

Please join us for our Christmas Carol Concert at St Mary's Church (in the Marketplace) at 1pm on Friday 14th December. Everyone Welcome!

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.

Donate As You Shop

If you shop on Amazon and would like to choose AUKS to receive a donation you can do so by clicking the link below, which will take you directly to Amazon Smile, where you can log in as normal. This will set us as your chosen charity which we would very much appreciate! 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".

<https://smile.amazon.co.uk/ch/1139547-0> **THANK YOU!**

smile.amazon.co.uk

Winter Warmth & Wellbeing

Tuesday, 29th January 2019, 11:00am – 2:00pm
The Hat Works, Wellington Road South, Stockport, SK3 0EU

Just come along! There are many ways to stay warm, healthy and safe this winter. Find out how at our Winter Warmth Event and enjoy a hot snack lunch with us.

For more information, call **0161 480 1211**
or email **info@ageukstockport.org.uk**



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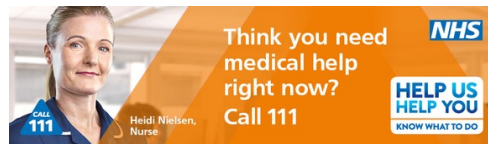
Stay Well This Winter

As we head towards winter holidays, the pressure remains on the NHS so Stockport Council and the NHS are reminding residents of ways they can help themselves "[Stay well this winter](#)"

The first line of defence against illness should be a well-stocked medicine cabinet to deal with minor ailments such as a sore throat, cuts and grazes, hangovers and headaches.

For more advice for minor ailments visit your local pharmacist.

If your illness is more serious and you're not sure where to turn to for help? Then call [111](#). This free NHS phone service makes it easy for you to get high quality healthcare advice when you need medical help fast but it's not a life-threatening situation.



NHS 111 is available 24 hours a day, seven days a week. The trained call handlers can provide health advice, put you in touch with the right service, arrange to have you seen by a doctor or call you an ambulance.

You can read the full article in The Stockport Review Extra Winter Special 2018 at: <https://content.govdelivery.com/accounts/UKSMBC/bulletins/21e56de>

There are also lots of information guides and factsheets available from Age UK on our website or from our office in Merseyway including 'Winter Wrapped Up' which has information about keeping warm and well this winter.



Nutrition & Hydration Programme

1 in 10 older people don't eat and drink enough to maintain a healthy weight. This has a big impact on their well-being & independence and means they are more reliant on health and social care services. The Greater Manchester Nutrition and Hydration programme is a 2-year pilot, which aims to make sure that older people (65+) are eating and drinking well enough to remain healthy and independent for longer.

The programme raises awareness of undernutrition within the community and offers training to staff in health, social care and community settings. It utilises paperweight armbands to identify people who are at risk of undernutrition and promotes a food-first approach

FREE TRAINING is now available for staff and volunteers in health, social care and community settings.

For more information contact **Siobhan McKenna** (GM Nutrition and Hydration Programme Manager – Stockport area) on: smckenna@ageuksalford.org.uk 07764734746

AUKS staff attended the Nutrition and Hydration conference in October at Salford Royal Hospital, where they discussed the new programme that Greater Manchester are implementing.



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Changes to the Qualifying Ages for Attendance Allowance and Personal Independence Payment

Following the introduction of the Welfare Reform Act 2012 and subsequent amending of the Social Security Contributions and Benefits Act 1992, both the ages for Attendance Allowance (AA) and Personal Independence Payment (PIP) are now linked to state pension age, so the relevant date is now referred to as 'pensionable age' rather than 'age 65'.

Men and women's state pension age equalised at 65 in November this year. Both will then start to increase at the same time, but the first increase will not be until 6 March 2019 when it will be 65 and 3 months.

PIP and AA qualifying age will therefore rise in line with this. It will then rise by one month every two months thereafter from the 6th May 2019 and so on.

If you need help to claim any benefits or would like advice and information on any topic why not contact our advice and information office in Merseyway (just next to the Post Office). Ring to make an appointment on 0161 477 1213 or pop in Monday to Friday 9.30 to 3.00.



AUKS Out & About Last Month

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

Including:

- The Launch Event of the 'Active Ageing' programme
- AUKS Annual General Meeting
- St George's Christmas Tree Festival



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

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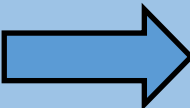
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Monthly News - December 18

Dates for your diary

Date	Event	Time
5th Dec	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
10th Dec	Signpost for Carers Winter Wellbeing Day. For more information please contact Signpost on 0161 442 0442 or email carersconnect@signpostforcarers.org.uk	10.30 – 2.30pm
13th Dec	Pure Innovations & the Wellbeing Network are holding a Frazzled Cafe in Central Stockport at The Kitchen (community cafe & bakery), Graylaw House, Chestergate. SK1 1LZ. For more information call Emily on 07841013702	4.30—7.30pm
14th Dec	Age UK Stockport Christmas Carol Concert at St Marys Church, (in the Market Place) Stockport, SK1 1YG. Light refreshments available after the concert. There is no need to book. EVERYONE WELCOME!	1.00pm
Closed	The AUKS offices will be closed from 22nd Dec to 2nd Jan For emergency contact details please see the list opposite or visit our website	
29th Jan 19	Winter Warmth and Wellbeing Event at the Hat Works, Wellington Rd South, Stockport SK3 0EU. Come and find out about how to stay warm, healthy and safe this Winter and enjoy a hot snack lunch with us.	11am - 2pm

Emergency numbers

Emergency Police / Fire / Ambulance 999

Adult Social Care out of hours service
0161 718 2118

Children's Social Services out of hours service
0161 718 2118

Samaritans Free calls anytime 116 123

Stockport Homes if rough sleeping 0161 217 6016

Shelter Homelessness Helpline 0808 800 4444

National Domestic Abuse Helpline 0808 200 0247

RSPCA 0300 1234 999

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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