



**Age UK Stockport
Newsletter**

October 2025

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

**Join Us at Stockport County
Football Club!
Thursday, 16th October 2025 to
celebrate Age UK Stockport 40th
Anniversary AGM & Celebrations**

You're invited to a special day of celebration as we mark **40 years** of Age UK Stockport!

What's Happening:

- 10.30am Arrival and start your day in our marketplace with information stalls from Age UK Stockport and local partners. Learn more about our core services and community support
- Light refreshments will be served from 11:15 AM
- Then we'll move into our formal AGM, followed by Entertainment and music from the Dementia Choir/Dementia Disco
 - Finishing around 1pm

We look forward to seeing you there and celebrating this milestone together!





Annual General Meeting 2025 & 40th Anniversary



**Join us for our AGM on
Thursday 16th October 10.30am - 1pm**

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

**You are invited to attend to celebrate our 40th Anniversary and hear about our
work and developments.**

Tea, coffee and pastries will be served during the event.

RSVP with any access or dietary requirements by 1st October 2025

Tel 0161 480 1211

Or email info@ageukstockport.org.uk

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Registered Charity Number 1139547

Company Limited by Guarantee number 7413632

Website: www.ageukstockport.org.uk

The 'Gift of Friendship' Programme



Email: Volunteering@ageukstockport.org.uk

Telephone: 0161 480 1211

Our 'Gift of Friendship' programme has now started and will support older Stockport residents to become more connected and improve wellbeing.

What is the Gift of Friendship Programme?

The Gift of Friendship is a programme that offers companionship, confidence-building and support to older people who may be feeling alone or cut off from their community.

When people join the program, they will be matched with a friendly, trained volunteer. Together they will get to know each other and understand needs and wishes and personal goals - whether that's getting out and about, connecting with interests old and new or simply having someone to talk to.

Who can join?

The programme is open to anyone aged 50 and over living in Stockport.

This programme has been made possible thanks to funding from the Julia Rausing Trust, provided via Age UK National.

Three Years On

April 2022 – March 2025

An Impact Report on the eight
Early Help and Prevention Services
**commissioned by Stockport
Council in April 2022**

Celebrating three years of the impact of Stockport Council Prevention Services.

Age UK Stockport is proud to be directly delivering Home Support, and part of The Prevention Alliance that deliver The Hub and Your Support. We are also part of a group of partners that deliver the Domestic Abuse Support.

Below we show some information from the Impact Report, if you receive the Newsletter by email you can click on any of the pictures to go to our website and see the full report!

If you're reading on paper copy you can type www.ageuk.org.uk/stockport into your web browser and check our News section to see this and other news.



Stockport Support Hub
Home Support



4,131
Total Referrals
including
partners
for Y1 to Y3

Home Support

Is delivered by Age UK Stockport in partnership with Stockport Homes, Disability Stockport, and Signpost Stockport for Carers. The service provides a practical range of services and support to enable people to live independently at home for as long as possible. This includes a key focus on self-neglect and hoarding. The service also provides practical help when coming home from hospital.



Stockport Support Hub
Carers Support

The Carers Support Hub

Is delivered by Signpost Stockport for Carers and Stockport Mind. The service carries out carer assessments as well as offering a wide range of services and support under our Therapeutic and Wellbeing Hub which includes groups and activities, counselling and wellbeing services.

342

The number of hoarding cases referred to the service over 3 years

934

Answered yes to 'has the support prevented you from accessing statutory services' during years 1-3

“ I have spent years in my bedroom with a small monitor to watch TV. I felt hopeless, I feel like I was just existing and worthless before you were involved. You have shown me respect and validation.

I come from a large family that have all been or still are in the Care System. I never imagined having my flat like it is now, it's like a dream. With your encouragement I have put curtain rails up and curtains by myself. I know it might be small to some people but the achievement I feel when I look at them now is unmeasurable. I feel like I now have a proper home I can call my own. I now only go in my bedroom to sleep. I don't think I realised how low I felt before. I invited my sister around the other week and I was so proud to show her, she had never been before.

