



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

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

Age UK Stockport working locally for YOUR WELLBEING

Help lead the future of our work

This is an exciting time to lead Age UK Stockport's Board. Our current Chair is standing down later this year having served the maximum term for the role. We are looking for a dedicated, creative person, with a range of appropriate professional and life experiences to become our next Chair.

The time commitment is about 20 hours a month.

To find out more about being our next Chair, please contact Jonathan Phillips who can send the Candidate Pack to you and talk you through the role.

Jonathan Phillips

07817 988490

Jp@seymourjohn.com

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

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

1883 Suite, Stockport County FC, Hardcastle Road, Edgeley

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

Whether you are a client, volunteer, partner organisation, supporter, or local resident, we would be delighted to welcome you.

Stay Cool, Stay Well

This summer has been 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.



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

Avoid midday sun

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

Cool your skin

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

Check your medication

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

Keep your cool indoors

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

Dress safe

Wear light-coloured, breathable clothing.

Stay hydrated

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

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.



A Krazy Day to Remember!

On Sunday 9th August, Age UK Stockport alongside Age UK took part in the Stockport Krazy Kart Races, joining thousands of people who came together to enjoy an incredible day filled with spectacular karts, exciting races, fun activities, delicious food and glorious sunshine!

We were thrilled to take on the challenge — and even more delighted to finish 9th out of 27 teams! What an achievement!

A huge thank you goes to our fantastic driver, Paul, who took to the track, and to our brilliant pit crew Hazel, Gemma, Terry, Nicola and Lauren, whose hard work and teamwork helped keep everything running smoothly. We'd also like to thank all the wonderful Age UK team members who helped keep our stall going throughout the day.

We are delighted to have raised an incredible £548.34 through the event. This fantastic amount will help us continue providing our vital services and supporting the people of Stockport.

Most importantly, we want to say a heartfelt thank you to everyone who supported us. Whether you donated, cheered us on from the sidelines, gave us a round of applause, or stopped by our stall for a chat, your support helped make the day truly special. We would also like to thank Bronwyn from The Hat Works who let us borrow a fantastic range of hats for our pit crew to model on the day!

It was a wonderful celebration of community, teamwork and fundraising — and we're already looking forward to the next Krazy Race!

Thank you for helping Age UK Stockport make a difference.



‘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 on the internet at <https://www.nhs.uk/better-health/quit-smoking/> to help you find the support that’s right for you.

Age UK Stockport Proudly Supports Stockport Pride 2026

On Sunday, colleagues from Age UK Stockport were delighted to take part in this year's **Stockport Pride**, joining hundreds of people from across the borough in celebrating diversity, inclusion and equality.



Our team hosted a stall throughout the event, giving us the opportunity to meet local residents, share information about our services, and connect with members of the LGBTQ+ community and their allies. It was wonderful to speak with so many people about the support available through Age UK Stockport and the importance of ensuring that everyone feels valued, respected and included as they age.

As well as having a presence at the event, colleagues proudly joined the **Stockport Pride Parade**, walking alongside community groups, organisations and supporters from across the area. The atmosphere was incredible, with colourful displays, music and a strong sense of community spirit throughout the day.

At Age UK Stockport, we are committed to creating an inclusive environment where older people from all backgrounds feel welcome, supported and empowered. Taking part in Stockport Pride was a fantastic opportunity to demonstrate that commitment and celebrate the diversity that makes our community so special.

A huge thank you to everyone who stopped by our stall, chatted with our team, and helped make the day such a success. We were proud to stand alongside our colleagues and partners in support of Pride and look forward to being involved again in the future.

Happy Pride from everyone at Age UK Stockport!



NHS Greater Manchester Engagement Team Visits Age UK Stockport Hub

Today, we were pleased to welcome the **NHS Greater Manchester Engagement Team** to our Age UK Stockport Hub on Castle Street, Edgeley, for an

informative discussion about proposed changes to specialised cardiac and vascular services across Greater Manchester and Eastern Cheshire.

The session gave our clients an opportunity to hear directly from the NHS team about two public consultations that are currently taking place. These consultations focus on how specialised services are delivered for adults with rare, complex and often life-threatening heart and vascular conditions.

To address this, proposals have been put forward that would see:

- **Cardiac surgery provided permanently at Wythenshawe Hospital.**
- **Vascular surgery provided solely at Manchester Royal Infirmary.**

The engagement team were particularly keen to hear the views of older people, as well as communities who may be more likely to require these services, including people with certain health conditions and individuals from diverse backgrounds.

Attendees were able to ask questions, discuss the proposals, and share their thoughts about how the changes could affect patients and families. The session highlighted the importance of ensuring that local people have a voice in decisions about healthcare services that could impact them in the future.

We would like to thank the NHS Greater Manchester Engagement Team for taking the time to visit our Hub and engage directly with our community, and thank everyone who attended and contributed to the discussion.

If you would like to find out more about the consultations and share your views, information is available through NHS Greater Manchester's consultation channels.

At Age UK Stockport, we are committed to helping older people stay informed and ensuring their voices are heard on issues that matter to them and the wider community.



An afternoon of pampering!

Our Members at Step Out recently enjoyed a luxury afternoon of pampering. This was a real treat for many who struggle to get to salons as they did in the past. The free sessions included full manicures, foot spa experiences and of course plenty of opportunity for a good natter!

If you are caring for a loved one or know someone who would love to get out for the day and meet new friends in a safe environment, why not come and see us at Whitehill day centre.

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.

Stronger for Longer – Live Well, Stay Strong

We are delighted to announce that Age UK Stockport has successfully secured funding through the Stockport Live Well Fund for our new Stronger for Longer – Live Well, Stay Strong project. This exciting new initiative will help older people across Stockport improve their strength, balance, mobility and confidence, supporting them to stay active and independent for longer.

The project will provide community-based strength and balance classes, alongside one to one support and home visits for those unable to attend group sessions. Working with partners across health, social care and the voluntary sector, the programme will help reduce falls, improve wellbeing, tackle social isolation and support older people to remain connected within their communities.

We are also pleased to announce that Hayley Henderson has been appointed as the Stronger for Longer – Live Well, Stay Strong Worker and will lead the delivery of the project across Stockport.

A huge thank you to everyone involved in developing the successful bid. We look forward to seeing the positive impact this project will have on older people across the borough over the coming year.

For further information about the project, please contact Hayley Henderson on 0161 480 1211 or email Hayley.Henderson@ageukstockport.org.uk.





Celebrate International Day of Older Persons with Us!

Age UK Stockport is delighted to be hosting a special International Day of Older Persons Celebration at Stockport Art Gallery on Thursday 1 October, in partnership with Stockport County Community Trust, Life Leisure and Stockport Homes Group.

To start the celebrations, we will be holding two community walks, both setting off at 11.15am. One walk will leave from the Age UK Stockport Hub in Edgeley, and the other from Mottram Towers, Hillgate, with both groups coming together at Stockport Art Gallery for the main event.



This year's theme, "Older People is what's on your doorstep / neighbourhoods," recognises the vital contribution older people make in creating strong, connected and vibrant communities. The event is an opportunity to celebrate the positive impact older residents have across Stockport and to come together for a morning of friendship, conversation and community spirit.

We are delighted that The Mayor of Stockport, Councillor Mark Hunter, will be joining us to help celebrate International Day of Older Persons and recognise the invaluable contribution that older people make to communities across Stockport.

Guests can enjoy tea, coffee and cake, meet a range of local organisations and community groups, and connect with others as we celebrate this international day of recognition and appreciation.

We look forward to welcoming older residents, volunteers, partners and community members to this special celebration.

Date: Thursday 1 October

Venue: Stockport Art Gallery

Time: 11.30am to 1.00pm

Come along and join us as we celebrate the value, experience and contributions of older people in our communities.



Age UK's statement in response to today's speech by the Prime Minister on social care

Caroline Abrahams, Charity Director at Age UK said: "The Prime Minister made clear today that he is totally committed to fundamental social care reform and that can only be a good thing for older people. These are exciting times and we look forward to hearing a lot more after the summer break, if not before."

"It's right that the Prime Minister has asked Louise Casey to accelerate her independent commission so it reports in a year's time and we hope the Big Conversation she launched today will help to draw out what the public want to see from social care, as well as thinking through the funding options. We won't all necessarily have to pay more as individuals for a better system of social care but it's likely we'll have to pay differently: at present older people often face big bills when they are in crisis- for example after a fall. It would be much better if we followed the example of many other developed nations & paid in to a big pot in advance or after our deaths, so when we need care it's there for us, however much or little money we actually have."

