

## Come and Celebrate!



# International Day of Older Persons



Each year on 1st October, people across the world mark **United Nations International Day of Older Persons (IDOP)**. It is a day recognised by the United Nations as an opportunity to acknowledge and appreciate the extraordinary contributions and achievements of older people.

This year's UK theme is: **"The part we play": Celebrating the integral role of older people in our communities**. Do you know that people in their 50s and 60s provide the lion's share of unpaid caregiving for disabled and older family members, friends and neighbours according to the State of Ageing 2023-24 report.

It's also the case that 65 to 74-year-olds are the most likely to volunteer – both formally (providing unpaid help through groups, clubs or organisations) and informally (giving unpaid help to other people who are not relatives). Older people really do make a huge difference in their communities.

To celebrate the IDOP we have two events and we would love you to get involved!

**Tuesday 1st October** we will be holding an **Age Friendly Network Meeting** 10.30am to 12.30pm at the Hub in Edgeley, SK3 9AB. There will be talks from Suzie Cloves who has made a sonic augmented reality (AR) trail in Edgeley and James Wilson from Starting Point about digital support in Stockport. There will also be cake and celebrations!

On **Wednesday 2nd October 1-3pm** we will be celebrating IDOP with the students at Stockport College. Welcome Wednesday activities, including afternoon tea.

If you would like to come along to either or both events, please call 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) to book your place.

Places are limited so book early to avoid disappointment!

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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) (you may unsubscribe at any time).

## Stockport County Fans at Step Out



Last month our day centre in Reddish had a very special visit from Eddie, the health and wellbeing manager from Stockport County Community Trust who brought along their trophy from becoming EFL League 2 winners!

Everyone was really excited about the visit, especially Jessie who even brought along her scarf. Jessie has been a life long Hatters supporter, having started going to matches with her father and is still a season ticket holder.

Everyone got to hold the cup and Jean said, 'It made my day!'

For more information about Step Out Stockport, 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.

## Greater Manchester Month of Hope



The Month of Hope runs annually in Greater Manchester from 10 September (World Suicide Prevention Day) until 10 October (World Mental Health Day) and is about raising awareness of suicide by encouraging everyone in Greater Manchester to have open conversations about and play a role in preventing suicide, while inspiring hope across the city-region.

Join Pure Innovations for their Wellbeing Walk of Hope at Vernon Park on Friday 20<sup>th</sup> September from 10am until 12pm. It's a chance to meet and talk with others, spend some time outdoors and to share a little hope.

The walk is open to anyone, feel free to come along on your own, with a friend or as part of a group. They'll be meeting at Vernon Park Café from 10am, the walk starts at 10.15am and will last roughly an hour. There will be a chance to chat and enjoy a drink at the café afterwards. For more information

Email: [mentalhealthnetwork@pureinnovations.co.uk](mailto:mentalhealthnetwork@pureinnovations.co.uk)

Month of Hope is part of the [Shining a Light on Suicide](#) Campaign, which aims to bring the issue of suicide out of the dark and break the stigma that surrounds it.

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## Wellness Walk Up Kinder Scout



Some of the group who meet on the first Saturday of each month are going to do a walk up Kinder Scout on **Sunday 22nd September** and you are welcome to join them.

Danny said, 'Join us for a refreshing hike up Kinder Scout, where you'll enjoy stunning views and great company. The terrain and route are

tricky in parts, with lots of steps'.

If you would like to join them they are meeting at 10.15 for a 10.30 start at:

The car park, Water Meadows, Hope Rd, Edale, Hope Valley S33 7ZQ

They expect the walk to take approximately four and a half hours.

Please contact [daniel.draysen@ageukstockport.org.uk](mailto:daniel.draysen@ageukstockport.org.uk) for more information.

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## Free Improving your Wellbeing Workshops



### What is the Workshop about?

This Workshop is a FREE Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

### How could the Workshop help?

The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

### Some of the topics/ techniques you will learn on the course include:

- o Understanding the vicious cycle of low mood & anxiety
- o How small changes to our lifestyle can have a big impact on our wellbeing.
- o Relaxation & Mindfulness.
- o How to improve your activity levels and in turn improve motivation.
- o How to improve your sleep.

The Workshops will take place at the Hub in Edgeley, SK3 9AB on the **7th & 14th October 1-3pm**. If you would like to book a place please call 0161 480 1211 or email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk)

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## Free Home Energy & Benefit Checks

Living in a cold home can damage your health, so we are once again taking part in the Age UK Warm Homes programme. The Warm Homes programme is designed to help you stay warm and well through the cold months.

