

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

Don't Forget the Winter Warmth and Wellbeing Event on 29th January! Everyone Welcome - We look forward to seeing you there!

Save Free TV for Older People

For over a million of the oldest people in our society, TV is their main form of company. TV helps you stay connected and when you spend your days alone, it gives you something to rely on, something to look forward to. That's why we're fighting to save the right to a free TV licence for the over 75s.

The BBC is considering removing free TV licences from the over 75s. Age UK want to make sure as many people as possible tell the BBC how important they think the right to a TV licence is for people aged over 75. Over 29,000 people have already signed the petition to save TV licences for the over 75's but if you would like to, it's not too late! You can either use [this link to the petition](#) or you can pick up a card from AUKS and send it off for free.



Closing date 31.1.19

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Fax: 0161 480 3735

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk

Hate Crime Awareness Week

Greater Manchester Greater Hate Crime Awareness week 2019 is fast approaching - 4th to 10th February 2019. To raise awareness Stockport Mind are organising an event at Stockport College on 5th February which we will be attending and you are invited (see back page for more details).

Hate crimes are acts of violence or hostility directed at people because of who they are or who someone thinks they are. Hate crimes can take many different forms – for example someone may have damaged your property because of the colour of your skin, sent you offensive letters because of what you believe, or behaved violently towards you because of who you love. No hate crime is acceptable. We all have a right to live without fear, hostility and intimidation from others.

Hate crime is any criminal offence which is perceived by the victim or any other person to be motivated by hostility or prejudice based on a person's characteristic or perceived characteristic including: disability, race, religion or belief, sexual orientation, trans and gender reassignment or alternative sub-culture.

If the hate crime puts you, your family or your property in immediate danger? Phone 999 and ask for the police. For non-urgent reporting phone the police on 101, or complete a [Greater Manchester Police Hate Crime/Incident Reporting form](#).

To find out more please go to <http://www.letsendhatecrime.com/>

LET'S END
HATE CRIME.

The 'Big Knit' - Update

The Big Knit is the campaign that Age UK runs in partnership with Innocent drinks where we ask you to knit little woolly hats which then go on to their smoothies. For every smoothie sold, Age UK Stockport receives 25p.

We are now almost half way through the campaign and so **'THANK YOU'** to those of you who have already knitted your hats and sent them to us, but it's not too late if you would still like to get involved!



Download the knitting patterns below or collect them from Merseyway, make yourself a nice cup of tea, find a comfy chair and knit away! Once your little knitted creations are ready, drop them off or post them to either the address below or the office in Merseyway.



The money we raise from the Big Knit helps us be there for older people who have no one else to turn to – so those little hats really do make a big difference!

[Click here for your Big Knit Knitting Patterns](#)

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Active Ageing Update

After a successful launch at the back end of 2018 the Active Ageing programme is now fully up and running. To date we have already supported a number of local people to access physical activity sessions and we are looking forward to helping more individuals to access local provision in 2019. If you would like to get involved or for more information, please feel free to give us a call on the below details.

We are also still actively looking for Volunteers to become peer mentors and to help us on the Active Ageing programme, if you feel you have some spare time to help support individuals to become more physically active then please contact us on the below details.


T: 0161 480 1211

E: info@ageukstockport.org.uk



MEET
Fred & Robert

“Don't stay in all the time and watch TV. You don't meet anybody in your house!”

FOR MORE INFORMATION
 **0161 480 1211**
 info@ageukstockport.org.uk  ageukstockport.org.uk

Active Ageing in Stockport









AUKS Out & About Last Month

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

- Marple Hall School Christmas party for 50 older people from the local community.
- Signpost Winter Wellbeing Day
- AUKS Annual Carol Concert
- Collecting gifts from Cheadle Hulme School which were distributed by AUKS to people in the community who wouldn't have otherwise received any gifts.



If you would like AUKS to be involved with an event you are organising please let us know. By contacting us on the details below.

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Monthly News - January 19

Dates for your diary

Date	Event	Time
9th January	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
25th January	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
29th Jan	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
4th—11th Feb	Hate Crime Awareness Week	
5th Feb	Hate Crime Awareness Event at Stockport College, Wellington Rd South, Stockport SK1 3UQ - Organised by Stockport Mind (more details to follow)	11am—4pm
6th 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
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

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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