

Age UK Stockport Monthly News

Welcome to the third 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.

GoodGym launches in Stockport



On Tuesday 28th August, GoodGym will be launching in Stockport supported by AUKS and Stockport Borough Council. They are a group of runners that combine regular exercise with helping their local community by: doing

physical tasks for community organisations, helping older people with one off tasks they can no longer do alone, such as clearing gardens or changing lightbulbs or making social visits to isolated older people.

For their first run, they will be running from Life Leisure at Grand Central to the Heaton's Centre to help Signpost for Carers manage their green space with some painting and cutting back, so that all their visitors will be able to enjoy a breath of fresh air in a relaxing space.

For more information www.goodgym.org/areas/stockport
Or contact Hazel Batty at AUKS

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56 Wellington Street
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Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Helpline 24/7

The Silver Line is a helpline and friendship service for people aged 55 and over, that's open 24 hours a day, seven days a week.

The helpline number is: **0800 4 70 80 90**.

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Their specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.

Protect and support older people who are suffering abuse and neglect.

68% of calls to the helpline are made at night and weekends.

All helpline calls are free to callers

To find out more visit

www.thesilverline.org.uk



New Active Ageing Coordinator for AUKS



It gives me great pleasure to introduce myself as the new Active Ageing Coordinator for AUKS. I feel very privileged to be given the opportunity to help start this new project in Stockport and I can't wait to get started, the Active Ageing role is part of the wider Greater Manchester Active Ageing programme.

My role will involve bringing together a group of volunteers who will be enthusiastic about increasing sport and physical activity opportunities for individuals in the local area. I am very much looking forward to working with the whole community on this exciting project. If you would like to get involved or want to find out more please get in contact with me via email Gareth.Ball@ageukstockport.org.uk or telephone me on

0161 480 1211

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Don't Be Scammed!

Greater Manchester Police are warning that fraudsters have been contacting people by phone pretending to be police officers and trick them out of their money.

- Never give money or personal information to someone you do not know or trust.
- Never disclose your bank details or PIN number.
- A police officer will never ask you for bank details or to withdraw or transfer money to another account.
- Fraudsters will pressure you into making unwise decisions. They might tell you not to speak about it to other people so they don't get caught.
- Be suspicious of phone calls, texts or emails which come out of the blue asking for personal and financial details or asking you to withdraw money regardless of who they claim to be.
- If you receive a call that raises your suspicions hang up the phone and allow at least five minutes for the line to clear. If you spot a scam or have been scammed, report it and get help. Contact Action Fraud on 0300 123 2040 or online at

www.actionfraud.police.uk

AUKS Out & About

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

- Summer Fete at Oak Tree Court, Cheadle
- Signpost's—Wellbeing Day for Carers
- Offerton Fire Station Open Day
- Stockport Pride



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

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Monthly News - August 18

Dates for your diary

Date	Event	Time
15th August	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
23 rd August	Stockport Emergency Services Day - FREE Event in St Peters Square , Stockport. Some photos from last years event - https://www.flickr.com/photos/gmpolice1/albums/72157687536522081	12—4pm
28th August	Good Gym Stockport Launch— meeting at Life Leisure at Grand Central https://www.goodgym.org/areas/stockport	6.45pm
18 th Sept	See Hear Open Day - Walthew House 112 Shaw Heath, Stockport SK2 6QS https://www.walthewhouse.org.uk	
25 th Sept	'Knitathon' at ASDA Reddish - Information stand and knitting hats for the Innocent Smoothie Bottles at ASDA Reddish. Manchester Rd, Stockport SK4 1TN	12– 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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