



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

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

Age UK Stockport working locally for YOUR WELLBEING



**United
Nations**

**International Day of Older Persons
1 October**

Celebrating International Day of Older People 2026

International Day of Older Persons is celebrated each year on 1 October and provides an opportunity to recognise and celebrate the valuable contribution older people make to our families, neighbourhoods and communities.

Here in the UK, the Age friendly Communities theme for 2026 is “What’s on your doorstep?” This encourages us to celebrate the activities, groups, services and connections available within our local communities and to think about how we can continue making our neighbourhoods great places to grow older.

For Age UK Stockport, these themes strongly reflect what we are working towards every day: supporting older people to live well, remain independent, stay connected and continue to play an active part in their local communities.

This year, Age UK Stockport is delighted to be marking International Day of Older People with a face to face celebration at Stockport Art Gallery, **on 1st October 11.30am – 1pm** bringing together local older people, staff, volunteers, partners and organisations such as Life leisure, Stockport County community trust and Stockport homes group. from across Stockport.

To include intergenerational sessions from Trafford and Stockport college students, talks from Stockport music story. As part of the celebrations, we have organised community walks to Stockport Art Gallery, including walks starting 11am from the Age UK Stockport Hub in Edgeley and Mottram Towers in Hillgate. The walks are a great opportunity for people to get out and about, meet others and make the journey to the celebration together.

At the Art Gallery, people will have the opportunity to connect with others, enjoy refreshments and find out more about the activities, support and services available across Stockport. We are also delighted that the Mayor will be joining us as part of the celebrations.

International Day of Older People is not only an opportunity to celebrate, but also an important reminder of the wealth of experience, knowledge, skills and contribution older people bring to our communities.

At Age UK Stockport, we want Stockport to be a place where people can enjoy later life, feel valued and connected, and have opportunities to remain active and independent.

We are really looking forward to bringing everyone together and celebrating what promises to be a fantastic day for older people across Stockport.

Happy International Day of Older People 2026 from everyone at Age UK Stockport



LifeScape: Changing the Story of Ageing in Stockport

We are delighted to announce that we have received three years of funding from The National Lottery to launch LifeScape, an exciting new Age UK Stockport programme, starting from 1 October 2026.

LifeScape has been designed with local people to help change the way we think and talk about getting older. The project focuses on later life as a time of strength, contribution, resilience and new opportunities, rather than decline or dependency.

LifeScape will work alongside communities across Stockport, with a particular focus on neighbourhoods experiencing greater inequalities. Through community workshops, intergenerational learning, shared lived experiences and practical resources, people will have opportunities to build confidence, improve their wellbeing, make new connections and play an active role in shaping what ageing well looks like in their own communities.

A key part of LifeScape is recognising and celebrating the skills, knowledge and experience that older people already have. The programme will support local residents and Community Champions to share their strengths, develop new skills and build stronger community networks.

Activities will explore themes such as finding new purpose following retirement or other life changes, staying active, trying something new, maintaining social connections and having a stronger voice within the community.

Most importantly, LifeScape is about creating something that lasts. Alongside our community activity, we will capture what we learn and develop a LifeScape Toolkit, providing practical resources to help communities and organisations continue and build upon the approach beyond the lifetime of the project.

LifeScape is about celebrating later life and recognising that getting older does not mean stepping back. It can mean staying connected, discovering new opportunities, sharing your experience and continuing to make a difference.

We are currently welcoming and inducting our new LifeScape Lead and team, who will help bring the programme to life across Stockport. Keep an eye out for more information very soon about LifeScape, how to get involved and when our first activities will begin.

Save the Date: Age UK Stockport AGM & Winter Warmth Marketplace

**Tuesday 1 December
2026 | 12:00 noon – 2:30
pm**

**The 1883 Suite
Stockport County FC
Hardcastle Road
Edgeley
Stockport
SK3 9DD**



Join us for an afternoon of information, and community as Age UK Stockport hosts its Annual General Meeting (AGM) alongside our Winter Warmth Marketplace Event.

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 older people stay safe, well, and warm throughout the winter months.

Visitors will be able to browse a range of information stalls, speak with local service providers, and find out more about the support available across Stockport.

Refreshments will be provided, including:

- Tea and coffee
- Soup and a roll
- Cake and seasonal treats

With a welcoming winter themed atmosphere, it will be a great opportunity to meet others, discover what support is available locally and pick up useful information to help you through the winter. Whether you are a client, volunteer, partner organisation, supporter, or local resident, we would love you to come along and join us on 1st December. Everyone is very welcome!

Age UK Stockport helping older people to stay warm and well this winter

Age UK Stockport are delivering Age UK's Warm Homes Programme to support older people in the local area who struggle during the winter months, helping to alleviate the effects of fuel poverty and cold-related ill health.



The programme, funded by Octopus Energy and E.ON Next, will focus on supporting older people who have energy-inefficient housing and / or who are on a low income. Age UK Stockport will be providing a Home Energy Check service.

The service consists of:

- A trusted handyperson conducting a home visit to check how energy efficient it is and

offering practical tips to help keep fuel bills down

- Fitting equipment to increase energy efficiency, such as energy saving light bulbs,

draught excluders and reflective radiator panels

The installation of energy-efficient equipment through the Home Energy Check service has

resulted in average fuel savings of nearly £2.5 million over the past 15 years.

We're very grateful for the support from E.ON Next and Octopus in helping us to deliver this programme, as it makes such a big difference to the older people in our community.

STOP TOBER

‘Let’s quit smoking together this Stoptober’

Stoptober is back, and we're calling on everyone who still smoke to join millions of others who have quit successfully with the campaign. Smoking remains the biggest cause of preventable illness and death, and quitting is one of the best things you can do for your health. The good news is that if you stop smoking for 28 days, you're five times more likely to quit for good.

Quitting smoking doesn't just improve your own health and wellbeing: when you quit, your family wins too. Whether it's being there for loved ones, protecting them from second-hand smoke or simply having more money to spend on the things that matter, stopping smoking can have a positive impact on those around you.

It's much easier to stop smoking when you get the right help, and there's a wide range of free quit smoking support available, including the NHS Quit Smoking app, Personal Quit Plan and expert help from local stop smoking services. You'll also find advice on quitting aids such as nicotine replacement therapies and vaping at nhs.uk/better-health/quit-smoking, to help you find the support that's right for you.



Afternoon Fun & Games with George & Chole

Members at Step Out recently enjoyed a visit from George & Chole. Mum Gemma who is one of our support workers, said the children wanted to visit Step Out to see our members and ask they wanted to play some afternoon games.

Intergenerational activities that bring children together with older adults, including those living with dementia, can create meaningful connections and mutual benefits for everyone involved. These interactions help reduce loneliness and social isolation for older people while giving children opportunities to develop empathy, understanding, and respect for different generations.

For people with dementia, engaging with children can stimulate memories, encourage communication, and promote positive emotions, often leading to increased confidence and wellbeing. At the same time, children gain valuable life experiences, challenge stereotypes about ageing, and learn the importance of inclusion, creating stronger and more connected communities.

George, Chole and our members really enjoyed the visit which for some brought back some lovely memories of their own children and even Grandchildren George & Chole where a delight and said they would love to do this again.

I'm sure our Step Out is based at Whitehill Resource Centre in Reddish and is open 6 days a week Monday- Saturday 9.30am-4.00pm.

We welcome visitors who would like to come and have a look round. We have a highly skilled team, that offer excellent quality support to all our members in a safe space. Our Activity coordinator and her Team have a wide range of fun and interesting activities you are welcome to join in with.

