

## New! Knit & Natter at the Hub



Age UK and **Innocent Drinks** have announced the **Big Knit campaign** will be returning in October and we're excited to get involved and raise vital funds for Age UK Stockport!

The Big Knit Campaign is where we ask you to knit little woolly hats which then go onto the Innocent Smoothie bottles. Since the Big Knit began back in 2003, knitters all over the UK have helped raise over £3 million for Age UK and our vital work.

We thought with the Big Knit starting again, this would be an ideal opportunity to start our own Knit and Natter group, so from **Wednesday 14th August 10.30am to 12 noon** we will be holding a **Knit and Natter Coffee Morning** at The Hub, 2 Castle Street, Edgeley, SK3 9AB, where we have lovely comfy armchairs ideal for knitting!

Why not join us for the Knit and Natter whilst we knit / crochet some little woolly hats to raise funds for Age UK Stockport? All abilities very welcome and don't worry if you can't knit or crochet, you can just come for a brew and the natter!

If you can't make the Knit & Natter, or just can't wait to get started you will find lots of knitting patterns [here](#) or you can pick them up at the Hub in Edgeley, or we can even post them to you if you give us a call.

Most of the patterns use double knitting yarn and size 4mm needles so if you have any of these spare we would really appreciate them. Just drop them off at the Hub.

You can find out more information about the Hub on our website

[The Hub \(ageuk.org.uk\)](http://www.ageuk.org.uk)

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### Age UK Stockport News Sheet

Copies available on our website [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk)  
or direct to your inbox by signing up to email  
[info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)  
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## Free Invite for Stockport County Fans!



On Saturday **10th August** we'll be kicking off this year's football season by hosting a live screening of **Stockport' County's** opening game against Cambridge United!

We're celebrating the start of the football season with our friends at Sky who are streaming every game from across all three EFL divisions live, thanks to **Sky Sports+**.

If you would like to join the party and see the Hatters look to build on their promotion to League One you need to book you place now!

It will be at the Age UK Stockport Hub in Edgeley, kick-off is at 5:30pm and refreshments will be included.

**Places are limited, so booking essential.** If you like to come along, please call on 0161 480 1211 or [email info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

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## Reflections on Broughton House

Last month we included an article about Joe celebrating his 101st birthday at Broughton House in Salford and this brought back some memories for one of our readers.

Alma Royle reflected on how having left school at 18 she went to work at ICI Dyestuffs Division in Blackley where there was a very active sports and social club. Alma soon saw a gap in the sport provision and set up a netball team from scratch to play on Saturday afternoons in the league in Manchester.

She was also invited to join a small group of ICI employees who visited Broughton House on the 1st Thursday of each month. Broughton House had been set up in 1916 to care for casualties returning from the first World War and some of those people were still there when Alma visited.

Alma and her colleagues would sit with one of the patients, make friends with them and make it a nice social evening. Alma particularly remembers her visits to one man who had been very badly injured during the war. Alma said we both enjoyed the visits and he would speak about his experiences in the war which was interesting to Alma as her own father had served in the Great War, but would not speak of them. Alma said

*"I have never forgotten him, he had a wicked sense of humour"*

Alma reflected on being 'a young girl who gave up a little bit of her time to visit this wonderful and brave man'.

## Do You Know About Tandem?



Age UK Stockport's Tandem Service provides thousands of hours of support every year to Stockport residents, helping people maintain their independence.

The Service can support all adults regardless of age.

We can help with everything from shopping and light household tasks, to travel to appointments and leisure activities.

Our Tandem Team are always here to support you and we can tailor support to meet your needs.

All our Support Workers are fully trained by Age UK Stockport and recruited from the local community.

We also offer a support with ordering shopping on-line.

**Easy shop ONLINE** recognises that some people do not have the available equipment or the technical knowledge to take advantage of the benefits of ordering shopping online and having it delivered by the supermarket to your door.

The service is delivered at a special rate where no home visit is required.

Please do not hesitate to contact us if you have any queries or wish to discuss your support needs further.

Pick up one of our new leaflets for more information or get in touch:

[Tandem@ageukstockport.org.uk](mailto:Tandem@ageukstockport.org.uk) or call 0161 480 1211.

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## Edgeley's History & Heritage

Do you want to learn more about Edgeley's history and heritage? The Stockport Creative Campus project, a partnership between Stockport Council, Madlab, Manchester Metropolitan University, have developed a unique sonic augmented reality (AR) trail in Edgeley, a project that brings together the community's informal heritage and official historic sites in a way that's never been done before.

**NOW HEAR THEN** is not just a trail. It's about sharing stories from all corners of Edgeley, from parks to pubs to churches and even Stockport County. Find out how you can get involved [here](#) or pop into the Hub in Edgeley.

