

Age Friendly Stockport Bulletin

Find age friendly information, activities and support in Stockport to help you stay healthy and well throughout the winter and beyond.

- Keep informed and connected
- Keep the mind and body healthy
- Keep well from flu and coronavirus (Covid-19)
- Keep warm and well
- Keep learning
- Keep engaged with others
- Keep financially healthy
- Keep independent



Keep informed and connected

Key sources of information

- **Stockport Council** has information about local services and you can sign up for regular news bulletins www.stockport.gov.uk. For all the latest information about coronavirus in Stockport visit www.stockport.gov.uk/coronavirus. If you're isolating and struggling and need support you can call the coronavirus helpline on **0161 217 6046** or textphone **07860 022 876**.
- **Age UK Stockport** has information and advice for older people on their website www.ageuk.org.uk/stockport or sign up to their monthly emailed news sheet info@ageukstockport.org.uk call **0161 477 1213**.
- **Talking about my generation** has printed magazines and a website www.talkingaboutmygeneration.co.uk.

Whatever your needs and interests there are different ways to find out more about what's going on in Stockport. Most of the information in this guide includes a phone number but you can find much more online.

Help doing things online

You might want to get online to bank, shop, stay informed, find activities, enjoy interests, find work, or keep in touch with friends and family. **DigiKnow** offers Stockport residents free digital support and equipment to help you get online for the first time or improve your skills. Call the **DigiKnow** helpline on **07537 127095** for free telephone support from a Digital Champion.

Help us make Stockport age friendly!

Together with our partners, we are committed to making Stockport an age friendly borough, a place where people can age, really well. If you want to contribute to this work and remain connected to it, you can:

- **Contribute** by emailing agefriendlystockport@stockport.gov.uk or call **07891 949236**.
- **Volunteer** by joining the growing list of volunteers through **Healthwatch Stockport** stating you are interested in an all age friendly Stockport on www.healthwatchstockport.co.uk/news/2020-03-13/coronavirus-watch or call **0161 974 0753**.

Keep the mind and body healthy

Some health services are operating slightly differently due to Covid-19, but if you have any concerns about your health, please don't hesitate to contact your GP practice. It is also important to attend any medical appointments.

- **The Healthy Stockport website** has information and support to help you **stay fit and healthy** physically and mentally. It includes tips and activities to help you get more active and **move more**, which is great for physical and mental health. There is also practical advice on what you can do to **prevent falls** and fractures and keep your bones strong. It also has information to help you manage and take care of yourself if you have a long-term health condition. www.healthystockport.co.uk.
- The **START team** can support you if you want to make healthy lifestyle changes, such as **losing weight, stopping smoking, or being more active**. To get in touch with the team complete the online form at www.healthystockport.co.uk, email START@stockport.gov.uk, call **0161 474 3141**, or ask your GP to make a referral.
- **Healthwatch Stockport** offers a health and social care Information, Advice and Signposting Service www.healthwatchstockport.co.uk, email info@healthwatchstockport.co.uk, **0161 974 0753**.
- **Eating and drinking:** It is important that you eat and drink enough to stay healthy. For nutrition and hydration advice visit www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration, call **0161 480 1211**.
- **Memory:** If you are worried about your memory have a chat to your GP. **Alzheimer's Society** provides free information and support including singing for the brain www.alzheimers.org.uk, email stockport@alzheimers.org.uk, **0161 477 6999**.
- For details about local health services including GPs or dentists, visit www.stockportccg.nhs.uk/your-health/your-health-services/ or call the Clinical Commissioning Group on **0161 426 9900**.

Keeping well mentally

There is a range of information, self- help resources, peer and local support available to help you keep well mentally and support you if you are not feeling okay. For full details visit www.stockport.gov.uk/wellbeingcoronavirus.

Some are listed here:

- **Open Door** is a mental health helpline available 24/7. Call **0161 549 9717** or **0800 138 7276** or drop into our daytime Safe Haven, 72-74 Prince's Street, Stockport Town Centre. Email opendoorstockport@makingspace.co.uk.
- **The Greater Manchester Bereavement Service** provides support and information, **0161 983 0902** (Mon to Fri 9am to 5pm, Wed 9am to 8pm), www.greater-manchester-bereavement-service.org.uk.
- **Viaduct's Wellbeing and Self-Care Team** offers support for people around mental wellbeing and loneliness. They also support people with long term physical health conditions. Ask your GP about accessing this service.
- **Arc's Arts for Ageing Well** artist-led workshops help build social connections and increase wellbeing arc-centre.org/creative-programmes-for-adults, email referrals@arc-centre.org, **0161 474 1462**.
- **NESTAC** provide a Black, Asian, Minority Ethnic communities support line on **07862 279289 / 07894 126157** Email: info@nestac.org.uk.
- **Stand TALL (Tackling Abuse in Later Life)** is for people aged 55+ experiencing domestic abuse. Or you can access support on someone's behalf. Contact caithlinmurphy@stockportwithoutabuse.org.uk, **0161 477 4294**.
- **Talking therapies** offer online interactive e-therapy and talking therapies www.selfhelpservices.org.uk/stockport call **0161 480 2020** or www.penninecare.nhs.uk/services/stockport-healthy-minds call **0161 716 5640**.
- **The Silver Line** is a free confidential helpline providing information, friendship, and advice to older people. It is open 24 hours a day, every day of the year, **0800 470 8090**.



