



Age UK Stockport Newsletter

Sept 2025

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

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 who are feeling lonely or socially isolated 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.

How it works

The Gift of Friendship co-ordinators will work with each person from the beginning to find the right support and the right volunteer match. We understand that everyone's situation is different so two types of support are offered, tailored to each person's needs wishes and preferences:

Face-to-face: Regular visits from a volunteer to help build confidence and work toward personal goals.

National telephone befriending: A supported connection to Age UK's national telephone befriending service, offering consistent companionship over the phone.

Why choose the Gift of Friendship Programme?

Loneliness can affect health, wellbeing and overall quality of life. This programme will support people to:

- Feel more confident and connected
- Build new friendships
- Re-engage with local community
- Improve wellbeing

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.



Age UK Stockport **Annual General Meeting** and 40th Anniversary is being held on **Thursday 16th October**

Our AGM and 40th Anniversary is taking place at Stockport County Football Ground **so save the date**. Invite information will be sent out in our October Newsletter so keep your eyes open for that!



Help shape the future of health and care for older people

Age UK's Older People's Health and Care Annual Survey 2025 is now live – and we need your help to make sure every voice is heard.

Open until Monday 15 September

This is our eighth annual survey, and each year the responses we receive help us push for real change. Last year, over 28,000 people took part, giving us the evidence we needed to influence Government and NHS decisions – especially around the loss of the Winter Fuel Payment and access to vital services.

This year, we're especially keen to hear about:

- Difficulties accessing NHS and social care services
- Experiences of providing care
- Concerns about the upcoming winter

We want to hear directly from older people, but also from friends, family members, and carers who can share experiences on their behalf.

Why it matters

Your input helps us stand up for older people across the country. The more responses we get, the stronger our voice becomes when calling for better support and services.

How you can help

Encourage friends and family to take part
Spread the word in your community

Survey link

The survey link is: <https://www.smartsurvey.co.uk/s/NetPart>

Even if you completed the survey last year, we'd love to hear from you again – circumstances change, and so do the questions.



Talking About Heat

When hot weather is coming its important to stay safe! Keep out of the sun, keep hydrated, keep you and your home cool.

Take extra care:

- Drink water often
- Stay in the shade or indoors (11am–3pm)
- Keep your home cool—close curtains by day, open windows at night
- Wear light, loose clothes
- On medication? Ask your pharmacist if heat affects it
- Check in with others—and let someone check in on you

More tips: Search “Beat the Heat UKHSA” or visit Beat the heat: hot weather advice.

Stay Cool, Stay Well



The summer of 2022 was a wake-up call, with temperatures soaring far above the usual summer high, many of us felt the heat in more ways than one. While sunshine can lift our spirits, hot weather can pose serious health risks well before temperatures reach extreme levels. In fact, impacts on health can begin when temperatures climb above 25°C, especially for people with long-term conditions or those living alone. But hot weather doesn't have to catch us off guard. A little know-how goes a long way.

Some people feel the effects of hot weather more than others. That might include:

- Anyone living alone or in a care setting
- Older people (65+) and very young children
- People managing long-term health conditions like heart or breathing problems, diabetes, or dementia
- Those taking several medications, especially ones that affect hydration or body temperature
- People with limited mobility or who find it harder to stay cool
- Anyone who spends a lot of time outdoors—whether for work, exercise, or leisure

Want more advice? Search online for “Beat the Heat UKHSA” to find trusted tips from the government's official campaign.

GREATER MANCHESTER
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Part of
LIVE WELL
DOING THINGS DIFFERENTLY WITH
GREATER MANCHESTER'S COMMUNITIES

Follow these simple tips to beat the heat



Avoid midday sun

Stick to shade, use SPF 30+, wear a hat.



Check your medication

Some medications can increase heat sensitivity. Ask your GP or pharmacist if yours might.



Dress safe

Wear light-coloured, breathable clothing.



Keep your cool indoors

Close windows and curtains during the day and open them at night when it's cooler.



Stay hydrated

Dehydration can sneak up on you. Drink plenty of water and limit caffeine & alcohol.



Cool your skin

Use damp cloths, splash water, or take a cool shower.



Cool down

Not sure where you can cool down? Many local libraries, community centres, and cafes can offer a break from the heat.



