

WELCOME to Age UK Stockport (AUKS) monthly news.

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)

International Older Person Day (IDOP)

30 years ago the United Nations General Assembly designated 1 October the IDOP and last year it was celebrated in Stockport with a week full of events. This year we are not able to hold physical events but we would still like to celebrate ageing and challenge the perceptions of older age by turning any perceived negatives into positives, but - **WE NEED YOUR HELP!**



You may not be aware but we have a relatively new Instagram account! We feel as though this is a very opportunistic and exciting time for everyone to participate in the development of our page, by sending in your photos that we can upload. During these difficult times, it has been a challenge to collect content for our social pages (we are also on Facebook and Twitter). Despite this, we are determined to remain active so that we can collectively share stories that capture your life and we would like to make a real impact for IDOP and the following weeks. Please email your photos to info@ageukstockport.org.uk with 'Photos' in the subject box, or send them via WhatsApp to 07584 394887. If you have any actual photos or need help than give us a call and we can help!

I AM NOT OLD



By Samantha Reynolds

*I am not old...she said
I am rare.*

*I am the standing ovation
At the end of the play.*

*I am the retrospective
Of my life as art*

*I am the hours
Connected like dots
Into good sense*

*I am the fullness
Of existing.*

*You think I am waiting to
die...
But I am waiting to be found*

*I am a treasure.
I am a map.*

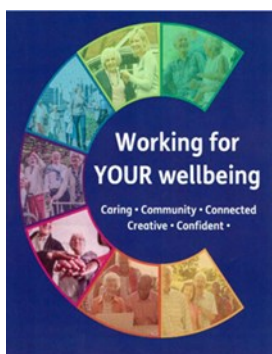
*And these wrinkles are
Imprints of my journey*

Ask me anything.

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Age UK Stockport Update



From Wednesday 2nd September Stockport is out of the local restrictions imposed at the end of July. We will now be returning to our planning for opening up services where it safe to do so.

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.

SEE THE CORONAVIRUS LINK ON THE HOME PAGE FOR THE LATEST INFORMATION

The guidance is still to limit unnecessary contact and so our workers will continue to work from home where it is possible to do so. Our Merseyway Office will remain closed and our main office Commonweal will have some carefully controlled access only to support those home working. This assists us to meet our priority aim of protecting our clients and our staff.

Any queries please just contact us on 0161 480 1211.

Margaret Brade - Chief Executive

Would You Like to Become a Pen Pal?



Healthwatch Stockport, Stockport Advocacy and ourselves know there are a lot of lonely and isolated people living in Stockport and this has been highlighted even more during the Covid 19 pandemic.

Could you help someone feel less isolated and lonely by becoming a pen pal? A letter every couple of weeks could make all the difference.

Minister for Loneliness, Baroness Barran, said: "The last few months have brought loneliness to the forefront of our minds. We all have a role in being kind and looking out for each other, and as some of us begin to regain some normality we cannot forget those who may need to stay at home for longer and could be at risk of feeling lonely."

"Writing letters might be a slightly forgotten art but it's more important than ever to connect with people, and putting pen to paper is an excellent way of making sure our friends, family and neighbours know we're thinking about them."

The pen pal scheme ensures no address details have to be exchanged.

If you are interested, please contact Healthwatch Stockport by completing an online form at <https://www.healthwatchstockport.co.uk>

[/sign-become-part-penpal-scheme](https://www.healthwatchstockport.co.uk/sign-become-part-penpal-scheme)

or by telephoning 0161 974 0753 or

email Shirley@healthwatchstockport.co.uk

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Reddish Vale Men in Sheds

One of the more recent victims of Covid-19 is **The Reddish Vale Men in Sheds group** which has been going since 2014. It's temporarily suspended but as Secretary Eric Northey, says "we are absolutely determined to re-start as soon as social distancing rules allow". In normal times, this is what they get up to.

"We are a group of older men who meet weekly to repair bikes. Some of us have health needs around strokes, isolation and depression. Typical of our age group, but we're determined to beat them. We repair old donated bikes and sell them on to low income families and have connections with local primary schools. We give them away to local schools to try and get young people cycling. That's going to become very popular after the pandemic is over.

At present, we have to be very careful, as a vulnerable group, and keep socially isolated, though we do have Zoom meetings. (Always new things to learn during these strange times!) We used to be at Spur Mill, but it's difficult to keep 2 metres apart there, so from September onwards we hope to take on new premises at Hurstfield Industrial Estate in Reddish. That's a suite of smaller rooms, where we can work on our own, but still see and hear our colleagues and have a bit of a chat. We may be able to work in smaller groups on different days of the week. That should be a bit safer.



We hope to be in the new premises in early September, but it will take us a couple of weeks to get them Covid safe. We plan to take on a small number of new members from October onwards. So, if you're interested in doing a bit of bike fettling, drop us an email to e.northey@gmail.com and I'll bring you up to date."

Our thanks to Eric for sharing this information.

Stockport Libraries Re Open

Over the last few weeks these Stockport's Libraries have started re-opening with coronavirus safety measures in place;

Cheadle, Bramhall, Brinnington, Hazel Grove, the Heatons, Marple and Reddish.

They are offering a reduced service to customers including book borrowing (either by Order and Collect or Staff Picks) and the use of computers (to be booked and one hour maximum). You can find the opening times for these libraries on the council's web page.

If you are unable to visit the library, you can still continue to borrow books, magazines and newspapers online.

Find out more at

<https://www.stockport.gov.uk/library-closures-coronavirus>

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One Stockport - Needs Your Help



One Stockport is a new partnership between the Council and partners, including our many and diverse communities and we'd like your help too.