I now feel hopeful with my life going forward. I have cut my hair for the first time in 3 years and I feel ready to be part of the community again. I have joined a group and look forward to making friends and inviting them round. I have been looking at a day trip to Blackpool in the summer.

Thank you again for everything and believing in me. Thank you so much for all the help and support you have given me; I don't have words to express how grateful I truly am for this.

Before



After



”

For more information or to make a referral:
visit: <https://stockportsupport.com/contact-us/referral-form>;
or ring the Stockport Support Hub on 0161 474 1042.

For the deaf community a mobile number is available to text the service 07539 468560 / 07539 468560.

Carers Assessments and Reviews Y1 - 3
The number of carers assessments and reviews carried out by the service over 3 years:



■ Carers Assessments 1,100
■ Carers Reviews 1,000

The number of groups and activities delivered over 3 years by the service



■ Groups and Activities delivered
■ No of attendees overall

“

A carer assessment with us isn't just a form — it's a conversation that listens, supports, and empowers. We help carers feel seen, understood, and better equipped to care for themselves as well as others.

”

For more information or to make a referral:
visit: <https://stockportsupport.com/contact-us/referral-form>;
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Proudly supporting

WE ARE UNDEFEATABLE

We Are Undefeatable is a campaign that helps people with long-term health conditions find enjoyable, accessible ways to get moving. As proud supporters of this campaign, we're delighted to introduce the We Are Undefeatable app. And the best part is, it's completely free! 🇬🇧

No matter where you are on your journey whether you're just starting out, returning to activity, or looking for something new - the app has been designed with you in mind. Cocreated with award-winning health tech provider Good Boost, it gives you access to tailored exercise programmes that can be completed anytime, anywhere.

With the app, you'll find individual on demand workouts personalised to you, as well as virtual group sessions led by a live host, all brought together in one convenient place.

Plus, to make it even more accessible, the app is available in seven of the most spoken languages in the UK, including Punjabi and Polish.

Find out more by visiting the We Are Undefeatable website:

<https://weareundefeatable.co.uk/resources/app/>

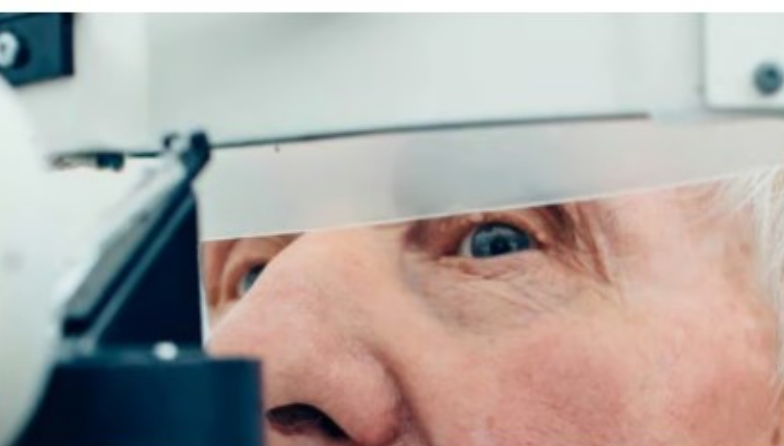


We're proud to be supporting this years #AgeUKSilverSunday!

Its the biggest celebration of older people in the UK, and every year hundreds of Age UK Silver Sunday events are organised by generous local groups, businesses and volunteers and reach tens of thousands of older people UK-wide.

Find out more at <https://www.ageuk.org.uk/services/silver-sunday/> or call us on 0161 480 1211

What Does Mandatory Eye Tests For Drivers Over 70 Mean?



The government have recently announced they are considering introducing compulsory eye tests for motorists over 70. This change is one of several new measures that are expected as part of a new road safety strategy due to be published this autumn.

Current rules

- Under the current legislation, everyone over 70 is required to renew their driving licence and update their photograph every three years.
- When renewed, any problems with eyesight must be reported to the DVLA (this does not include being short-sighted, long-sighted or colour blind).
- Everyone over the age of 60 is entitled to a free eye examination through the NHS, usually every two years.

