

Age UK Stockport Monthly News

WELCOME to the latest edition of the Age UK Stockport (AUKS) monthly news, where you can find out what's happening both within AUKS and also in the wider community.

Future copies are available on our website www.ageukstockport.org.uk or by signing up to email info@ageukstockport.org.uk (you may unsubscribe at any time).

If you would like a paper copy, you can collect one from the Information and Advice Office in Merseyway, or ask a member of the Age UK Stockport team.

Join us for our Annual General Meeting on 26th November at 12 noon

At Alma Lodge Hotel, 149 Buxton Road, SK2 6EL
You are invited to attend and hear about our work and also about new services and developments.

Lunch will be served at the end of the meeting.

RSVP by 18th November 2019 by tel: 0161 480 1211 or
email: info@ageukstockport.org.uk

Help to Keep Your Home Warm

Living in a cold home can damage your health. So the Age UK Warm Homes programme is designed to help you stay warm and well through the cold months. The Warm Homes programme can help you in 2 ways:

- help increase your income to pay for energy bills
- help make your home more energy efficient so you can stay warm in the winter.

If you find it difficult to keep your home warm contact us for a free* home energy check and one of our experienced handyperson team can visit you in the comfort of your own home to fit practical equipment like; draught excluders, energy saving light bulbs, letter box brushes and much more!

If you would like to find out if we can help you to increase your income to pay for your energy bills or if you need advice on switching suppliers, cutting costs and handling complaints. contact the Information & Advice office in Merseyway on 0161 477 1213 or have a look at: <https://www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/>



*This service is free, however funding is limited to older people who are at risk of cold related illnesses

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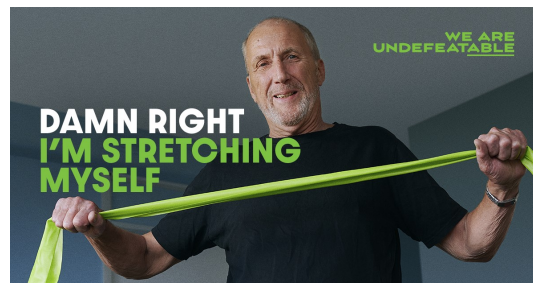
‘We Are Undefeatable’

‘We Are Undefeatable’ is a national campaign to support the 15 million people who live with one or more long-term health conditions in England. It aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson’s to build physical activity into their lives. It has been launched to inspire, reassure and support people to be active by showing people living with a variety of conditions – both visible and invisible – on their own journeys to being active. Watch out for the adverts!

One in four people in England live with a long-term health condition, and individuals in this group are twice as likely to be inactive despite evidence that being active can help manage many conditions and help reduce the impact and severity of some symptoms. Even small amounts of activity can make a significant difference to overall health and wellbeing.

If you are feeling inspired by ‘We Are Undefeatable’, there are a wide range of sessions that are accessible in Stockport, why not take a look at our Active Ageing campaign and learn how you could get physically active; www.ageuk.org.uk/stockport/our-services/active-ageing-stockport/

Or telephone; 0161 480 1211 to find out more.



Donate Your Words

Have you seen the plain purple bars of Cadbury Dairy Milk in the shops yet? For every limited edition bar sold, Cadbury will donate 30p to Age UK to help support older people through the national advice line, telephone friendship service and more.

In the UK, 1.4 million older people struggle with loneliness. 225,000 often go a whole week without speaking to anyone. Age UK and Cadbury are working together to try to tackle loneliness, but you can help too.

You could help by starting a conversation with an older person. It doesn't have to be much - just a quick chat about the weather or the football can brighten someone's day. Or you could call an older relative. Pick up the phone and give your uncle or an older friend a ring! Even a 5 minute chat can make a difference. Or you could check in on an older neighbour, simply saying hello regularly can help older neighbours feel part of the community. Or Join AUKS as a volunteer we have lots of different opportunities on our website at; <https://www.ageuk.org.uk/stockport/get-involved/volunteer/> or you can telephone us on the number below and speak to the volunteering team.

For more information on the #DonateYourWords campaign visit; <https://www.ageuk.org.uk/get-involved/volunteer/donate-your-words/>



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Standard Success - Its Official!

Providing information is one of the most important things that we do and we want to get it right, so well over a year ago we started work on the Age UK quality standard for Information and Advice (I&A).



In order to achieve the quality standard the service has to:

- Provide consistent, relevant and effective advice to clients and demonstrates this by providing sufficient information in their client records.
- Have clear and relevant systems and procedures in place to manage the delivery of consistent, good quality information and advice.
- Continuously monitor its services and seek feedback from clients and stakeholders.

We now have the certificates and are able to use the logos to prove we have a quality assured service!

You can access our I&A service by phoning: 0161 477 1213, or email: advice@ageukstockport.org.uk or by visiting our office in Merseyway;
Mon – Fri 9.30am – 1.00pm - Drop ins and Appointments
Mon – Fri 1.00pm – 3.00 pm (2.30 on Fri) - Appointments only



Out and About Last Month

In the past month we have been out and about at various events. Including:

- Tea with your GP Event in Bramhall
- Doing Dementia Differently Event at Stockport Plaza
- Charity Afternoon Tea and Table Top Sale at Compass Point Heavily.

If you would like AUKS to be involved with an event you are organising please let us know, by contacting us on the details below.



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Dates For Your Diary - October 19

Date	Event	Time
3rd October	Brain Health & Active Ageing Information Drop In - At Alma Lodge Hotel, 149 Buxton Road, Stockport, SK2 6EL. Free! For more information visit; https://www.stockport.gov.uk/brainhealth	1pm – 6.30pm
16th October	Afternoon Tea and Information - At Alma Lodge Hotel, 149 Buxton Road, Stockport, SK2 6EL. Join us for a free afternoon tea, bring a friend and meet new friends! This event is now full , but if you would like to join the waiting list telephone 0161 480 1211 or email; info@ageukstockport.org.uk	2pm – 4pm
18th October	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
6th & 22nd November	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
26th Nov	AUKS - Annual General Meeting at Alma Lodge Hotel, 149 Buxton Road, Stockport, SK2 6EL You are invited to attend and hear about our work and also about new services and developments. Lunch will be served at the end of the meeting. RSVP by 18th November 2019 by tel: 0161 480 1211 or email: info@ageukstockport.org.uk	12 noon
27th Nov to 1st December	St George's Christmas Tree Festival - At St George's Church, Buxton Road (A6), Stockport, SK2 6NU. For more information, including opening times see; http://www.stgeorgestockport.org.uk/christmas-tree-festival/	
4th & 20th December	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd South, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm - 4pm
13th Dec	Age UK Stockport's Annual Carol Service at St Mary's Church, (in the Market Place), Stockport SK1 1YG. Save the Date! More details to follow.	

For more information and to keep up to date with what's happening visit
www.ageuk.org.uk/stockport/activities-and-events/events

Age UK Stockport is a registered charity 1139547

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