

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!**



A Big 'Thank you'



On Tuesday 29th January we held our Winter Warmth and Wellbeing Event and we would like to say 'thank you' to everyone, including the Mayor, Councillor Walter Brett, (pictured left, with the Chair of AUKS, Sue Alting), who braved the wintery



weather to join us at the Hatworks. We would also like to thank the students from Stockport College who provided hand and arm massages; all the stall holders who provided information about keeping warm and well during the cold weather; all the local businesses who provided raffle prizes and particular thanks to Equilibrium Asset Management LLP, who supported the winter warmth bag that all our guests received.



**'THANK YOU' ALL
FOR MAKING THE
DAY SO SPECIAL!**



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CYBER ESSENTIALS SUCCESS

In early January we were successful in achieving the Information Governance standard 'Cyber Essentials'. This was not only a really good thing as cyber security is an increasing issue, but it is also important for securing future contracts.

Cyber Essentials is a Government backed scheme that helps to protect organisations against a whole range of the most common cyber attacks.

The Information Commissioners Office recently noted "not only does this programme improve security, but embracing Cyber Essentials helps charities demonstrate that they have undertaken appropriate due diligence." "Protecting personal data depends on good cyber security, and the threats and challenges are getting ever more sophisticated. All too often organisations fail at the basics. This scheme focuses on the core set of actions that businesses should be taking to protect themselves, their customers, and their brand."

"Cyber Essentials enables businesses to demonstrate that they are taking action to control the risks."

The key benefits of Cyber Essentials are: it enables organisations to win UK Government contracts; it protects against over 80% of common cyber threats and it offers additional security for GDPR compliancy.

Much more can be seen here:

www.cyberessentials.ncsc.gov.uk/



New Project - To Reduce Social Isolation and Increase Engagement

There is an extensive body of research that links good social relationships with a range of positive quality of life measures and health outcomes. Conversely, loneliness and social isolation have serious negative consequences for physical and mental health.



We have now recruited a new Social Isolation and Engagement worker, Alanna Brown, who said, "The main purpose of my role, is to actively engage with people who are isolated and/or lonely so as to; Support individual's confidence and resilience in accordance with their aims and wishes; and encourage them to maintain their independence and consider the benefits of social engagement. Facilitate appropriate access to creative, recreational and social activities that promotes positive mental and physical wellbeing in a socially inclusive manner; and to bring people together to reduce the gaps across social, generational, digital, cultural and attitudinal divides. Thereby reducing the effects of both loneliness and social isolation for the individual but also the resulting negative impacts at community and societal levels. I am really excited at the prospect of helping people to create positive changes to lead a happier, more fulfilling life."

For more information please contact
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Help Shape Our Future - Join Our Board

AUKS has been around in Stockport since 1946 in various guises! We are currently looking for committed individuals, who can share their time, experience and skills to make a difference to the lives of local older people as set out in our vision, mission and values. We want to encourage a diverse and representative Board of Trustees and would welcome applications from people from all ages and backgrounds.

Previous board experience is not essential, but we need people with enthusiasm, together with an understanding of or willingness to learn about good charitable governance.

Your role as a Trustee is to work with other Trustees as part of a team, providing leadership, strategic direction and collective responsibility for robust governance to ensure the charity is running effectively and efficiently and delivers benefit and value. All Trustees are volunteers and the positions are unremunerated. The time commitment required is typically around 6 to 10 hours a month.

This is an exciting and challenging time as we continue to plan to ensure financial diversity and stability and a high standard of performance for the organisation. As a trustee you will be part of shaping and guiding this development and help to make a difference to local people and communities.

**For more information please visit our website,
or for an informal chat please contact
Margaret Brade on 0161 480 1211.**

Have Your Say on Social Care

Ann Coffey, Member of Parliament for Stockport, has launched a social care survey for Stockport residents, to gather feedback ready for a Government consultation later in the year. The survey focuses on the experiences of residents who care for or help a family member, friend or neighbour and can include anything from helping with a weekly food shop to full time medical care.



The feedback from the survey will be used nationally in Parliament by Ann (with all details being anonymous).

The link to the survey is here: <https://www.surveymonkey.co.uk/r/VMPCG76>

AUKS are often involved with campaigning on various issues that affect older people; for example last month we highlighted the campaign to save free TV licences for the over 75's.

If you would like to know more, or would like to be involved in campaigning please visit the campaigns section of our website.

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Monthly News - February 19

Dates for your diary

Date	Event	Time
22nd February	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
2nd March	Step Out Stockport Open Day - Step Out Stockport provides adult day care through varied social, personal and practical support. The open day will give you, family and carers a chance to look round, maybe join in some activities and tell us what you would like to see the center provide in the future. Whitehill Resource Centre, Whitehill Street, Reddish,, SK5 7LW. BOOKING ESSENTIAL To book a place at either session please telephone 0161 480 1211	10.30 -12 pm Or 1.00 - 2.30 pm
6th March	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
11th— 17thMarch	Nutrition and Hydration Week - Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well-being. Organisations from around the world and from all areas of health and social care take part. More details to follow. Further information can be found at www.nutritionandhydrationweek.co.uk For local information or free training on nutrition and hydration contact, Siobhan McKenna (GM Nutrition and Hydration Programme Manager – Stockport area) at: smckenna@ageuksalford.org.uk	

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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