

## 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](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.

## International Day for Older Persons 1<sup>st</sup> October 2018

On 14 December 1990, the United Nations General Assembly designated 1 October the International Day for Older Persons. To celebrate we would like you to join us for tea and cake at the Information and Advice Office in Merseyway where you can find out how AUKS can help you make the most of later life. We will be joined by Self Help Services who will be offering a **free** drop in service for all things wellbeing. Pop along from 12pm -3pm to talk about how free local services can support you to connect with others, take control of your wellbeing and make positive changes.

If you can't attend the drop in or would like to find out more you can call Self Help Services on 0161 480 2020 or visit the website [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)



**SelfHelp**  
Improving mental health

Age UK Stockport  
Commonweal  
56 Wellington Street  
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)

## Stockport's Home Library Service



Do you or someone you know struggle to visit the library due to health issues or caring commitments?

Stockport's Home Library Service (HLS) can deliver your choice of books, talking books and DVDs direct to your door completely **free** of charge.

You can also join the HLS on a temporary basis. For example, if you're recovering from an operation – while you're confined to your house.

For more information call

**0161 474 5600**

or email

homelibraryservice@stockport.gov.uk or visit the website  
<https://www.stockport.gov.uk/home-library-service/home-library-service-overview>



## Volunteer Champions Needed!

Stockport is about to embark on a very exciting project to help increase opportunities for older people to get more active. At Age UK Stockport we are setting up a Peer Mentor scheme to help support individuals on their journeys to become more active. As part of the Active Ageing programme we are looking for Volunteer Champions to help make all of this possible. For more information and a role description please get in touch with:



Gareth (Active Ageing Coordinator):

Email :  
[Gareth.Ball@ageukstockport.org.uk](mailto:Gareth.Ball@ageukstockport.org.uk)

Tel: 0161 480 1211



Age UK Stockport  
Commonweal  
56 Wellington Street  
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)

## GoodGym launches in Stockport

45 runners ran 6.0k to help reform the Signpost gardens!

From 28th August, [GoodGym Stockport](#) runners will meet every Tuesday evening to run and volunteer together at a local community project. In the future they will also aim to reduce loneliness amongst older people- through [weekly social visits](#) and support with [one-off tasks](#).

If you are over 60 and have an odd job that you are struggling with they may be able to help! Tasks such as changing a smoke alarm battery or light bulb, clearing rubbish, gardening tasks or moving heavy furniture.

You can get in touch with Goodgym by calling 02034323920 or email [tasks@goodgym.org](mailto:tasks@goodgym.org) or contact Age UK Stockport for more information.



## AUKS Out & About

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

- Cheadle Fire Station Open Day
- Stockport Emergency Services Day
- Launch Event of GoodGym Stockport



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)

Age UK Stockport  
Commonweal  
56 Wellington Street  
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)

# Monthly News - September 18

## Dates for your diary

Date	Event	Time
13th Sept	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
18th Sept	See Hear Open Day - Walthew House 112 Shaw Heath, Stockport SK2 6QS <a href="https://www.walthewhouse.org.uk">https://www.walthewhouse.org.uk</a>	10 -3pm
19th Sept	Planning for Later Life with Gorvins Solicitors - A <b>FREE</b> event. Find out more about AUKS, wills, power of attorney, personal budgets, financial advice and avoiding scams. To register an interest and book your place contact Katie Taylor on <a href="mailto:katie.taylor@gorvins.com">katie.taylor@gorvins.com</a> or call on 0161 930 5101	11.00 – 2.30pm
22nd Sept	Community Open Day at St Matthews Church Edgeley -Entrance and all activities are FREE. Grenville Street SK3 9EE	11.00—2pm
24th Sept	'Knitathon' at ASDA Stockport - Information stand and knitting hats for the Innocent Smoothie Bottles at ASDA Stockport SK1 1UA	11.00– 3pm
25th Sept	'Knitathon' at ASDA Reddish, Manchester Rd, SK4 1TN (see above)	12.00– 4pm
1st October	International Day for Older - Open Day at Information and Advice office in Merseyway SK1 1PD. (See front page for details)	12.00-3pm
2nd October	Open Day at No Limits, Friendship Club, Queens Court, Marple, SK6 6BS. Come and join us, enjoy a chat and a cuppa and take part in various activities in a warm, safe and friendly environment.	1pm-3pm

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)

Age UK Stockport  
 Commonweal  
 56 Wellington Street  
 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)