

## Age UK Stockport Monthly News

**Welcome** to the first 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](http://www.ageukstockport.org.uk) or by signing up to email [info@ageukstockport.org.uk](mailto: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.



## AUKS Office, Merseyway,

We offer a free and accessible information and advice service covering a variety of issues including benefits. We are open Monday to Friday 9.30am to 3.00pm.

You can drop in and pick up information, but if you would like to speak to an advisor it is best to book an appointment on 0161 477 1213.

Age UK Stockport  
Commonweal,  
56 Wellington Street,  
Stockport SK1 3AQ

Telephone: 0161 480 1211 Fax: 0161 480 3735

Email: [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) Website: [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)



## Over 50 and diagnosed with Osteoporosis?

Why not go along to peer support meetings to meet others living with the same condition. These meetings often start with a guest speaker explaining a specific topic like medication, pain management, diet and exercises followed by an informal get together over a cup of coffee or tea.

The first session is Monday 9th July 10.00am-12.30pm at Hornchurch House, Stockport, SK2 6LY.

If you would like to attend please Email:  
[steadystockport@stockport.nhs.uk](mailto:steadystockport@stockport.nhs.uk) or

Telephone: 0161 835 6701



## Introducing Tandem Care

Tandem Care is a bespoke service tailor made to the individual's needs. Assisting with a range of activities including personal care, shopping, domestic support, companionship leisure activities, and supporting with hospital and other appointments, through to supporting people with complex conditions such as dementia care, Parkinson's care, stroke care or palliative care.

We are actively recruiting for more care workers to join the team and be the foundation for this new service. If you would like to make a positive difference to the lives of the people we support please email [contact@tandem-care.org.uk](mailto:contact@tandem-care.org.uk)

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Step Out Stockport is a friendly and experienced Day Service that provides a range of social, personal and practical care and support to individuals.

The service is based at Whitehill Resource Centre, and offers a choice of interesting and varied activities including craft sessions, singing, games, reminiscence, hair dresser an allotment group and pub lunches plus lots more.

Support is available for people with varying needs and is provided through day sessions Monday – Saturday 9.30am – 4.00 pm

To speak to a member of our team and find out about free trial days for yourself or someone you care about: Call us on: 0161 480 0480 or Email us at: [info@stepoutstockport.org](mailto:info@stepoutstockport.org)

## AUKS Out & About

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

- Healthwatch event at Marple Cricket Club
- Older Persons Information Day at Bosden Farm
- 'Doing Dementia Differently' celebration event at the Town Hall.



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](mailto:info@ageukstockport.org.uk)



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## Dates for your diary

Date	Event	Time
18th June	Big local in Brinnington Event - Brinnington Community Centre. It's a free event for Brinnington residents.	2pm- 5pm
2-15th July	Festival of Ageing – lots of activities across Greater Manchester including music, dancing, hobbies and information. <a href="http://www.ambitionforageing.org.uk/festival">www.ambitionforageing.org.uk/festival</a>	Various
9th July	Osteoporosis Peer Support Network - Hornchurch House – Quarterly meetings to give you an opportunity to meet others living with osteoporosis. To reserve your place Email: <a href="mailto:steadyinstockport@stockport.nhs.uk">steadyinstockport@stockport.nhs.uk</a> or Telephone: 0161 835 6701	2pm- 4.30pm
12th 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
19th July	Wellbeing day for Carers <a href="http://www.signpostforcarers.org.uk">www.signpostforcarers.org.uk</a>	10.30 – 3pm
29th July	Stockport Pride <a href="http://www.stockportpride.co.uk/">http://www.stockportpride.co.uk/</a>	11am – 6pm

For more information and to keep up to date with what's happening visit  
[www.ageuk.org.uk/stockport/activities-and-events/events](http://www.ageuk.org.uk/stockport/activities-and-events/events)

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