Over the past weeks and months, the coronavirus has impacted on every one of our lives. We now have a unique opportunity to harness our new-found sense of

community and equality and to become united as One Stockport.

The Vision of One Stockport is;

- Building a better future together, for everyone
- Where we all have a role to play in determining our future
- Where health and wellbeing comes first
- Where children and young people can thrive
- A place where we build stronger, better connected communities
- A place where we move forward together as One Stockport

The Values of One Stockport are; Community, Collaboration, Equality, Unity and Ambition

As the One Stockport story is told by everyone in our community, the campaign will evolve. Your input is vital to achieve a plan that meets individual needs. Do you share the vision for Stockport? Are the values right? Do you want to work together to develop a plan for the borough? How can you get involved and support the campaign?

One Stockport should be an all-age-friendly Stockport. We are interested in your views on this, and welcome your involvement. There are a number of ways you can do this -

Complete the One Stockport survey www.onestockport.co.uk Contact us directly by email agefriendlystockport@stockport.gov.uk or telephone 07891 949236.

Or join the growing list of volunteers through Healthwatch Stockport stating you are interested in an all-age-friendly Stockport on www.healthwatchstockport.co.uk/news/2020-03-13/coronavirus-watch or telephone 07891 949236.

Get ready for October!

1st October is International Day of Older Persons and the start of the World Health Organization Decade of Healthy Ageing 2020-2030. We will be celebrating the role older people play in Greater Manchester and we want you to take part -

- What have been your experiences of life during the pandemic?
- What role have you played in your community to provide support?
- How do you feel about the pandemic and how older people have been depicted in the media?

Get in touch by email agefriendlystockport@stockport.gov.uk or telephone 07891 949236.

Thank you to Stockport Council for sharing the information on this page.

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Support in Stockport for Emotional Wellbeing



The COVID-19 pandemic has brought emotional wellbeing and mental health challenges for many but in Stockport there are a wide range of support options available.

There is a leaflet 'Are you feeling anxious, stressed, or low at this time? Helping you find the right support in Stockport' which provides brief details of a range of available support – both online and if you prefer to speak to someone locally. This leaflet is available on Stockport Councils website at <https://www.stockport.gov.uk/mental-wellbeing-support-coronavirus> where you will find lots of other useful information regarding emotional wellbeing and mental health support including self - help advice and details of organisations that may be able to help, or signpost you to someone who can, if you feel it would help to speak to someone directly about your mental wellbeing

If you would like a printed copy of the leaflet or if you need someone to point you in the right direction give us a call!

Could You be at Risk of Type2 Diabetes?



Type 2 diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high.

It can cause symptoms like excessive thirst, needing to pee a lot and tiredness. It can also increase your risk of getting serious problems with your eyes, heart

and nerves. 12.3 million people in the UK are at risk of developing type 2 diabetes and around three in five cases of type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active.

There are several factors that can affect your risk of developing type 2 diabetes including; your age (45 or over), if you have a parent, brother, sister or child with diabetes, your ethnicity, high blood pressure and being overweight.

You can find out if you are at risk by using the free Diabetes UK risk tool <https://riskscore.diabetes.org.uk/start> it only takes a few minutes but before you start, you'll need an accurate measurement of your height, weight and waist.

If your score says you're at high risk you can join the free NHS Healthier You programme. This programme can help you to get your health back on track and lower your risk of developing Type 2 Diabetes and other health problems. The programme provides tools and advice about how to eat well, move more and take control of your health.

For more information see

<https://www.nhs.uk/conditions/type-2-diabetes/> or speak to a health professional.

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Meet Chris Barlow



Hello all, my name is Chris Barlow and I am the Social Isolation and Engagement worker.

I have been working in this role for nearly a year now and one thing that is clear is that with the advent of the Coronavirus crisis, social isolation is something that many of us have become familiar with and isolation became a word we were all used to hearing on the daily news, however for those who were already feeling isolated and lonely then the last few months have probably been more challenging than ever.

Social isolation can affect anyone from any background and at any stage in life, but older people are particularly vulnerable to social isolation and loneliness often because of the loss of friends, family, mobility, health, and income.

We all know the importance of maintaining social connections and how meeting with other people and getting involved in social and physical activities can have a positive effect on how you feel and your overall health.

Research from the Campaign to End Loneliness has shown that maintaining social contact with others reduces the likelihood of developing many health conditions such as, obesity, cardio vascular disease, diabetes etc. and is significant in maintaining good mental health.

As a result of the coronavirus lockdown it became impossible for many clients to continue attending community groups which I know has been very frustrating and difficult for some. However through a partnership between AUKS and O2 we set up project called Connect 2020 enabling us to deliver 40 new smart phones, which had a pre-paid Sim card and with support and advice to use the phones, this has helped socially isolated participants to maintain vital connections with friends and family using WhatsApp video calls and Zoom calls and in some cases joining online social and exercise groups. As uncertainty continues around the Coronavirus, we hope to continue to support our clients to stay connected digitally through this project in the future.

Hopefully we will start to see community groups opening up again as restrictions are relaxed and as part of the Sector 3 and Stockport Council partnership we aim to produce an updated version of a "Covid What's on Guide" covering the 8 districts of Stockport including, Stepping Hill, the Four Heatons, Tame Valley, Marple, Werneth, Cheadle Hulme & Bramhall, Victoria and Cheadle and Gately.

If you were previously involved in a community activity or have a question about whether a group is up and running again please get in touch with me.

Many thanks and Best Wishes

Chris Barlow - email Chris.Barlow@ageukstockport.org.uk

Age UK Stockport is a registered charity 1139547

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