

Age UK Stockport Monthly News

Welcome to the second 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.

Due to the prohibitive cost of postage, we will not be routinely using this method but if we are contacting you, we may include it in your post unless you tell us you do not want it!

We hope you find the information useful and would welcome any feedback.

Out & About

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

- Whitehill Fire Station
- Brinnington Community Centre
- Merseyway Shopping Centre
- Bramhall Tea Party



If you would like AUKS to be involved with an event you are organising please let us know.

Call: 0161 480 1211

Email:

info@ageukstockport.org.uk

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56 Wellington Street,
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The Big Knit Coming Shortly!



Knitters of all ages can get involved in this exciting campaign to make lots of tiny hats for the top of Innocent Smoothie bottles. For every 'behatted' bottle sold, 25p will go straight to Age UK Stockport so we really need your help create lovely hats of different styles and designs.

The Big Knit message this year is about bringing people together and companionship, so we would particularly like to involve knitting clubs, as they are very much about socialising and knitting. If you are part of a knitting group, would be interested in setting up a new group, or would like to be involved in any way please contact Denise Almond or Anne Smith (contact details below)

More details to follow!

Does domestic abuse sit right with you?



Stockport Council and partners including AUKS, were in Merseyway last month raising awareness of abusive behaviours in a relationship through the 'Sitting Right With You' campaign.

As the weather gets warmer, the incidents of domestic abuse increase. Domestic abuse isn't just physical – it could also be controlling and intimidating behaviour.

Find out what support is available for you, or for someone you know who may need help, by visiting www.sittingrightwithyou.co.uk or telephone Domestic Abuse Helpline (Greater Manchester) 0161 636 7525

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Sound Minds Group



The Sound Minds Group is for people suffering with depression, anxiety and low mood.

They recently enjoyed a fun and relaxing day on the New Horizons canal boat in Marple, but meet weekly in Marple and Offerton.

One of the members said “Being part of a group has boosted my confidence and made me feel part of a community again. I have made new friends and it also gives me a purpose to my day.”

If you or someone you know is interested in joining the Sound Minds Group please contact Paula Hudson on 0161 480 1211 to self refer.



smile.amazon.co.uk

Amazon smile is a new charity donation scheme by Amazon, you simply pick your chosen charity and then shop as normal on Amazon using the Smile website <https://smile.amazon.co.uk> Its still the same Amazon and you use your same account and details but if you don't use the Smile website your chosen charity wont get the donations!

If you would like to choose Age UK Stockport as your charity you can do so by clicking the link below, which will take you directly to Amazon, where you can log in as normal. This will set us as your chosen charity which we would very much appreciate!

<https://smile.amazon.co.uk/ch/1139547-0>

Once you have selected Age UK Stockport as your charity please remember, you have to use the Smile website for donations to register, so please update your bookmarks or if you are using a search engine, look for "Smile Amazon".

We hope that you'll choose us as your charity to receive donations!

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Dates for your diary

Date	Event	Time
2-15th July	Festival of Ageing – lots of activities across Greater Manchester including music, dancing, hobbies and information. www.ambitionforageing.org.uk/festival	Various
12 th July	Travel Club Coffee Afternoon - At the Hat Works Café Wellington Rd S, Stockport SK3 0EU. Come and find out about the Travel Club and our day trips.	2pm- 4pm
14 th July	Summer Fete at Oak Tree Court Cheadle, SK8 1EZ, - A summer fete with information stalls for older people.	11am – 3pm
19 th July	Wellbeing day for Carers www.signpostforcarers.org.uk	10.30 – 3pm
28 th July	Offerton Fire Station Open Day (SK2 5NP)	11am – 3pm
29 th July	Stockport Pride http://www.stockportpride.co.uk/ Join Stockport’s LGBT community in the Market Place for a FREE event with lot’s of entertainment and information.	11am – 6pm
23rd Aug	Stockport Emergency Services Day, St Petersgate, Stockport	12pm – 4pm

For more information and to keep up to date with what’s happening visit

www.ageuk.org.uk/stockport/activities-and-events/events

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