For more information take a look at our page on the Age UK Stockport website:

<https://www.ageuk.org.uk/stockport/our-services/step-out-stockport/>

Please contact our office on 0161 480 0480 to arrange a visit.



Community Coffee Morning Raises Funds for Macmillan

On Friday 25th September, Age UK Stockport was delighted to be invited to attend a coffee morning at The Lighthouse in Brinnington.

The event was wonderfully organised by **Mary Dutton MBE** and **Paul**, who welcomed members of the local community for a morning of friendship, conversation, and delicious refreshments. Guests enjoyed a fantastic selection of cakes while coming together to support a great cause.

The coffee morning was a tremendous success, raising valuable funds for **Macmillan Cancer Support**. It was inspiring to see so many people giving their time, baking skills, and generosity to help make a difference.

A huge thank you to Mary, Paul, and everyone who attended and supported the event. We were proud to be part of such a warm and welcoming community gathering and to support this important fundraiser.



Friday Craft Group Gets Festive!

Our popular **Friday Craft Group** at **The Hub, Edgeley**, is back and getting into the festive spirit as members begin creating beautiful Christmas decorations in the run-up to the holiday season.

The group has enjoyed coming together each Friday to share ideas, learn new skills, and get creative while making a variety of handcrafted decorations. From colourful ornaments to festive displays, everyone has been busy preparing for Christmas while enjoying friendship, laughter, and a warm community atmosphere.

The sessions provide a wonderful opportunity for people to socialise, try something new, and express their creativity in a supportive and welcoming environment.

We look forward to seeing the fantastic, finished creations over the coming weeks.



RNID Visit Brings Valuable Hearing Health Information to The Hub

Today, we were delighted to welcome **Ruth from RNID (Royal National Institute for Deaf People)** to The Hub, where she delivered an informative and engaging presentation for our clients.

Ruth shared a wealth of useful information about hearing loss, available support services, communication tips, and the importance of looking after our hearing health. Clients had the opportunity to ask questions and learn more about the practical help and resources available to people experiencing hearing difficulties.

The session was extremely well received, with attendees finding the information both interesting and valuable. We would like to thank Ruth and RNID for taking the time to visit us and helping to raise awareness of hearing health within our community.

At Age UK Stockport, we are committed to providing opportunities for our clients to access information, advice, and support that can help them live well and stay connected to their communities.

HEALTH & WELLBEING COMMUNITY FAIR



**Monday 12th October
from 10.30-1pm**



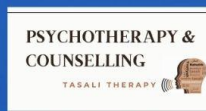
**Cheadle Masjid,
377 Wilmslow Rd
Cheadle
SK8 3NP**



**Stockport Together for Better Health
Support services, blood pressure and
healthy heart checks.**



**For queries contact Team Sahara on
0161 470 6048 or email us at
sahara@alzheimers.org.uk**



Health & Wellbeing Community Fair – Monday 12 October

Age UK Stockport is pleased to be supporting the Health & Wellbeing Community Fair at Cheadle Masjid, 377 Wilmslow Road, Cheadle, SK8 3NP on Monday 12 October, from 10:30am–1pm.

Come along to find out more about local support services, with blood pressure and healthy heart checks also available.



A Fond Farewell to Gemma

We would like to say a very fond farewell to Gemma Reeves-Brown and a huge thank you for all her hard work, commitment and support over the past four years.

Gemma has been a valued part of Age UK Stockport, particularly through her work and support as the Hub manager, she attended many meetings, arranged external events and we are incredibly grateful for everything she has contributed to the organisation.

On Friday 25th September, we held a lovely get together at The Hub, bringing together staff members and clients who attend our groups and activities. It was a great opportunity for everyone to come together, say goodbye and wish Gemma well.

We thank Gemma for everything she has done for The Hub and Age UK Stockport over the last four years. She will be greatly missed, and we wish her lots of happiness and success for the future!

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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Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: <https://www.ageuk.org.uk/stockport/>