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## Confidence Walks - Find Out More



Age UK Stockport, in collaboration with Life Leisure's Active Communities team, identified a significant challenge faced by people who can only manage to walk short distances. For people who can only manage to walk short distances, traditional walking groups often seem intimidating and inaccessible, so the Confidence Walk was created.

The confidence walk is an indoor walking session designed to provide a safe environment, where you can improve your balance, gain

confidence in walking and all whilst increasing fitness in a consistent, controlled setting. You can also sit down at any time for a drink and a chat!

These sessions have grown quickly in popularity, and there are now five regular walking groups in Stockport that are listed at the back of the newsletter.

People taking part in the sessions say they have experienced increased stamina and mobility and enjoy the social aspect of the sessions.

There is also an outdoor confidence / social walk at Woodbank Park, Offerton on Mondays. Woodbank Park has flat, paved paths and plenty of benches where you can take a rest, making it ideal for those who would like to take the confidence walk to the next level.

If you would like to get involved check out our website [here](#)

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## Free Safer Driving for Over 55's

Safer Roads Greater Manchester Partnership are encouraging drivers to join the **FREE** Safer Driving for Longer course. The course helps drivers to reflect on their own driving, increase confidence in their ability and to consider efficient alternatives to driving. It is available to Greater Manchester residents aged 55+. The course will take place in Trafford and location details will be shared at the time of booking.

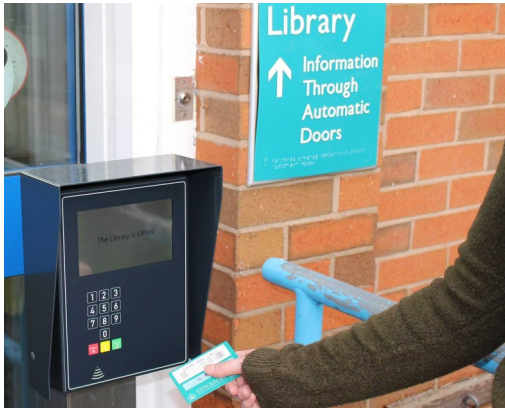
To book a place on the course, participants should call **0300 123 1518** (option 3).

More information about the courses and how to book is available online at [Free Safer Driving for Longer course | Bee Network | Powered by TfGM](#)

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## Open+ at Stockport Libraries



'Open+' is Stockport Libraries self-service technology that gives you access to library buildings for longer periods every day. You don't need to register to use Open+ - you can just need to turn up at the building with your library card.

You just scan your library card at the entrance and enter your PIN to access the building. If you don't know your PIN, [log in to your library account](#), select 'Forgot Your PIN' and follow the instructions to receive an email to your registered

email address with your PIN.

In the library using Open+ you can: borrow books, return books, pick up reservations and go online using the public PCs or the wifi on your own device.

Some services are only available during staffed hours, such as: face to face information and guidance, photocopying and printing.

Check Stockport Council's website [here](#) for more detail on Open+ and library opening times.

Don't forget, if you live in Stockport and cannot visit a library, or you're a full time carer, you can use the free [Home Library Service](#).

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## Save the Winter Fuel Payment

The Government has announced that they are cutting the Winter Fuel Payment for pensioners not on Pension Credit and a handful of other means tested benefits in England and Wales.

Age UK believes as many as 2 million older people will be badly affected by this cut: those on low incomes who just miss out on Pension Credit, and others with high energy needs because of disability or illness, as well as the 800,000 people who don't receive the Pension Credit for which they are eligible.

If you would like to sign the Age UK petition to save the winter fuel payment for those who may be left struggling, you can sign [here](#)

You can check if you are eligible for Pension Credit and how to apply on the Age UK website [here](#)

If you would like to speak to someone you can call the Age UK free [Advice Line](#) on 0800 169 65 65 or call the Age UK Stockport team on 0161 477 1213.

## Action Fraud Alert

**Action Fraud**  
Report Fraud & Internet Crime  
**0300 123 2040**

New figures reveal over 32 million suspicious emails have been reported to the Suspicious Email Reporting Service (SERS), with more than a third of all emails reported in the last year.

Whether it's an email asking you to "verify" your bank account details, or a text message claiming you've missed a delivery and are required to pay a redelivery fee, the goal is usually the same - to trick you into revealing personal and financial information.

Some practical advice you can follow when it comes to dealing with suspicious messages and calls:

- If you have any doubts about a message, contact the organisation directly using the contact details on their official website.

