

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

The Age UK Stockport Christmas Carol Concert

Warren Wood Primary School
orchestra and choir and the
Sunrise (Bramhall) Singing Group.

Friday 14th December, 2018 at 1:00p.m.

St Mary's in the Marketplace,
Churchgate, Stockport, SK1 1YG

Light refreshments available after the concert

Please come and join us at St Mary's Church for our annual carol concert.

There is no need to book, **EVERYONE WELCOME!**

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Data Security



October was European Cyber Security Month which also included Charity Fraud Awareness Week with a focus on cyber fraud. As we hold people's data as well as our own we take data security very seriously and took the opportunity to check again all our controls. Age UK Stockport is proud to hold the internationally recognised ISO (International Organization for Standardization) standards for both Quality (9001) and Information Security (27001) and these ensure we keep our processes strong and up to date so we can be confident in meeting our responsibility to the people we work with to keep data confidential.



The 'Big Knit' is back!

We're delighted to announce the Big Knit is back for 2018! 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'd love you to knit lots of lovely little hats for this year's Big Knit and whether you're a knitting novice or a purling pro, it couldn't be easier.

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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Volunteer this Winter

Age UK Stockport relies on volunteers to help us offer vital services in the local community. Would you like to lend a hand?

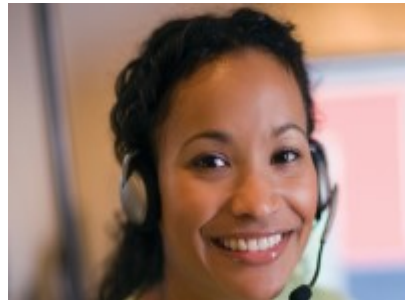
We have volunteer vacancies for advisors, reception, telephone support and administrators at our Information and Advice office in Merseyway.

If you can use a computer and have some time to spare (Monday to Friday 9.30– 3.00), why not get in touch?

Could you help someone to fill in forms or do benefit checks? Would you enjoy answering the telephone, making appointments and dealing with the public. Full training will be given.

Please pop in or ring 0161 477 1213 for a chat, if you would like more information.

If this isn't what interests you, but you would like to lend a hand, have a look on our website for other volunteer vacancies.



AUKS Out & About Last Month

Steady Bones

The 3rd 'Steady Bones' Education session for Osteoporosis was held in Heaviley, Stockport. This information event provides an invited group access to professional speakers to raise awareness of bone health and related services.

A Consultant Rheumatologist and lead specialist Pharmacist were on hand to advise about current research and treatments and provided a questions and answers session. Other speakers included therapists, a dietician, Life Leisure and the National Osteoporosis Society.

Age UK Stockport was represented by Debbie Dean and Elaine Curzon from the Back Home team based at Stepping Hill Hospital.

Everyone who attended found it informative and useful. It is hoped the 'Steady Bones' education sessions will be held on a regular bi-annual basis alongside regular peer support sessions.

For more information contact

0161 835 6701



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Monthly News - November 18 - (AGM Details Below)

Dates for your diary

Date	Event	Time
November	Ways to Wellbeing - Starting in November a 6 week workshop for people aged 65 and over that wish to improve their wellbeing and manage symptoms associated with stress, worry, low mood and poor sleep. For more information contact Self Help Services on 0161 480 2020 www.selfhelpservices.org.uk	1pm– 3pm
8th Nov	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
13th Nov	Age UK Stockport Annual General Meeting at the Hat Works Museum, Wellington Rd S, Stockport SK3 0EU. You are invited to attend to hear about our work and also about new services and developments. Hot lunch will be served at the end of the meeting.	12pm - 2pm
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
14th Dec	Age UK Stockport Christmas Carol Concert at St Marys Church, Stockport, SK1 1YG. See front page for details. Everyone welcome!	1.00pm
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

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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