

Could You Volunteer at the Sky Hub?



Gareth Pierce who plays Todd Grimshaw in Coronation Street recently volunteered at the Age UK charity shop in Stockport. You can watch the video [here](#) and hear about his day of volunteering and the benefits he discovered.

The charity shop in Stockport belongs to Age UK national, but there are lots of local volunteering opportunities available to support Age UK Stockport. We have an exciting new opportunity at the Sky Hub on Castle Street in Edgeley, SK3 9AB where we are looking for people to become **Information and Signposting Volunteers**.

The volunteer role will include; providing a friendly welcome to members of the public visiting the Hub; offering and preparing refreshments for visitors and guests; responding to more straightforward queries through using office resources and researching information available on appropriate internet sites. Previous experience is not necessary as full training will be given.

The full role description will be available on our website shortly, but if you are interested why not contact Ro Lynch our Volunteer Manager by emailing volunteer@ageukstockport.org.uk

We have had lots of positive feedback about the Hub, including this from Lisa, *"In these times of difficulty speaking to people in person, it is both reassuring and inspiring to know that this friendly drop in exists"*.

There is always lots going on at the Hub and we would love you to be part of it!

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).

Thank You to Volunteers at Sky Stockport



A big **'THANK YOU'** to the Sky Cares team in Stockport who recently invited clients from our Age UK Stockport Hub for an afternoon tea and cinema screening.

They also received a little goody bag on leaving.

Everyone really enjoyed the afternoon!

Help Shape Our Future - Join Our Board

The overall responsibility for the governance, finances and direction of Age UK Stockport lies with the Board of Trustees. Along with this responsibility goes the pleasure and satisfaction of direct involvement in a large local charity.

We are currently looking for committed individuals, to share their time, experience and skills to make a difference to the lives of local people as set out in our [vision, mission and values](#). We are keen to encourage a diverse Board of Trustees that represents the population of the borough and would welcome applications from people of all ages and from all backgrounds.

Previous board experience is not essential, but we need people with enthusiasm, together with an understanding of or willingness to learn about good charitable governance.

Your role as a Trustee is to work with other trustees as part of a team, providing leadership, strategic direction and collective responsibility for robust governance to ensure the charity is running effectively and efficiently and delivers benefit and value. All Trustees are volunteers and the positions are unremunerated. The time commitment required is typically around 8-10 hours a month.

As a Trustee you will be part of shaping and guiding our future development and help to make a difference to local people and communities.

For more information see our [website](#) or for an informal chat contact Margaret Brade on 0161 480 1211 or email our Chairperson Sue.Altling@ageukstockport.org.uk

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Happy 101st Birthday to RAF Veteran Joe!



RAF Veteran Joe turned 101 recently and Lois from our Hospital Discharge Team was there to celebrate with him! Lois met Joe in March when he contacted Age UK Stockport (AUKS) after a stint in hospital and was feeling a bit alone. Joe has always been very active in both his work and social life, but recently was finding things more challenging.

Lois worked with other agencies including **The Veterans Food Company** who would pay Joe daily visits, to share a brew and a chat in his home. Over time and with ongoing support Joe made the decision to make the move to **Broughton House** (a veterans care village in Salford), where he has said he is very happy.

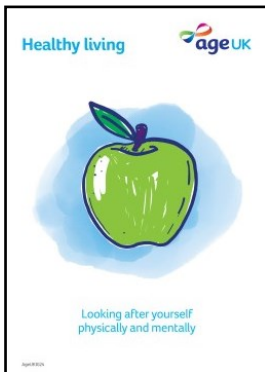
Joe said to Lois *"I wanted to say thank you, this is the happiest I have been in years. I'm now in a place that is safe and comfortable with people whom I can talk to and feel safe"*

Lois said *"It's been an absolute honour and joy to support Joe and makes my job even more special!"*

Joe received 400 birthday cards this year compared to last years 2! With the support of Veterans Food Co, Broughton House and a local cadet school (plus veterans around the community and others).

We would like to say a big 'Thank You' to everyone involved and for bringing Joe so much happiness and joy on his birthday!

How Are You Feeling?



Age UK has lots of information and advice to help you feel your best as the weather warms up.

As the weather improves, it's a great time to think about ways to be active that work for you. Not only is being active an excellent way to look after your physical health, but it can have a real impact on your mental health, too.

The Age UK website has lots of information and advice about things you can do to look after your physical and mental health – and to feel more confident about doing the things you enjoy this summer.

[Health & wellbeing advice | Age UK](#) or if you fancy getting involved locally why not have a look at the regular activities at the back of the newsletter?

The Healthy living information guide can help you make positive changes to improve your health. Read or download the guide [here](#)

If you would like a paper copy you can call the advice line on **0800 678 1602** or email orders@ageuk.co.uk – please include your full postal address and allow 10 days for delivery.

Last Few Spaces For Digital Skills Workshop



Would you like to enhance your digital skills using Microsoft applications - Excel and Word? Then come along to our **free** digital skills workshop starting **Friday 12th July 10am - 12pm** at the Age UK Stockport Hub, 2 Castle Street, Edgeley, SK3 9AB.

This is a four week course being run by a tutor from Stockport College. Please bring your own laptop if you have one, but we have got some at the Hub for you to borrow if you haven't got your own.

There are only a few places left, so book now by calling 0161 480 1211 or email info@ageukstockport.org.uk Please let us know when you book if you will be bringing your own laptop.