The Warm Homes programme can help you in two ways:

1. Help increase your income to pay for energy bills
2. Help make your home more energy efficient so you can stay warm in the winter. Our Handy Help team can install energy efficiency equipment like draught excluders, radiator panels and energy efficient light bulbs.

This service is free and is available to older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. For more information and to book a free home energy check call us on **0161 480 1211**.

There is more information about keeping well this winter [here](#)

## Thank You to Sky Up & Sky Sports+



Last month we had the pleasure of hosting our first Sky Sports+ watch party at the Sky Up Hub in Edgeley.

Stockport County fans got to enjoy all the action from the comfort of the Hub. The Hatters got off to a great start to the season, with a 2 - 0 win over Cambridge United! It was also part of a broadcasting first with every game across all three EFL divisions being

streamed live on Sky Sport+.

We would like to say a massive thank you to everyone involved in organising the event and making it a very special afternoon. We can't wait for the next one!

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## We are Undefeatable - New Campaign



"We Are Undefeatable" is a movement supporting people with a range of long-term health conditions, developed by 15 leading health and social care charities including Age UK.

Working with the brilliant Bill Bailey they have just launched the S.O.F.A., a **'Sit On Fitness Apparatus'**

which features Bill using his sofa for an accessible at-home workout.

Bill Bailey, who lives with asthma, has teamed up with We Are Undefeatable to help show people living with long term health conditions, easy and enjoyable ways to be active at home from the S.O.F.A.

The new S.O.F.A. routine is a mixture of fun and uplifting sport inspired movements that can be tailored to everyone's capabilities, as demonstrated by Bill alongside some familiar We Are Undefeatable faces. There are seated, assisted and standing variations so you can adapt the routine to suit your capabilities

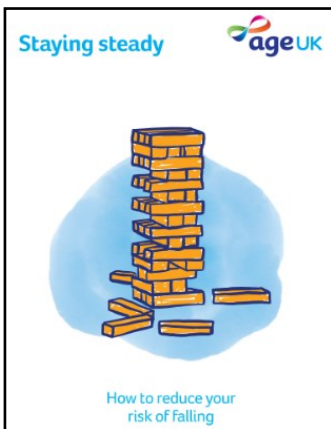
Bill says *"This S.O.F.A. workout is an absolute game-changer. You can start right in your own living room, on your sofa - it's all about making movement fun and open for people living with and without a health condition."*

There is also a downloadable guide of movements you can do from your S.O.F.A. These handy resources are all available on [here](#).

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## Falls Prevention Week 23 - 27 September



Did you know that falls are the leading cause of emergency admissions for those aged 65 and above? Shockingly, 30% of people over the age of 65 experience at least one fall each year. The aim for **Falls Prevention Awareness Week** is to raise awareness on preventing falls, reducing the risk of falls, and help older adults live without fear of falling

Age UK Stockport would like to highlight the value of the community and help to inform you what to do if you have a fall and also prevent falls from happening.

Some tips to prevent falls;

- **Stay active** - As we age our muscle strength and balance deteriorate, so try exercises that improve your strength, posture, and balance
- **Maintain bone health** - Keep your bones healthy and strong by eating calcium-rich foods, getting enough vitamin D from sunlight, and doing some weight-bearing exercises
- **Keep hydrated** – Try to drink six to eight glasses of fluid a day to stop you feeling light-headed
- **Eat well** - Try to eat something, even if it's small snacks instead of main meals so you have enough energy to stay strong
- **Eyes and ears** - Tell your doctor if you're having problems with your vision or hearing as both can affect your balance
- **Manage your medicines** - Certain medications can make you feel faint or dizzy and affect your balance. Speak to your pharmacist for advice
- **Look after your feet** - good foot care and footwear helps prevent falls.

This year's theme is around **Awareness to Action**, so why not join us at our Hub in Edgeley, SK3 9AB on **Tuesday 24<sup>th</sup> September**, 10am -12pm for an information drop in session to find out more and have a look at the [KOKU](#) app which is NHS approved to support with falls prevention.

Age UK also produce a really useful leaflet, '**Staying Steady**' which gives information on reducing the risk of falling. The booklet can be downloaded [here](#) or a paper copy can be collected from the Hub in Edgeley.

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## Save the Date!

On **Wednesday 27th November** we are holding our **Annual General Meeting** at the Alma Lodge Hotel, SK2 6EL. We are planning a great afternoon and would like as many people as possible to join us!

Booking arrangements will be in the October newsletter.

## Monthly Activities

### **Saturday Social Walk - 7th September meeting at 9.45am for a 10am start.**

Meet outside Woodley Civic Hall, Hyde Road, Woodley SK6 1QG, for a walk into Haughton Dale 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

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