Today's story

- Drivers over the age of 70 could be banned from the roads if they fail compulsory eye tests under a radical overhaul of the UK's road safety laws being drawn up by ministers.
- In what is expected to be the biggest shake-up of driving rules for almost two decades, the government would look to reduce the drink-drive limit and punish drivers with penalty points if passengers failed to wear a seatbelt. There could also be tougher penalties for uninsured drivers.
- The measures are expected to be contained in a new road safety strategy, due to be published in the autumn. UK responds to possible eye tests for motorists over 70

Caroline Abrahams, Charity Director at Age UK said:

"At present everyone is legally obliged to declare certain eye conditions when they renew their driving licence at age 70, but today's reports suggest the Government is considering introducing some form of compulsory eye test at age 70 instead.

"It is certainly good for our eye health as we age to have a regular eye test - every two years the NHS advises - but this doesn't automatically mean that a compulsory eye test at age 70 is appropriate. People can develop eye problems at any age so why confine such an approach only to those aged 70 and not to younger drivers too? A regular eye test for drivers of all ages may be a better idea, one less open to the accusation of ageism - but we would need to see all the evidence to form a final view.

"A further consideration is that the latest published official statistics on road accidents reveal an upward trend in the numbers of fatal or serious accidents involving older drivers, something that of course we should take seriously, but without more information it is difficult to say exactly why this is happening - the precondition for proposing effective solutions.

Certainly though, from the data we have seen there is no reason to suppose that eye problems lie behind a significant proportion of these accidents. Therefore, while there may be a case for introducing a regular mandatory eye test for drivers of all ages, it is not clear that this would have a big impact on the numbers of serious accidents involving older drivers."



Healthwatch Stockport - Help us protect independent voice

Healthwatch in Stockport and Greater Manchester are standing alongside local Healthwatch across the country in calling for urgent action to protect the statutory powers that give people an independent voice in health and social care.

A new petition to parliament urges the Government to keep Healthwatch as a strong, independent body, one that continues to listen to local people, hold services to account, and influence change across the NHS and social care.

Why This Matters

Since 2013, Healthwatch has been the independent champion for people who use health and social care services. Our statutory powers mean:

- Your voice is heard by those who make decisions
- Your experiences shape services; from GP access to hospital discharge
- You have support in ensuring you are able to access the health and social care services you need.

But now, proposals are on the table that could dilute or dismantle Healthwatch's statutory role, removing a vital route for public voice in the system.


For more information and links to the Petition please search for Healthwatch Stockport or visit their website below. The petition is close to the 10,000 signatures needed for government response.

7,899 signatures



[Show on a map](#)

10,000

 **At 10,000 signatures...**

At 10,000 signatures, government will respond to this petition



Stoptober is back this October to encourage and support smokers to quit for good. Stoptober is the Department of Health and Social Care's annual stop smoking campaign, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good.

If you search 'Stoptober' this will direct you to the better health website or click this link: [Quit smoking – Better Health – NHS \(link is external\)](#). This is where you can access a range of free support, tools, information and advice on quitting smoking. There is also a postcode lookup tool to help find local stop smoking services.

Latest News From The Hub Community

Coming Soon: Winter Warmth Awareness

Keep the date of Tuesday 25th November free for our Winter Warmth event where we'll be sharing tips, resources, and support to help you stay warm, well, and connected during the colder season.

Together, let's stay safe, active, and informed all year round!



Christmas Craft Group is in Full Swing!

Our Christmas Craft Group is off to a flying (and very festive) start! Spirits are high as participants get creative making cheerful snowmen decorations, with Christmas trees next on the list.

It's been a fantastic way to get into the seasonal spirit, enjoy good company, and pick up some new crafting skills along the way.

A big thank you to Alison, our talented tutor from Trafford and Stockport College, for guiding the group with such enthusiasm and creativity.

Stay tuned to see the finished pieces — and maybe even get inspired to try a few festive crafts of your own!





