

STOP PRESS - Have you booked your place at our AGM? - details on page 5

Plan for an Age Friendly Stockport



Last month we celebrated the **International Day of Older Persons** and also saw the launch of the **Age Friendly Action Plan Consultation** for Stockport.

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.

Stockport has the oldest population among the ten Greater Manchester districts, and along with much of the rest of the country, our population continues to age. We all want to age well, be respected and valued, enjoy work, family and friends, and a sense of purpose, regardless of age, and remain well and active for as long as possible.

That is why Stockport Age-Friendly Partnership is inviting everyone in Stockport, young and old, to contribute to this Action Plan.

You can find more information and give your views [here](#).

This engagement phase is open until the **15th of December**, and the Action Plan will be finalised in Spring 2025.

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



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](#)

Happy Retirement to Denise Almond



Today is the last NEWS SHEET from our Comms Lead Denise Almond before her well-earned retirement starts next week. That means after around 70 interesting and informative news sheets!

Denise has been with Age UK Stockport for over 13 years, and we will miss her steady presence as she moves on to more family time and more holidays! Denise originally joined our subsidiary company Age UK Stockport Trading and led the successful Trading team up until it closed in 2018, after changes in the

way Insurance and Trading was delivered at national Age UK.

She then bravely took up the new role around communications and events and has been developing it ever since! Keeping on track of information and news – internally and externally – events and other activities as varied as campaigns to the Big Knit, and all the time keeping to the timetable and deadlines for the News sheet has all been going on quietly in the background for the last six plus years. I have certainly enjoyed our weekly Tuesday catch up looking at what was going on for us and around us.

So, from the Trustees, the Senior Leadership Team and us all 'thank you' for all the work and we wish Denise lots of relaxation sun and joy in her retirement. I know she will stay in touch and her name is already on the News sheet circulation email list!

Margaret Brade - Chief Executive

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Music at Step Out Stockport



Last month **Step Out Stockport** started to receive weekly visits from musicians and music therapists from **Manchester Camerata**.

This is part of **Stockport Mind's** exciting new project to deliver the **Music In Mind** within Stockport. The project aims to support people living with dementia and those who care for them by coming together to empower social connection and self-expression through music.

You can read more about the [Music in Mind](#) project by clicking on the link.

The Music in Mind project forms part of weekly structured activities at our day centre in Reddish. Other activities include craft sessions, singing, games, reminiscence, hairdressing, gardening plus lots more.

Step Out is open 6 days a week Monday to Saturday 9.30am - 4.00pm and we welcome visitors who would like to come and have a look around.

If you would like to know more about Step Out Stockport, and see the monthly planned activities visit [Age UK Stockport | Step Out Stockport](#)

Please contact our office on **0161 480 0480** to arrange a visit or to discuss the support we are able to offer.

Coffee Morning to Kinder Scout



In 2022, a small group of **Brinnington** locals with varied fitness levels and life experiences came together over a coffee, with a shared goal, to improve their physical and mental well-being through walking. What began as simple chat, became an accessible walk around Brinnington Park and Reddish Vale Country Park evolving into a more ambitious project, with participants ultimately completing a challenging hike up **Kinder Scout**, the highest point in the Peak District, and setting a new goal to climb a mountain by 2025.

At first, the primary objectives were to improve physical health of the group with regular walking to boost fitness levels gradually. Enhance mental well-being using nature and physical activity to combat stress, anxiety, and other mental health challenges, all while promoting social connections to encourage a sense of community and mutual support.

Soon after the walks began, participants noticed benefits, such as Improved energy levels, reduced stress and anxiety, with a growing sense of camaraderie among members. As the group's confidence and fitness levels increased, so did the complexity of the walks. The introduction of tougher weekend walks effectively addressed the limitations posed by the traditional working week. Moving from 1.5 hour walks to half-day hikes on weekends.

In September 2024, the group braved the elements and successfully climbed to the summit of Kinder Scout. navigating rocky paths, steep ascents, and unpredictable weather. The sense of accomplishment was immense, with participants feeling a deep pride in their physical and mental growth.