"The Prime Minister covered all the main elements of social care in his speech and said something especially interesting about the social care workforce: namely that he wanted to see a shift towards equal pay with the NHS. This would undoubtedly take time to achieve but would be a game changer in terms of recruitment and staffing - a long-standing problem within social care."

"We are optimistic about the prospect of positive change and call on politicians in all parties to demonstrate leadership on social care reform, because it's what older people badly need."

Latest News and Activities at The Hub

Activities & Events at the Hub



The Hub Monthly Activities Calendar - September 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
Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	1 Pre booked, face to face Blue badge application 10am-2pm Singing for the brain 1-2pm Healing Through Harmony 2-3pm	2 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	3 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	4
7 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	8 Pre booked, face to face Blue badge application 10am-2pm Healing Through Harmony 2-3pm	9 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	10 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	11 10:00am—12pm Enrolment for craft class and floristry class.
14 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	15 Floristry class 10am—12pm (Booking only) Pre booked, face to face Blue badge application 10am-2pm	16 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	17 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	18 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
21 Digital drop in 10am - 12pm KOKU Exercise class 12-1pm & 1.15-2.15pm Please call to book	22 Floristry class 10am—12pm (Booking only) Pre booked, face to face Blue badge application 10am-2pm	23 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm	24 Information and signposting drop in 10:00am-2pm Digital drop in 10:30am-12:30pm	25 Craft class AM 10am—12pm Craft class PM 12:30pm—14:30pm
28 BANK HOLIDAY HUB CLOSED	29 Floristry class 10am—12pm (Booking only) Tandem Tuesdays 12pm—2pm— (RNIB visit/talk)	30 Knit and natter 10:00am-12pm Digital drop in 12pm-2pm		

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Community Activities Calendar



Weekly Community Activities Calendar - September 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 Session 13.30PM Held at Life Leisure Avondale Heath bank road Cheadle Heath Stockport 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 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 Woodbank Evening Walk 18:00 - 19:30 Meet at Car Park Little Moor Ln Stockport SK1 4BL	Coffee Morning. 10.30am to 12 noon Held at Brinnington Park Leisure Complex, Northumberland Road, 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 Session 10.30am 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 - September 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st AM – Music in Mind PM -Dominos/Board Games	2nd AM – Armchair Exercise & Morning Sing Along PM – Floor Games & Parachute	3rd AM -60s & 70s Music Quiz PM -Colour by Numbers & earbud Painting	4th AM -Music or Ball Bingo PM -Afternoon Karaoke	5th AM - Who Wants To Be A Millionaire Quiz PM - Afternoon Movie, members choice
7th AM - Lets make Music Together PM - Colour by Numbers	8th AM - Music in Mind PM - General Knowledge Quiz & Table Games	9th AM - Music Bingo PM - Group Puzzle session & Reminiscing	10th AM - Karaoke sing Along PM - Autumn Arts & Crafts	11th AM - Armchair Exercise & Sing Along PM - Afternoon Movie, Members Choice	12th AM - Floor Games & Reminiscing PM - Crossword & Who Am I Quiz
14th AM - Lets make Music Together PM - Autumn Arts & Crafts	15th AM - Music in Mind PM - Making our own Book Marks & Table Games	16th AM - Crosswords & 60s/70s Quiz on Music PM - Afternoon Karaoke	17th AM - Making our own Book Marks PM - Armchair Exercise & Name that TV Tune	18th AM - Autumn Arts & Crafts PM - Group Puzzle Session & Table Games	19th AM - Armchair Exercise & Crossword PM - Colour by Numbers
21st AM - Lets make Music Together PM - Afternoon Karaoke	22nd AM - Music in Mind PM - Autumn Arts & Crafts & Dominos	23rd AM –Armchair Exercise & Crossword/Quizzes PM - Fish & Chip Day Making your own Book	24th AM - Who Am I Quiz & Name that Tv show Tune PM - Afternoon Sing Along	25th AM - Morning Karaoke PM - Colour By Numbers	26th AM - Parachute & floor games PM - Autumn Arts & Crafts
28th AM - Lets make Music Together PM – Reminiscing & Crossword/Quizzes	29th AM - Music in Mind PM – Dominos & other Table Games	30th AM – Colour by Numbers & Crosswords PM - Autumn Arts & Crafts			

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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.

If you would like to donate please visit our website at
<https://www.ageuk.org.uk/stockport/get-involved/donate/>

Contact Us:

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