

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.

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.

Age UK Stockport Annual General Meeting

13th November 2018 at 12.00 noon

You are invited to attend our AGM to hear about our work and also about new services and developments.

A hot lunch will be served at the end of the meeting.

Join us at the Hatworks Museum, Wellington Rd South, Stockport SK3 0EU

Please RSVP by 5th November to Age UK Stockport using the contact details below.

We look forward to seeing you there!



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What a difference a day makes!

On Wednesday 12th September, a team of volunteers came from Astra Zeneca in Macclesfield to clear the garden and paint at Step Out Stockport's Day Centre in Reddish as part of their employee volunteering scheme .



They sanded and varnished the bench and wooden flower planters; they rubbed down and painted some external doors and handrails, cut the grass, weeded and cut back the gardens and cleared all the moss off the paths. They made a huge difference to the garden and the outside space, so now everyone at the Centre will be able to really enjoy the gardens to the full!

We are all looking forward to another team coming this month to do some more painting and gardening in different areas of the centre.



Parade of Light—11th November

A programme of events on Remembrance Sunday will bring communities and individuals together in a poignant tribute to those who lost their lives during World War I.

There are commemorative services and a lantern parade will start from St Mary's Church to Stockport War Memorial Art Gallery. Led by the combined marching bands of Citadel Brass and Stockport Silver Band, schools, community groups and local people will carry 200 lanterns which have been made for the occasion. There will also be a theatrical drama monologue, which will journey from the trenches, to a field hospital to life back at home in peacetime Britain in St Peters Square.

The lantern parade will assemble for readings, musical pieces and a bugler playing 'The Last Post'. Stockport will light its beacon. This symbolic act is being carried out simultaneously across the UK and home territories where 1000 beacons of light will be lit at 7pm. Local churches will peal their bells and ring out for peace. The front façade of Stockport War Memorial Art Gallery will be illuminated with a projection of poppies.

If anyone would like to attend on 11th but need help to get there please contact us and we will do our best to get you there!



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Penny the Piggy Bank Comes to Stockport

Penny the Piggy Bank has been going on a tour around the country to raise awareness of our campaign to save the care system and last week she came to Stockport

We care about social care because delayed discharges from hospital due to a lack of social care is costing our NHS an eye-watering £500 every minute.
Why do you care about social care?

We need you to let your MP know why you care now: <https://campaigns.ageuk.org.uk/page/27178/petition/1...>

If you don't go on line but would like to let your MP know about how you feel you can collect a postcard from the information and advice office in Merseyway.



AUKS Out & About

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

- See Hear Open Day at Walthew House
- Gorvins Solicitors Caring Week.
- Community Open Day at St Matthews Church , Edgeley.
- Awareness raising at Asda



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

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Dates for your diary

Date	Event	Time
11th Oct	Health and Wellbeing Event Stockport Central Library, Wellington Rd S, Stockport SK1 3RS. There will be lots of information from us and other organisations in Stockport	12- 4.00pm
17th Oct	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
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 S, 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. RSVP by 5 th November to AUKS	12pm - 2pm
14th Dec	Age UK Stockport Christmas Carol Concert at St Marys Church, Stockport, SK1	1.00pm

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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