

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.

**WE HAVE A FULL LIST OF EVENTS
ON DURING DEMENTIA ACTION
WEEK AND WE WOULD BE
DELIGHTED TO SEE YOU AT ANY, OR
ALL OF THEM!**

If you would like any more information about anything in the news sheet, please contact us on the details below.

Dementia Action Week - 20th to 26th May

The aim of Dementia Action Week is to encourage people to take action to improve the lives of those affected by dementia, working to create a dementia-friendly UK where those with dementia do not feel excluded. Every three minutes, someone in the UK develops dementia. This means almost all of us knows someone affected by dementia – and it doesn't just affect older people. But too many people living with dementia report feeling cut off from their community, losing their friendships and facing the condition alone.



During the week we have various events going on including a coffee morning at the Carousel Pub in Reddish and an open day at the Friendship Group in Marple. We are also attending a couple events organised by partners, including the Dementia drop in at The Kitchen in Stockport and the Cheadle Dementia Showcase Event. You can find details of all the events on the last page of this news sheet or by looking on the website.



We also have a number of information leaflets including 'caring for someone with dementia' and 'living with early stage dementia'. The leaflets are available to download or can be collected from our office in Merseyway.

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

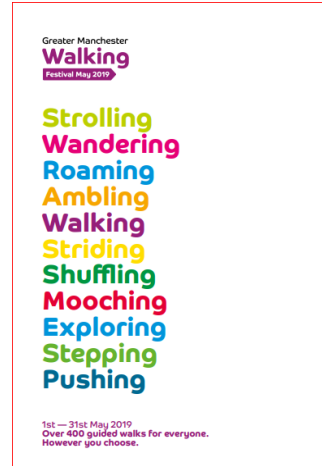
Website: www.ageukstockport.org.uk

Greater Manchester Walking Festival

Greater Manchester Walking Festival is on from 1st to 31st May. You can find full details at <https://gmwalking.co.uk/> and printed copies of the festival brochure, which will have details of all the walks, are available in TfGM Travelshops and other outlets across Greater Manchester including our Information and Advice Office in Merseyway or

[Download the full festival brochure here.](#)

As well a number of walks in Stockport, there are also details of walking hockey, football and netball that are available at various sites around Stockport.



If you enjoy walking, or any physical activity we are still looking for more Volunteers to become peer mentors and to help us on the Active Ageing programme, if you feel you have some spare time to help support individuals to become more physically active then please contact us on the details below or have a look at the Active Ageing page of our website:

E: info@ageukstockport.org.uk

T: 0161 480 1211



Royal Osteoporosis Society Issues New Physical Activity Advice

A new report has been issued by the Royal Osteoporosis Society, with the aim of tackling the perception about the condition in relation to physical activity. The report suggests that people with osteoporosis should be encouraged to do more activity, rather than less and states that professionals who work with people with osteoporosis should promote a more positive message that people can "do more". It goes on to say that two sessions each week of moderate-impact and high-intensity muscle resistance exercise, or more frequently for impact exercise alone, were needed to help improve bone density.

The society supports its claims with a study of men and women aged 49–83 and identified that regular walking or cycling reduced fracture risk by up to 23 per cent, relative to those who did little to no walking or cycling. Click [here](#) for further information or see the Chartered Society of Physiotherapy website.



If you are over 65 and would like to cycle your way to a healthy new lifestyle you could join a new scheme 'Eazy Riders' run by Stockport Homes. For more information pick up a leaflet in our Merseyway Office or contact; CeraCycloan on 0161 474 0990 or Sharon Baker on 07800618828 or Sharron.baker@stockporthomes.org

www.ceracycloan.co.uk

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

AUKS Travel Club

Do you know we have a travel club? We have just published a full list of day trips right through to 2020. There is at least one trip a month and some months there are two. Trips are varied to hopefully suit everyone and include a trip to St Annes On Sea, a 'Wonkey Donkey Sanctuary Tour', Penrhyn Castle and Gardens, a canal cruise with cream tea, and a trip on the Rudyard Lake Steam Railway, to name but a few!



There is also a coffee afternoon twice a month held at the Hatworks where you can come along and find out about the trips and meet new friends. The coffee afternoons this month are on 8th and 24th May 2pm - 4pm.

Full details of all the trips and afternoon coffee dates are on the website or you can speak to Barbara on 07799 893109 or 0161 480 1211



'Thank You'

On Tuesday 30th April, a team of volunteers came from Astra Zeneca in Macclesfield to spring clean the garden and build some raised planters at Step Out Stockport's Day Centre in Reddish as part of their employee volunteering scheme.



They weeded and cut back the gardens, pressure washed the paths to clear off the moss, treated the new wooden bench and built 2 raised planters that can be used by people in wheelchairs. We have some keen gardeners at Centre who are now going to use the planters to grow some salad crops and flowers.

The volunteers made a huge difference to the garden and the outside space, so now everyone at the Centre will be able to really enjoy the gardens to the full!



If you would like to know more about our day centre have a look at the website;

www.stepoutstockport.org or
telephone 0161 480 0480

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Dates For Your Diary - May 19

Date	Event	Time
1st - 21st May	Greater Manchester Walking Festival - https://gmwalking.co.uk/ offering over 400 free guided walks, taking place throughout May. See earlier article.	
8th & 24th May	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
13th - 19th May	Every year in May, Dying Matters host an Awareness Week. To place the importance of talking about dying, death and bereavement firmly on the national agenda.	
20th May	Dementia drop in at The Kitchen, Graylaw House, Chestergate, Stockport, SK1 1LZ. A friendly group who get together to share support, meet new people, offer guidance and information with one another. Free to attend, drinks can be bought from the café.	11am – 1pm
21st May	Open Day at No Limits, Friendship Group - At Queens Court, Marple SK6 6BS. A great place to enjoy a chat and a cuppa, and to get help and support. Come and take part in various activities in a warm, safe and friendly environment.	1pm- 3pm
22nd May	Coffee Morning at the 'Carousel' - 158 Reddish Rd, Stockport SK5 7HR. Come and join us for a free coffee and cake and a trip down memory lane at the Carousel Pub. Pub games and reminiscence or just come for a chat and find out about AUKS	10.30am – 12.00pm
23rd May	Cheadle Dementia Showcase Event - The Upper Room, Back Massie Street, Cheadle, SK8 1DW. This event is for people looking for care services for themselves or their family. This is a ticketed event. To book, call St Mary's Church Office on 0161 428 8050	2pm– 4pm 7pm– 9pm
28th May	Health and Wellbeing Day at Re:dish (http://re-dish.org), Bairstow Community Centre, 2 Rupert Street, Reddish, Stockport, SK5 6DL.	12- 4pm
5th June	Volunteer Open Day At Stockport Library, Wellington Rd S, Stockport SK1 3RS. Come and find out about the volunteering opportunities at AUKS and other organisations.	10.30 – 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
 Commonweal
 56 Wellington Street
 SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk