

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

Step Out Stockport

Step Out Stockport provides a range of social, personal care and practical support at our Day Centre based in Whitehill, Reddish. Support is delivered through a range of activities at a centre. Our experienced and skilled staff team can assist and support with:

- Personal care including bathing and showering
- Safe movement and mobility
- Dietary support
- Medication support
- Memory or cognitive support



The Centre is open Monday to Friday 9.30 - 4.00pm and we have now launched a Saturday Club which offers morning and afternoon sessions suited to Carers seeking weekend respite care. Here is just some of the feedback we have received from Members, Carers and their Families

about the support provided by our team:
'Love to come and meet friends new and old',
'Makes a long day much shorter', 'Mum is a different person on the days she is with you – thanks so much' and 'What would we do without you!!'

If you are interested in arranging a taster session at the centre Call: 0161 480 0480
Email: info@stepoutstockport.org
Web: www.stepoutstockport.org

The Saturday Club Morning and Afternoon Sessions
Stockport step out at Whitehill



Respite Support for Carers
Friendship and Activities
Personal Care and Showering
Memory Support
All dietary needs catered for

"Staff are friendly, helpful, upbeat, will listen, incredibly good"
Get in touch:
Telephone: 0161 480 0480
Email: info@stepoutstockport.org
Web: www.stepoutstockport.org



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Age Friendly Stockport Week

To celebrate International Older Person's Day on the 1st October, Stockport is holding an Age Friendly Week full of events from 30th September to 6th October.

Details of all the events that AUKS are holding are on the last page of the news sheet and include: 'Singing for Fun' at Step Out in Reddish and a coffee afternoon with taster tour of the Hatworks Museum. Both of these events need to be booked as we are limited to numbers (see the last page for booking details).

We are also involved in the Brain Health & Active Ageing Information Drop In at Alma Lodge Hotel. Which is a drop-in event for adults who want to look after their brain health, memory and wellbeing related to active ageing. There will be information stands, taster sessions, presentations, blood pressure checks, memory stimulation games, life style advice, exercise taster sessions, sleep advice, stress prevention and much more!

You can find a list of all the events on the Council website at: www.stockport.gov.uk/events or you can collect a leaflet from the Information and Advice office in Merserway. For further information about Age Friendly Stockport visit: www.stockport.gov.uk/age-friendly-stockport



UK Malnutrition Awareness Week 19

UK Malnutrition Awareness Week (14th - 20th October) was founded to raise awareness of undernutrition and dehydration. More than three million people in the UK are either at risk of or malnourished, with an estimated one million over the age of 65. Malnutrition (undernutrition) is actually widespread in the UK, with the cost to the health service as high as £23.5 billion at the last estimate. Malnourished People: see their GP's twice as often, have 3 times more hospital admissions, stay in hospital 3+ days longer than those who are well-nourished and have more ill health.

It is said, "Sharing food nurtures more than our physical body. It feeds our friendships, bolsters our bonds and nourishes our sense of community - those factors are vital to our happiness."¹ With this in mind, we are working with Greater Manchester Nutrition and Hydration and inviting you to join us for a **FREE** Afternoon Tea and Information on **16th October** 2pm – 4pm at Alma Lodge Hotel.

Why not bring a friend and meet new friends! Free but booking essential! Please book your place by telephoning 0161 480 1211 or email; info@ageukstockport.org.uk



SAVE THE DATE

¹Meik Wiking, The Little Book of Lykke.

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Social Isolation and Engagement Project

Are you feeling isolated & lonely? Or do you know someone that is? Do you find it hard to get out of the house? Have you stopped doing the things you enjoy?

We have a new worker called Chris Barlow who says; "I am passionate about equality of opportunity and social inclusion for everyone and want to help people to achieve their full potential and independence and live happier, healthier and more fulfilled lives within their local communities." Chris's role is to engage with people who are isolated and/or lonely and listen carefully to their needs, aims and aspirations and work with them to build their confidence and encourage them to identify and access a range of social, creative and recreational activities within the community.

If you are coping with a big change in your life which means staying in touch with friends and family is harder than usual, for example: retirement, moving to a new community, loss or change of employment, a relationship breakdown or bereavement or would like a bit of support. One of our team can arrange to meet you in the local community, or visit you at home, to have a chat. We can listen to you to help you identify what you would like to change in your life, and support you to make steps towards this.

If you would like more information, please contact; Chris.barlow@ageukstockport.org.uk
Or telephone: 0161 480 1211



Out and About Last Month

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

- Active Ageing Event
- Photographic Memories Workshop
- Emergency Services Day



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 - September 19

Date	Event	Time
13th Sept	Doing Dementia Differently - At Stockport Plaza, Mersey Square, Stockport SK1 1SP. An evening of music, dance, drama and visual art, celebrating the achievements of people living with dementia. Free! tickets available from the Plaza box office or on line at; https://stockportplaza.co.uk/whats-on/doing-dementia-differently/	7.30pm – 9.30pm
20th Sept	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
30th Sept	Singing for Fun - At Step Out Stockport, Whitehill Street West, South Reddish Stockport, SK5 7LW. Booking Essential! Please book you place by telephoning; 0161 480 0480 or email; info@stepoutstockport.org	10.30am - 12 noon
1st October	No Limits Friendship Club - At Queens Court, Marple, SK6 6BS. Come along and enjoy a chat and a cuppa in a warm, safe and friendly environment.	1pm to 3pm
2nd October	Travel Club Coffee Afternoon and Hatworks Taster Tour - At the Hat Works Café Wellington Rd S, Stockport SK3 0EU. Places for the tour are limited! Please book your place by telephoning 0161 480 1211 or email; info@ageukstockport.org.uk	2pm – 4pm
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! Free but booking essential! Please book you place by telephoning 0161 480 1211 or email; info@ageukstockport.org.uk	2pm – 4pm

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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