Name that TV Show **PM-** Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	**2nd** **AM-** Crossword with General Knowledge Quiz **PM-** Afternoon Disco Music & Dancing	**3rd** **AM** - 60s,70s Music Quiz **PM** - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz
5th **AM** - Lets make Music Together **PM** - Afternoon Sing Along	**6th** **AM** - Music in Mind **PM** - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	**7th** **AM** - Crossword with General Knowledge Quiz **PM** - Taster Session with Cheese,Pickle & Crackers.	**8th** **AM** - 60s,70s Music Quiz & play tracks **PM** - Afternoon Karaoke with Members	**9th** **AM** - Name that TV Show by Sound **PM** - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	**10th** **AM** - Music Bingo **PM** - Dominos & Board Games
12th **AM** - Lets make Music Together **PM** - Cheese,Pickle & Crackers. Food & Drink	**13th** **AM** - Music in Mind **PM** - Crossword with General Knowledge Quiz & Table Games	**14th** **AM** - Parachute & Ball Bingo **PM** - Afternoon Karaoke with members	**15th** **AM** - Armchair Exercise With Music & Quiz **PM** - Taster Session Apple,Carrot & Mixed Dips	**16th** **AM** - Music Bingo & Play your Cards Right Game **PM** - Taster Session with Apple, Carrot, Cucumber with Mixed dips	**17th** **AM** - Name that TV Show & White board games **PM** - Afternoon Ball or Music Bingo
19th **AM** - Lets make Music Together **PM** - Reminiscing & Table Games	**20th** **AM** - Music in Mind **PM** - Taster Session with Apple, Carrot, Cucumber with Mixed dips	**21st** **AM –** Armchair Exercise with Music **PM** - Taster Session with Apple, Carrot, Cucumber with Mixed dips	**22nd** **AM** - Music or Ball Bingo **PM** - Afternoon Disco Music & Dancing	**23rd** **AM** - Floor Games & Pass the Balloon **PM** - Halloween Arts & Crafts	**24th** **AM** - Halloween Arts & Crafts **PM** - Apple, Carrot, Cucumber with Mixed dips
26th **AM-** Lets make Music Together **PM–** Halloween Arts & Crafts along with afternoon Treat	**27th** **AM-** Music in Mind **PM–** Halloween Arts & Crafts & Quiz with afternoon Treats	**28th** **AM–** Armchair Exercise With Floor Games **PM** - Halloween Arts & Crafts along with afternoon Treat	**29th** **AM_** Halloween Arts & Crafts **PM–** Halloween Karaoke With Afternoon Treats	**30th** **AM-** Halloween Arts & Crafts **PM-** Halloween Karaoke with Afternoon Treats	**31st** **AM–** Halloween Facts & Quiz **PM–** Afternoon Halloween Movie

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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.

To ensure your donations are received and used locally donate to Age UK Stockport(Charity Number 1139547) directly on our website shown below.
Thank you.

https://www.ageuk.org.uk/stockport/get-involved/donate/

Contact Us:

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56 Wellington Street
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SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: https://www.ageuk.org.uk/stockport/