Do not use the number or web address in the message. **Your bank, or any other official source, will not ask you to provide sensitive information by email.**

- Received an email that doesn't feel right? **STOP!** Report suspicious emails by forwarding them to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Send emails to this address that feel suspicious, even if you're not certain they're a scam - they will be checked.
- Always report suspicious text messages or scam call numbers, free of charge, to **7726**. Your provider can find out where the text came from and block or ban the sender.
- To report a scam text, forward it to **7726** and then send the sender's number when prompted.
- To report a scam call, simply text **7726** with the word '**Call**' followed by the scam caller's number.
- If you've lost money or provided financial information as a result of a phishing scam, **notify your bank immediately** and report it to **Action Fraud** at [actionfraud.police.uk](http://actionfraud.police.uk) or by calling 0300 123 2040.

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## Thank You to Stockport College



We would like to say a big 'THANK YOU' to staff at Stockport College who have recently run two courses at the Hub in Edgeley. We had the jewellery making course first and the digital skills course in July, both were very popular and enjoyable.

**Thanks to everyone involved!**



## Monthly Activities

### **Saturday Social Walk - 10th August meeting at 9.45am for a 10am start.**

Meet at The Railway Pub, 223 Stockport Road, Rose Hill, Marple, SK6 6EN for a walk along the Middlewood Way and along the canal.

The walk will last about 2-2.5 hours and is nice and flat.

Come along to get your steps in and meet new people! No need to book.

## Weekly Activities

### Monday (except public holidays)

**10.30 am - Brinnington Community Walk** - Meet at Hollow End Towers, Northumberland Road, SK5 8NY Join us for a leisurely walk around Reddish Vale. Just turn up!

**12 to 2.00pm - Digital Drop In** - At The Hub, 2 Castle Street, Edgeley, SK3 9AB If you want to get online, need help troubleshooting with your devices, or simply want to find affordable options to get online, our Sky Cares Volunteers are here to help.

**1pm – 2.30pm – Outdoor Confidence / Social Walk.** Meet at Woodbank Park car park, behind Woodbank Community Centre, SK1 4BL. Join us for a walk around the beautiful Woodbank park. The walk is suitable for all abilities and there are plenty of opportunities to take a rest. Just turn up, no need to book!

### Tuesday

**9am - 10.30am - Brinnington Community Clean** - Litter picking and general maintenance. Meet at Brinnington Park Leisure Complex (BPLC) SK5 8LS

**New! 10am - 11am - Free Confidence Class** - At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK5 7AT (adjacent to Broadstone Mill), This session is in conjunction with Life Leisure and is an exercise class for all abilities on functional movements. Come along and do what you can. Enjoy sitting and socialising with a cuppa whenever you like!

**11.30am - 1pm - Free Community Bingo** - At BPLC, SK5 8LS. This session is supported by the Lighthouse Centre.

**1pm to 2pm - Confidence Walk** - At Life Leisure Avondale, SK3 0UP. Indoor walking aimed to improve balance and gain confidence.

Continued on the next page...

## Weekly Activities Continued

### Wednesday

**10.30am to 11.30am - Confidence Walk** - At Brinnington Park Leisure Complex, SK5 8LS. Indoor walking aimed to improve balance and gain confidence.

**10.30am to 12.00pm - Knit & Natter** - At The Hub, 2 Castle Street, Edgeley.

**12 to 2.00pm - Digital Drop In** - At The Hub, 2 Castle Street, Edgeley, SK3 9AB. See Monday's digital drop in for more information.

**1 - 2.30pm - Woodley Community Walk** - Meet at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX for a leisurely walk around Hulmes Wood Nature Reserve. Followed by refreshments at the Leisure Centre.

### Thursday

**10.00am to 2.00pm - Information & Advice & Digital Drop In (10.30-12.30)** - At The Hub, SK3 9AB.

**10.30am to 12 noon - Coffee Morning** - At Brinnington Park Leisure Complex. Everyone welcome!

**12.15pm - 1.00pm - Free Chair-based Exercise Class followed by light meal.** At Brinnington Lighthouse Centre, SK5 8LS. This class is designed for all abilities and you can just turn up, you don't have to book .

**1 - 2pm - Community Gym Session** - at Stockport Sports Village, Lamberth Grove, Woodley SK6 1QX - **Free gym session!**

**1.30pm - 2.30pm - Confidence Walk** - At **The Bramhall Village Club**, 2 Melbourne Road, Bramhall SK7 1LR. £1.50 charge including refreshments.

### Friday

**10.30am - Community Gym Session** - at Brinnington Park Leisure Complex - Free gym session in partnership with Life Leisure

**11.30pm - 12.30pm - Confidence Walk** - At **Woodley Civic Hall**, Hyde Road, Woodley SK6 1QG. Indoor walking aimed to improve balance and gain confidence - £1.50 charge including refreshments

**To keep up to date with what's going on check out our website**

<https://www.ageuk.org.uk/stockport/activities-and-events/regular-activities/>

Or follow us on social media [@AgeUKStockport](#)

Age UK Stockport is a registered charity 1139547