Why not pop in to the Hub, have a look around and meet our friendly staff and volunteers!

Do You Know About Step Out Stockport?



Did you know Age UK Stockport's Step Out Service offers a safe and welcoming place where people can socialise, join in with activities and receive support and assistance.

Whitehill is open 6 days a week **Monday to Saturday 9.30am - 4.00pm.**

We welcome visitors who would like to come and have a look round.

Our highly skilled and friendly team can assist with personal care needs, assistance at mealtimes and provide memory and cognitive support.

We also have an Activity coordinator onsite, her Team provide a wide range of fun and interesting activities you are welcome to join in with.

We also provide high quality, locally sourced meals on-site.

For more information take a look at our page on the website:

<https://www.ageuk.org.uk/stockport/our-services/step-out-stockport/>

Please contact our office on 0161 480 0480 to arrange a visit.

Out and About Last Month



In June Age UK staff were out at two events in the town centre. We had a stall and took part in the Stockport Pride parade. This is always a really busy event for us and we love meeting everyone!

Danny our Ageing Well Lead, also took part in the Stockport Moves event with Life Leisure leading a historic walk around the town centre, highlighting the change and evolution of Stockport Town Centre and its key historical buildings. If you missed that event you can always join us for one of our other regular walks, you can find details on our website or at the back of the newsletter.

Come and Have Your Say!



On **Thursday 4th July** Eddie, the Health and Wellbeing manager from Stockport County Community Trust (SCCT) will be at the Hub in Edgeley to capture ideas from people as to what activities / groups you would like in and around Stockport.

SCCT are also looking to start a physical activity session at the hub in August - more details will be

in the August newsletter, or keep an eye on our website [Age UK Stockport | Activities and events](#) or follow us on social media [@AgeUKStockport](#) to hear our news!

Call in on 4th July to speak to Eddie and share your ideas!

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Renewing Your Driving Licence at 70



When you reach the age of 70, your driving licence expires – but this doesn't necessarily mean you have to stop driving. If you want to continue, you just need to renew your licence. You'll need to renew it every 3 years after that. **Renewal is free of charge.**

Do I have to retake my driving test at 70?

No, you don't have to retake your driving test at 70, but you do have to make a health declaration when renewing your licence. And if you have a health condition or disability, you may have to have your driving ability assessed. [Find out more about driving assessments](#)

How do I renew my licence?

The DVLA should send you a D46P application form 90 days before your 70th birthday. Don't forget to apply for any extra categories of vehicle covered on your old licence if you still want to be able to drive them. There might be extra costs for these but if you don't apply for these extra categories you'll only be able to drive a car in future.

If your licence expires and you don't apply for a new one, you won't legally be allowed to drive.

Renewing by post

- **If you have a photocard licence**, fill in the D46P form and return it to the DVLA with your current driving licence photocard. You may also need to include a new passport-type photo – the form will tell you if so.

If you have a paper licence, fill in the D46P form and return it to the DVLA with an up-to-date passport-type photo enclosed.

It can take up to 3 weeks to renew your licence if you apply by post, so you might prefer to renew online instead. Register on **GOV.UK** and follow step-by-step instructions on how to renew.

[Renew your driving licence if you're 70 or over on GOV.UK](#)

What if I don't receive an application form from the DVLA?

If the DVLA doesn't send you an application form, you can do one of the following:

- download a D1 form online, then print and fill it out
- order a D1 form online, then fill it out and post it to the DVLA
- go to the Post Office and ask for a D1 form
- request a driving licence application form from the DVLA.

[Download or order a D1 form online on GOV.UK](#)

Age Friendly Network Meeting



Come and get involved and join us for our next in person **Age Friendly Network Meeting** to be held on **Tuesday 9th July 10.30am – 12.00pm**

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

We are always looking for new members to come along and share in the many activities, benefit from information sessions and importantly have an opportunity to engage with

consultations where of interest, and influence what is going on.

For part of this month's meeting we will be having a wellbeing talk from Lisa Bracewell from **Stockport MIND**.

If you would like to join us please email info@ageukstockport.org.uk or call 0161 480 1211 so we know how many to cater for.

Stockport Car Scheme Need Volunteers!



Stockport Care Scheme help people who struggle to use public transport to get to activities or appointments that support their wellbeing, for example, visiting friends and relatives, attending health appointments, the hairdresser, shopping, social groups, or day centres.

The volunteer drivers collect people from their home, take them to where they need to go and then take them back home. The Car Schemes ask for a contribution towards the cost of the transport and operate 7 days a week.

To provide this service they need Volunteer Drivers. If you have time on your hands and your own vehicle, why not become a volunteer driver in your community?

All expenses are paid and full training is given.

You can apply to volunteer on the website www.stockportcarscheme.org.uk

Or by calling **0161 476 2812** or email info@stockportcarscheme.org.uk

A quote from an older Offerton customer was; *"Thank you very much for your service. All the drivers are so helpful and friendly"*

A volunteer driver said: *"I am really enjoying volunteering, the team are really friendly and I get to meet lots of new people."*

Age UK Stockport
Commonweal
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211
Email: info@ageukstockport.org.uk
Website: www.ageukstockport.org.uk

Monthly Activities

Saturday Social Walk - 6th July meeting at 9.45am for a 10am start.

Meet at Stockport Plaza, Mersey Square, SK1 1SP for a short history walk loop then onto the Trans Pennine Trail for a walk along the river.

The walk will last about 2-2.5 hours.

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.

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