A Red Carpet Afternoon at The Light Cinema

On Thursday 11th September, Age UK Stockport and The Light Cinema in Stockport teamed up for a truly special event — a red carpet cinema screening of 'The Duke' that brought joy and nostalgia, to some of our wonderful clients.

Guests were warmly welcomed with delicious food and drinks before being guided into a ground floor screening room equipped with accessible bathrooms, ensuring comfort for all. The cinema even arranged for a thoughtful intermission midway through the film, allowing everyone to relax and socialise before settling back in.

A huge thank you goes to Aidan, Kylie, and the entire team at The Light Cinema for their impeccable hospitality and attention to detail. Their support made the afternoon run seamlessly and left everyone with big smiles and fond memories.

Save the Date: We're Doing It Again!

Following the success of this event, we're excited to announce our next screening will take place on **Thursday 18th December at 11am**, featuring the timeless festive classic *White Christmas*.

Only 80 Places Available!

If you'd like to join us, please contact **Gemma at Age UK Stockport** to reserve your place — but don't delay, as spaces are limited and filling up fast!

Let's make it another magical day at the movies!

Falls Prevention Awareness Week at Age UK Stockport

This month marked Falls Prevention Awareness Week, and Age UK Stockport was proud to play our part in raising awareness about the importance of staying active, improving balance, and reducing the risk of falls— all essential to maintaining independence and wellbeing as we age.

We welcomed a fantastic range of local organisations to the Age UK Stockport Hub, each bringing valuable information and support:

- Care Call joined us to showcase their range of assistive falls equipment — designed to help keep you safe at home and even when you're out and about.
- Public Health were on hand offering free blood pressure checks, along with helpful advice on healthy eating and maintaining overall wellbeing. They also shared engaging myth-busting tools to challenge common misconceptions about falls and ageing.
- Hayley gave an excellent demonstration of the KOKU app — a digital fitness tool that empowers users to take charge of their health from the comfort of their own homes. It was fantastic to see so many people joining in with the group session and experiencing the benefits firsthand.

Events like this are a great reminder that small, proactive steps can make a big difference in reducing fall risks — and it was wonderful to see such an enthusiastic turnout.



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

October 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AGE UK STOCKPORT HUB
2 Castle Street,
Edgeley,
Stockport
SK3 9AB

Knit and natter 10:30am - 12pm
VINTAGE TEA DANCE - INTERNATIONAL DAY OF OLDER PERSONS/SILVER SUNDAY

Information and signposting drop in 10:00am - 2pm
Digital drop in 10:30am - 12:30pm

Craft Class- 10am - 12pm
Craft Class 12.30pm - 2.30pm (Fully booked)

Digital drop in 10am - 12pm
KOKU Exercise class 12pm - 1pm (Class fully booked)

Pre booked face to face Blue badge application appointments 10am -2pm
0161 477 1213
Singing for the brain 1-2pm

Knit and natter 10:30am - 12pm
Digi-Tober TEA AND TECH event/ Digital drop in 12pm - 2pm

Information and signposting drop in 10:00am - 2pm
Digital drop in 10:30am - 12:30pm

Craft Class- 10am - 12pm
Craft Class 12.30pm - 2.30pm (Fully booked)

Digital drop in 10am - 12pm
KOKU Exercise class 12pm - 1pm (Class fully booked)

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TANDEM TUESDAYS 12pm - 2pm

Knit and natter 10:30am - 12pm
Digital drop in 12pm -2pm

Information and signposting drop in 10:00am - 2pm
Digital drop in 10:30am - 12:30pm

Craft Class- 10am - 12pm
Craft Class 12.30pm - 2.30pm (Fully booked)

Community Activities Calendar



October 2025 Weekly Calendar

Community Activities Calendar

MONDAY

**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)

TUESDAY

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!

WEDNESDAY

**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



October 2025 Weekly Calendar

Community Activities Calendar

THURSDAY

**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

FRIDAY

**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

**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.



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.

Contact us:

Age UK Stockport
Commonweal
56 Wellington St
Stockport
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk