

## Happy International Day of Older Persons!

### International Day of Older Persons 2020

October 1st this year marks the 30th Anniversary of the United Nation's International Day of Older Persons. It is a day recognised by the United Nations as an opportunity to acknowledge and appreciate the extraordinary contributions and achievements of older people.

Throughout Greater Manchester, there is a **'Valuable not Vulnerable'** campaign, to try to change the narrative on ageing. So often the generic depictions of older people are as frail and vulnerable, when many are playing active roles in communities, both generally and in the response to the pandemic, including on the frontline. Starting on 1st October and for the coming month there are going to be lots of positive stories on social media with the hashtag #IDOP2020 which we will also be following.

Last month we asked you to share some of your images and below are some of those we have received. **Thank you** to everyone who has sent pictures so far but we are always happy to receive more! You can email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or WhatsApp them to 07584 394887. Look out for them on social media over the coming weeks.



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

## Monthly News - October 20

### Age UK Stockport Update

Well that didn't last long! Last month we were pleased to note that at the beginning of September Stockport came out of local restrictions and we were returning to service recovery. As of the end of last week we are back in local restrictions!

So we continue as we have since March and throughout—our Information & Advice Team can still be contacted on 0161 477 1213 and Tandem Support Services, Handy Help and the WIN can be contacted on 0161 480 1211 and our Hospital services directly at SHH. We are here so any queries please just give us a ring.

Margaret Brade - Chief Executive

### Closure of Merseyway Office



Many of you will know that we closed our Public Office in Great Underbank, Merseyway to callers in mid-March and then to our workers at the start of the Coronavirus full national lock down on the 23 March. Initially we were using the time with the staff working from home to have the office brightened up ready for a return. However, as time has gone on, we have had to look again in terms of office suitability for the new Covid world we now expect to be with us for some time.

The layout of Merseyway office will not accommodate any real amount of social distancing due to the small spaces within the building – single door entry and exit and no room for one-way traffic around the building. It is just not possible to make Covid Secure for either our clients or our staff and volunteers. As such we are sorry to advise that the decision has now been made to vacate the office in Merseyway permanently and it will now not be reopening.

We are sorry to be saying goodbye to it after six plus years – we actually opened there in May 2014. It was opened to replace the office that we previously had at the 'Pop In', Russell Morley House in Lower Hillgate, which had been forced to close in December 2013 due to building structural failures.

However, the important message is that whilst the building and office is not going to reopen, **the Information and Advice Service has never closed!**

The workers have been delivering it virtually all the way through since March and will continue to do so. Once the pandemic is over we hope to be able to provide a face to face service again from community venues and also our main base, Commonweal on Wellington Street. See the article on the Service later on, and please NOTE, as there is no sign of the pandemic going away any time soon don't delay in seeking help and support, as it can be provided now.

Contact the Information & Advice Service as usual on 0161 477 1213 and as we are now so much busier on the phones you may well get the answer phone—but please do leave a message and we will call you back.



## Greater Manchester Walking Festival



The first virtual Greater Manchester (GM) Walking Festival will take place between 12th and 25th October and the aim is for those involved in the festival, to collectively walk around the world! That's 25,000 miles in two weeks. Those signing up to be part of the Festival will need to log their steps, time or distance walked during 12-25th October to contribute to the GM

goal, but if you don't want to do that you can just walk anyway! You can also raise funds for good causes if you choose.

The website has lots of walking activities, goals and challenges that you can sign up to take part in. You will need to visit the Let's Walk Festival website and choose a walking activity that appeals, then sign up to the festival using a phone, tablet or computer.

Then, during the festival fortnight, use a phone or activity tracker to record steps, the amount of time or the distance walked. Participants will be able to see their progress towards that particular goal, and their contribution to the overall GM Walking Festival goal of walking 25,000 miles.

For more information and to sign up visit; <https://gmwalkfest.co.uk/>

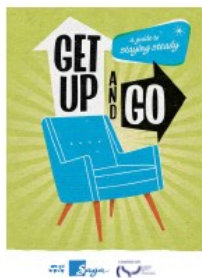
---

## Falls Prevention



Falling as we get older is quite common, and although most falls don't cause serious injury they can leave us feeling quite distressed. The good news is there are lots of things you can do to stay steady on your feet and there is lots of help out there if you need it. Age UK have a booklet **Saying Steady** which you can download from the website by clicking on the picture or if you get in touch we can send you one. You can also find information <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/>

The Chartered Society of Physiotherapy (CSP) also have a Falls Prevention Animation which you can view on YouTube at <https://youtu.be/n8s-8KtfgFM> which demonstrates a variety of falls prevention exercises.



If you prefer a booklet with the exercises in we can post one out to you.

If you need help locally, have a look on the Healthy Stockport website [www.healthystockport.co.uk](http://www.healthystockport.co.uk) The website has information and resources to help you take care of yourself if you have a long term health condition and there is

practical advice on what you can do to prevent falls and fractures and keep your bones strong. To find out more visit the website, or email [START@stockport.gov.uk](mailto:START@stockport.gov.uk) or call 0161 474 3141, or ask your GP to make a referral.

Age UK Stockport  
Commonweal  
56 Wellington Street  
SK1 3AQ

Telephone: 0161 480 1211  
Email: [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)  
Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)

## UK Malnutrition Awareness Week

5th – 12th  
OCTOBER  
2020



UK Malnutrition Awareness Week was founded to raise awareness of undernutrition and dehydration. More than three million people across the UK are either malnourished or are at risk of becoming malnourished, with an estimated one million of these people over the age of 65. In these uncertain times with the COVID19 pandemic, raising the awareness of preventable malnutrition has become even more important.

The **#UKMAW2020** week provides tips and ideas of how to identify malnutrition, how to help prevent it, and what to do if people that you are worried about experience unplanned weight loss. They are calling on everyone to screen themselves, their loved ones and those they look after, to recognise and understand the risks of undernutrition and dehydration in later life, know what do to prevent malnutrition and to know what to do if there are concerns about someone who has experienced unplanned weight loss.

There is lots of information and downloads on the [Age UK Salford](#) website or if you would like to speak to someone ring AUKS on 0161 480 1211.

## Have You Had Your Flu Vaccination?



Flu can be unpleasant, but if you are otherwise healthy, it will usually clear up on its own within a week. However, for some 'at-risk' groups, such as those aged 65 and over, expectant mums, or those with an underlying medical condition, the flu virus can be life threatening, so the NHS offers these people a free vaccination. Adults at high risk from flu are also most at risk from COVID-19 and the free vaccine is more important than ever, to

help protect the nation from a double threat this winter.

This year, the programme is being expanded to help protect people from flu and ease pressure on the NHS and urgent care services.

Eligible people for the flu vaccine under the national programme this year include: Individuals aged 65 years or over, individuals with a long-term health condition, children in certain age groups, pregnant women, frontline health and social care workers (incl direct payment personal assistants), main carers of an older or disabled person and household contacts of people on the NHS Shielded Patient List. Those aged 50-64 years will be eligible once uptake has been maximised in the most at-risk groups.

Clrr Jude Wells, Cabinet Member for Adult Social Care and Health, (pictured receiving her annual flu vaccination) said: *I'd like to thank everyone in Stockport who protected themselves against the flu last year. This year, it is even more important for individuals eligible for a free NHS flu jab to protect themselves and their loved ones this year by contacting their GP to arrange their annual flu vaccination.*

Further information about the flu vaccine from the NHS  
<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

website

Age UK Stockport

Commonweal

56 Wellington Street

SK1 3AQ

Telephone: 0161 480 1211

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

Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)

## War Memories - by Alma Royle



I was 9 years old when the war started in 1939, I can, quite clearly remember sitting with my parents and my brother listening to Mr Chamberlain, the then Prime Minister, announcing that war had been declared on Germany. It was a Sunday morning in September, my mother had been told not to take me to school on Monday morning as it would only be open for children who were to be evacuated. My parents had decided that if the war started I would go with my brother's school so that he could take care of me. Of course, neither my brother or myself had known about these arrangements being made. I then understood why my mother had been collecting our clothes and washing and ironing everything she could get her hands on. All our clothes were hanging on a drying rack in the kitchen. Back packs had been bought and my mother put all our clean clothes in to our packs to be taken with us. A few weeks before we had been given gas masks in case there was a war, we had to go to a training lesson in how to wear the mask if there was an attack. There was a booth set up in the hall of the school into which gas was pumped, then we had to run through wearing our mask. This was done to reassure us that the masks worked. As time went on different coloured pieces were added on the bottom of the mask as different gasses were introduced eg: mustard gas.

On Monday morning my brother and I went to the bus stop to catch a number 60 bus to Christ Church School on Rochdale Road in Manchester.

When we arrived we were split up into classes, I was put with the 9 year olds, we were each given a cardboard name tag to be pinned to the lapel of our coats. We were also carrying our gas masks in a little cardboard box which had a piece of string attached to it so that we could wear it across our bodies. We then waited for buses to take us to Victoria Station in Manchester to catch a train to someplace, we did not know where.

There were hundreds of children on the station all from different schools, parents were arriving to say good bye to their kids but Robert and I could not see our mother anywhere, By this time, I, like a lot of other children, were in floods of tears. Robert was holding my hand, eventually we were led towards a train and all loaded on. I didn't want to stay on the train until I had seen my mother, all the teachers from the school were with us and trying to console the children who were upset. What I did not know was my mother arrived just as the train was pulling out, she had missed us.

*Our sincere thanks to Alma for sharing her memories.*

**If you have a story to tell and would be happy to share it as Alma has done, we would love to hear from you.**

Please email them to [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) or post them to Commonwealth office address or if you would like to just have a tell us your story which someone else could write for telephone 0161 480 1211 and ask to speak to Denise Almond.

our Age UK Stockport  
chat and Commonwealth  
you then  
15 Wellington Street  
SK1 3AQ

Telephone: 0161 480 1211

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

Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)



## The Story of the Information & Advice Service



The Information & Advice Service (I&A) is both significantly changed and also fundamentally the same! A good example of the new and challenging Coronavirus world we now live in!

### So what's changed?

On 23 March the well-known Information and Advice office base in Merseyway closed as part of the national lock down and all workers were asked and set up to work from home. Some staff were furloughed but others continued.

Over the months of lockdown new and different ways to support people became better and better as everyone adapted to doing more work online or by phone. This is true of our workers and the many agencies they deal with.

In July as we started to look to recovery we looked long and hard at the office in Merseyway and realised that in addition to other considerations it could not be made Covid secure – the space is just too small - so it has and will now remain closed .

### What's unchanged?

The Information and Advice service is still here to support its many clients – as it has been throughout this whole time. The telephone number is still the same even though the office is closed, and staff are working from home. We have been gradually bringing the team back from furlough to support those doing a great job since March and from October the full I&A staff team will be back to respond to the growing demand.



Message from Sue Dailey, the I&A Manager - **Don't delay!**  
Please contact on the usual number – 0161 477 1213. You might need to leave us a message as we are very busy, but we will get back to you as soon as possible. Once the pandemic is over we expect to be able to provide a face to face service again. However as there is no sign of the pandemic going away any time soon please don't delay in seeking help and support as we can still provide the help you need.

**Join us for our Annual General Meeting on  
17th November at 12 noon - Virtually!**

Due to current restrictions we will be hosting a Zoom meeting. More details, including how to register will be in the news section of our website next week.

**Save  
the  
Date!**