With Kinder Scout behind them, the group is now focused on their ultimate goal: climbing a mountain in 2025. The group continues to meet regularly, refining their skills and endurance in preparation for this ambitious challenge.

If you would like to get involved then contact

Daniel.Drayson@ageukstockport.org.uk for more information.

Carers Take a Break Service

Do you know about **Signpost For Carers Take A Break** service? This service can provide Stockport's unpaid carers with up to 6 hours of respite care to allow them to attend appointments or activities that will boost their health and well-being.

You can [Find out more](#) on Signpost's website.

The Big Knit is Back



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.

Join us for our AGM

On **Wednesday 27th November 12 - 2pm** at the Alma Lodge Hotel, 149 Buxton Road, SK2 6EL

You are invited to attend and hear about our work and developments.

A hot lunch will be served during the event.

If you would like to join us please **RSPV** with any dietary or access requirements, by **19th November** by telephone; 0161 480 1211 or email; info@ageukstockport.org.uk

Places are limited, so please book early to avoid disappointment!

Success at the Stockport Volunteer Hub Fair



The Mayor of Stockport opened the event and explained how volunteering was so important to organisations like ours

We recently held a stall at the volunteer recruitment event held by the Stockport Volunteer Hub, and what a great day it was!

Our Volunteer Services Manager, Roisin Lynch, along with some of our wonderful volunteers were able to showcase how rewarding volunteering within your local community can be.

It was great to be able to highlight the services and support that Age UK Stockport offers, and how our volunteers are instrumental in offering this support.

We hope to attend many more events like this in the future – so make sure you follow our socials to find out when they're happening!

A special **Thank You** to our volunteers Amy, Tanya and Sarah for taking time out to support at this event and share their personal experiences of volunteering with Age UK Stockport.

If you would like to volunteer for us, please visit our website to find out about our current volunteering opportunities. Alternatively, you can call the Volunteering Services Manager below to discuss your skills and interests and see what role might suit you best.

Volunteer Services Manager – Roisin Lynch – 0161 938 0659

Volunteering Drop-In Sessions

Come and chat to us about our volunteering opportunities at our weekly drop-in session at the Digital Hub in Edgeley. Our Volunteer Manager will be on hand to answer any questions you may have, support you with your application, and discuss the services we offer.

Tuesdays, 10am – 12pm

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

There are some spaces left for the **Worry Management Workshops** at the Hub in Edgeley, on the **11th & 18th November 1-3pm**.

For more information see our website [Age UK Stockport | Events](https://www.ageukstockport.org.uk/events)

If you would like to book a place, please call 0161 480 1211 or email info@ageukstockport.org.uk

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Monthly Activities

1-3pm - **Welcome Wednesdays - 6th November - At Cheadle College SK8 5HA**

The students will be welcoming people into the college to enjoy a sustainability themed event. There will be activities and refreshments. Booking essential by calling 0161 480 1211 or emailing info@ageukstockport.org.uk Transport can be provided from Stockport to Cheadle if needed.

Saturday Social Walk - 2nd November - meeting at 9.45am for a 10am start.

Meeting point **Life Leisure Hazel Grove**, Jacksons Lane, Stockport SK7 5JW for a walk into Happy Valley. The walk will last about 2-2.5 hours. 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!

10am to 12.00 - 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 – 2.00pm – Outdoor 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

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!

10am - 12pm - Volunteering Drop In Session - At the Hub in Edgeley. Come and chat to us about our volunteering opportunities

Continued on the next page...

Weekly Activities Continued

Tuesday continued

11.30am - 1pm - Free Community Bingo - At Brinnington Park Leisure Complex, SK5 8LS (BPLC). 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.

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.
Don't worry if you can't knit you can just come for the natter!

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.

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 BPLC
Free gym session in partnership with Life Leisure

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

[Age UK Stockport | Activities and events](#)

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

Age UK Stockport is a registered charity 1139547