Know the signs

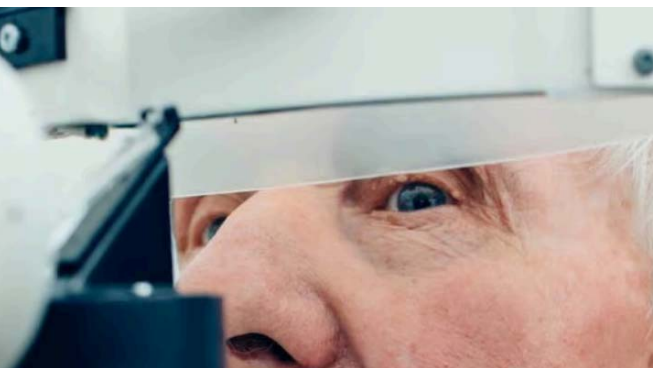
Dizziness, confusion, or cramps? You could be overheating. Rest, hydrate, and cool down.



Check on others

Look out for friends, family, and neighbours and consider asking someone to check in on you.

What Does Mandatory Eye Tests For Drivers Over 70 Mean?



Compulsory Eye Tests for 70+

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

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

- 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

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.

[Healthwatch Stockport Website](#)

Making Special Moments Possible – Supporting Patient KG on His Granddaughter's Wedding Day



On the 14th of August 2025, Claire carer worker from the Age UK Stockport Hospital Discharge Team, alongside Natalie Ward Tracker from the ITT team at Stepping Hill Hospital, had the absolute pleasure of supporting patient KG in celebrating a truly special family occasion – his granddaughter's wedding.

Although KG was unable to leave hospital to attend in person, his family were determined he would still feel part of the celebrations. With his full consent, we arranged for him to join the ceremony remotely via FaceTime. A private room was set up, and an iPad provided, allowing him to watch the ceremony live, speak with his family, and even enjoy the wedding speeches later in the day.

To make the experience extra special, staff gave KG a buttonhole to wear – just like the other guests. The gesture brought a real sense of occasion, and KG shared how "happy" and "pleased" he was to be included. It was clear just how much it meant to him to stay connected to his loved ones during such an important moment.

The day truly lifted KG's spirits. His family were deeply appreciative, sending a heartfelt thank-you card and a box of chocolates to the team. They shared how much

it meant that their dad could still be part of the wedding – even appearing in some of the photos as he watched on from the ward.

This special moment highlights the power of compassionate care and teamwork across services – putting people first and helping them stay connected when it matters most.



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



A Month of Wellness: Celebrating Community and Self-Care in Stockport

This August, Hazel and Gemma had the pleasure of attending a series of vibrant Wellness events – all designed to prioritise and uplift the wellbeing of our town.

Wellness is something that touches every part of our lives – from physical health to emotional support and connection – and these events beautifully highlighted how important it is to take time for self-care, while also showing how to access local services when support is needed.

One fantastic day was organised by Stockport Live Well, bringing together people of all ages for a joyful, active celebration. From a community 5K walk and indoor play to energetic fitness fun and local cheerleading displays, there was something to keep everyone smiling and moving! The event also included

a nostalgic tea dance, lively karaoke, a silent disco, and face painting – all brought to life with delicious refreshments from 1st Stop Café and the presence of local community groups, services, and stalls.

Another highlight was the Community Wellness Festival in Vernon Park, hosted by Pure Innovations- Mental Health Network, Stockport County Community Trust, and many other brilliant organisations. The beautiful park setting played host to tree trails, exercise sessions, arts and crafts, and interactive workshops – creating a calm, creative, and inclusive space for reflection and connection.

Events like these are a shining example of what can happen when a community comes together to support each other's wellbeing. They don't just offer fun and laughter – they raise awareness, reduce stigma, and help people discover the tools and support networks available right here in Stockport.

We're so proud to see wellness being placed front and centre – and even prouder to be part of a community that lifts each other up.

More Activities at the Hub

THIS SHEET IS AVAILABLE AS A SEPARATE DOCUMENT ON REQUEST FOR EASIER READING – TO REQUEST A COPY PLEASE EMAIL Newsletter@ageukstockport.org.uk

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Digital drop in 1 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 2 Blue badge application appointments 10am -2pm 0161 477 1213 Singing for the brain 1-2pm	Knit and natter 10:30am - 3 12pm Digital drop in 12pm -2pm	Information and signposting 4 drop in 10:00am - 2pm Digital drop in 10:30am - 12:30pm	Craft class Enrolment 11am 5 - 1pm (Fully booked)
Digital drop in 8 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 9 Blue badge application appointments10am -2pm 0161 477 1213	Knit and natter 10:30am - 10 12pm Digital drop in 12pm -2pm	Information and signposting drop in 11 drop in 10:00am - 2pm Digital drop in 10:30am - 12:30pm	Craft Class- 10am - 12pm 12 Craft Class 12.30pm - 2.30pm (Fully booked)
Digital drop in 10am - 12pm 15	Pre booked face to face 16 Blue badge application appointments10am -2pm 0161 477 1213	Knit and natter 10:30am - 17 12pm Digital drop in 12pm -2pm	Information and signposting drop in 18 drop in 10:00am - 2pm Digital drop in 10:30am - 12:30pm Falls prevention awareness event 12-2pm	Craft Class- 10am - 12pm 19 Craft Class 12.30pm - 2.30pm (Fully booked)
Digital drop in 22 10am - 12pm	Private hire. 23	Knit and natter 10:30am - 24 12pm Digital drop in 12pm -2pm	Information and signposting drop in 25 drop in 10:00am - 2pm Digital drop in 10:30am - 12:30pm	Craft Class- 10am - 12pm 26 Craft Class 12.30pm - 2.30pm (Fully booked)
Digital drop in 29 10am - 12pm KOKU Exercise class 12pm - 1pm (Class fully booked)	Pre booked face to face 30 Blue badge application appointments10am -2pm 0161 477 1213	Age UK Stockport Hub 2 Castle Street Edgeley SK3 9AB		

Age UK reveals the North West's most hated and loved exercises, as part of national *Act Now, Age Better* campaign

The importance of regularly moving your body and increasing your heart rate to improve your chances of living a long and healthy life is well-known[i]. Yet, some exercises fill many people with nothing but dread.

Following the launch of Age UK's *Act Now, Age Better* campaign, which encourages people to make small, proactive changes that could help improve their physical health and the quality of their later years, Age UK has revealed[ii] how the North West truly feels about certain exercises, and it's official – push-ups are the region's most hated, with nearly one-third of residents (1.8 million) feeling this way. This is closely followed by:

- Painful planks (1.4 million)
- Brutal burpees (1.3 million)
- Strenuous side planks (1.1 million)

Challenging chin-ups (1.1 million)

Push-ups are also one of the most hated exercises across the border, over in Yorkshire & Humberside, however they are narrowly beaten by burpees – which are despised by nearly two in five of that region’s population (1.7 million).

What about the most loved? Well, it seems, the North West is a region of squatters, with nearly one-quarter of its population (1.4 million) being a sucker for a squat and 1.1million who also like a lunge.

Age UK’s Act Now, Age Better campaign raises vital awareness of the importance of making small changes to help improve the quality of our later years. For more information, as well as advice and inspiration from Dr Hussain’s informative guide to healthier ageing, please visit: www.ageuk.org.uk/actnow, and do speak to your GP or health practitioner if ever unsure.

[i] <https://www.ageuk.org.uk/siteassets/documents/act-now-age-better/act-now-age-better-leaflet-by-age-uk.pdf>

[ii] Age UK calculation based on data (weighted to be representative of the UK & relevant regional population) from Yonder online polling for Age UK, August 2025 (weighted sample of 2075 people aged 18+ in the UK, collected March 2025) and ONS mid-year 2023 population estimates (published 8th October 2024).

Join us at the Light



the light Stockport

PRESENTS

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STOCKPORT

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WWW.AGEUK.ORG.UK/STOCKPORT





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.

[Donate now](#)

Thank you to everyone who is supporting us for free on #easyfundraising. Your continued support means the world to us!

If you've not signed up yet, please join today and you can raise free donations for Age UK Stockport every time you shop online this year!

Over 8,000 retailers like eBay, Argos, John Lewis & Partners, Etsy, Tesco and Just Eat will donate at no extra cost to you.

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