



Age UK Stockport Annual General Meeting

The AGM took place at the Alma Lodge Hotel on Wednesday 27th November.

We were delighted to welcome around 150 people to the event. The Mayor of Stockport Councillor Suzanne Wyatt chaired the meeting as President of Age UK Stockport.

In addition to the usual formal legal business of an AGM the meeting heard from the Chairperson Susan Alting and Chief Executive Margaret Brade with highlights from the Annual Report for the year April 2023 to March 2024. This was brought to life by a video of a range of the activities and a presentation on the great experience of one of the walking groups from Age UK Stockport's Danny Drayson and partners Life Leisure Lisa Arrandale.

Sincere thanks to all who came.



Age UK Stockport News Sheet

Copies available on our website www.ageukstockport.org.uk
or direct to your inbox by signing up to email
info@ageukstockport.org.uk
(you may unsubscribe at any time).

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Let's Change How we Age



A reminder that Age UK national have recently been asking, 'Why do we value old objects over older people?' in the new campaign, fronted by acclaimed British actor Richard Durden which you may have seen on the TV.

We are asking, does our current society reflect the way we want to live our later life?

We believe every older person should be included and valued but that isn't the reality.

You can read more about the new campaign and see a short clip [here](#)



UPDATE – the closing date for this consultation has been extended to the **6th January**.

Age may be just a number, but ageing is something that matters to us all, so we can live out our hopes and dreams well into our later life.

That is why Stockport Age-Friendly Partnership – made up of partners and individuals from the community, voluntary and statutory sectors - is inviting residents, community groups, and partner organisations to contribute to the new Action Plan for an Age-Friendly Stockport.

Everyone in Stockport, young and old, is encouraged to contribute to this Action Plan, and the plan will be finalised in Spring 2025. Give us your views

[Online Survey](#) Closes 6 Jan 2025

Contact: Judith Strobl, Public Health,
07815653975, judith.strobl@stockport.gov.uk

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Important Consultation – Closes 8 January 2025

From the Council:

Stockport Council provide over 800 services to support and improve the lives of residents, businesses, and have announced this consultation.

“We need to make changes to our services in order to make savings and change the way the Council charges for Adult Social Care.

We are shaping our budget within an uncertain, unstable, and complex environment. This includes pressures across public services, our supply chains and addressing the increasing need within our communities for support.”

There is a full article and dates of public events in December and other information all here <https://consultation.stockport.gov.uk/> This is the quickest and most efficient way to provide your feedback.

[Let's Talk Budget 25/26 - Adult Social Care Proposal](https://consultation.stockport.gov.uk/)

Sky Up Partners Celebration Day

On Monday 18th November, our senior lead Hazel Batty and Gemma Reeves-Brown our hub and info and signposting manager attend a Sky up partners celebration day at their head office in London.

It was a great day and an early start but a chance to catch up with the Sky up team and also other organisations that have received funding from Sky up to be able to support with digital outreach in their communities.

Highlight of the day was the chance for Hazel and Gemma to meet the teams, see the fabulous set up in Sky and see the actual sky news set and meet Samia Moshin presenter for Sky news.

Hazel and Gemma really enjoyed and it was good to say thanks to Sky in person.





Age UK Stockport Hub

Check out events and activities going on at our Hub

<https://www.ageuk.org.uk/stockport/our-services/the-hub/>

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Winter wrapped up A guide to keeping warm
and well this winter

Cold Weather Guidance

As the cold weather arrives there is plenty of good advice out there for you and your home.

A good place to start is to keep an eye on the **weather forecast** so you can plan ahead for all you need and prepare for when cold weather is coming – check it out here [forecast](#) The Met Office also has [how to get your home and property winter ready](#) and [keeping your home warm this winter](#)

Get your Age UK '[Winter Wrapped up Booklet](#)' from Age UK
Age UK can help here with other support [Age UK's website](#) or call 0800 169 6565 and quote 'WINTER'.

The government has a [comprehensive page here](#) on keeping warm and well and provides advice for everyone on how to stay warm and well during winter.

Also the NHS England website [how to stay well in winter](#)

Please Remember

If you are worried about your health or feeling down, contact your local pharmacist, NHS 111 or your GP, who will all be able to offer advice and support. In an emergency dial 999.

Christmas Hamper Donations

Over the last several years Sarah Middleton has been so kind to arrange collection of Christmas hampers from 1st Bramhall Scouts, Queen Bees WI Bramhall and the community.

This year around 92 hampers have been collected and these will go out to local people. We are very happy to support distribution of these hampers and it is wonderful to see the pleasure it brings to people and such community spirit.

Thank you again to the 1st Bramhall Scouts, Queen Bees WI Bramhall and the community.





The Big Knit will continue in 2025

What is the Big Knit?

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 receives 30p.

This year, Age UK Stockport has the target of 2,000 hats and all the money we raise will stay in Stockport and will be used to support our befriending service.

How to get involved

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, make yourself a nice cup of tea, find a comfy chair and knit away!

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

Or why not join us at the **Knit and Natter 10.30am to 12.00pm every Wednesday.**

At The Hub, 2 Castle Street, Edgeley, SK3 9AB. 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!

Hand in your hats

Once your little knitted creations are ready, drop them off or post them to:

Age UK Stockport, Commonweal, 56, Wellington Street, Stockport, SK1 3AQ or drop them off at the Hub in Edgeley during their opening hours [The Hub](#)

The deadline for getting your hats in is **30th June 2025**. The little hats will appear on top of Innocent smoothie bottles, available in shops starting October 2025.

THANK YOU!

A Big Thank You to our Volunteers for their support this year

As the year comes to a close, we want to express our sincerest gratitude to our Volunteering Team who have offered hundreds of hours' worth of support this year.

By offering their free time, our volunteers have helped our organisation provide vital services to the local community – from befriending, to our Step Out centre, to offering administrative support to our teams. From everyone at Age UK Stockport – Thank You!

A special shout-out goes to our two long-service award recipients this year - **Sue H and Anne P**. Both volunteers received their 5 year long-service award in 2024 and were celebrated at our AGM in November. Thank you both for your continued support.



Social Media & Communications Volunteer needed!

We're looking for a creative and tech-savvy volunteer to help manage our social media and internal communication updates. Could you, or someone you know, help Age UK Stockport showcase all of the amazing work we do by connecting us with our community via social media? Gain valuable experience, share your skills, and make a difference!

Flexible hours and a possibility for this to be a remote volunteering opportunity – please contact us below for more information.

Volunteer Services Manager – Roisin Lynch – 0161 938 0659

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We would like to wish you all the very best for the Christmas holidays. We will be back later in January with a new layout and we look forward to sharing more with you in 2025!

We are closed during the following time over the Christmas Period. Calls will be diverted to voicemail during this time and picked up on our return.

Office Closes on Tuesday 24th December, 1.00pm.

Office Reopens on Thursday 2nd January, 9.00am.

Age UK National Emergency Contact, Age UK SilverLine.

0800 470 8090 - Free 24 hour telephone service for older people

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