Keep well from flu and coronavirus (Covid-19)

Having the flu vaccination is important because -

- If you're at higher risk from coronavirus, you're also more at risk of problems from flu,
- If you get flu and coronavirus at the same time, you may be more seriously ill.

GP practices are running their own flu programme, with slight changes. At risk groups, including over 65s, will be contacted first. 50-64-year olds will be called later in the season. Your GP practice will help you if you have any questions.

Keep warm and well

To help you stay well this winter keep warm, as this may help prevent colds, flu, or more serious health conditions. Eat well, as food gives you energy, which helps to keep you warm. Try to have regular hot meals and drinks throughout the day.

- **Stockport Council** provides advice and information, including where to get help with fuel bills www.stockport.gov.uk/keeping-warm-and-well-in-winter.
- **Local Energy Advice Partnership** offers free support and simple energy saving measures www.applyforleap.org.uk, **0800 060 7567**.
- **The Emergency Central Heating Offer** is for owner occupiers email energy.efficiency@stockport.gov.uk, **0161 474 4390**.



Keep learning

Learning helps keep your mind active and is also a great way to meet new friends.

- **U3A** (University of the Third Age) brings together people in their 'third age'. They develop their interests and continue their learning u3asites.org.uk/north-west/members.
- **Stockport Culture Champions** is for over 50s who have a passion for art, music, dance, theatre, heritage, craft, or film email culturechampions@arc-centre.org, **0161 480 7731**.

Keep engaged with others

In times of physical distancing due to the pandemic, it is really important to engage with others, perhaps in slightly different ways from before, and to look out for each other.

Libraries, leisure centres and community buildings are following Government guidance for users' safety. If you used to be involved in a community group, contact the group leader to see if they are meeting again.

Take the time to say "hello" when you see people. Phone friends and family. Others may have been shielding or isolating and will be glad to speak to someone.

- **Stockport Local Directory** has information about community activities near you www.stockport.gov.uk/groups.
- **Stockport Homes** has information about age friendly activities and events where you can meet new people, learn new skills and get involved with your local community (you don't have to be a tenant). www.stockporthomes.org/community, **0161 474 3335**.
- **Healthwatch Stockport** can link anyone looking to volunteer with local organisations. They also run a PenPal scheme where you can correspond by letter with a PenPal www.healthwatchstockport.co.uk, email info@healthwatchstockport.co.uk, **0161 974 0753**.



Keep financially healthy

There is a variety of free financial information and advice to help you, for example:

- **Citizens Advice Stockport** offers free, confidential, independent, and impartial advice and information www.casort.org, **0300 330 9073**, Mon - Fri, 8:30am - 5:30pm;
- **Shelter Manchester** provides housing advice england.shelter.org.uk, **0344 515 1640**.

It is important to be aware of scams. It may be a scam if:

- something seems too good to be true
- someone you don't know contacts you unexpectedly
- you suspect you're not dealing with a real company
- you've been asked to transfer money quickly
- you've been asked to pay in an unusual way
- you've been asked to give away personal information
- you haven't had written confirmation of what's been agreed.

Keep independent

The Wellbeing and Independence Network (WIN) can help you remain independent by offering support at home, in the community, and with transport. More information here www.winstockport.co.uk.

- **Age UK Stockport** deliver WIN at Home offering support in and around the home, enabling people to continue living in their own homes, independently and safely. They also provide home safety checks and advice on any adaptations, **0161 480 1211**.
- **Pure Innovations deliver WIN In The Community** supporting people to take part in a wide variety of social, civic, leisure, learning, work, or volunteering opportunities, **0161 804 4416**.
- **Stockport Car Schemes deliver WIN Community Transport** by organising and providing journeys for adults who are unable to use public transport, **0161 476 2812**.



Other support available in Stockport includes -

- **Age UK Stockport** provides information and advice www.ageuk.org.uk/stockport/, email info@ageukstockport.org.uk, **0161 477 1213**.
- **Signpost for Carers** provides free, confidential information and support to unpaid carers of all ages www.signpostforcarers.org.uk, **0161 442 0442**.
- **The Prevention Alliance (TPA)** provide information, advice and guidance and can work with you on a one to one basis to improve your health and wellbeing www.stockporttpa.co.uk, **0161 474 1042**.
- **Housing Options for Older People's Officer** provides advice and information on housing and care options www.stockporthomes.org/hoop, **0161 217 6016**.
- **Walthew House** provides support for people who are blind, visually impaired, hard of hearing or have dual sensory loss www.walthewhouse.org.uk, **0161 480 2612** or text **07980 507884**.
- **Disability Stockport** provides information, advice, and practical support to residents with disability or sensory loss www.disabilitystockport.co.uk, **0161 474 8283**.
- **Stockport Advocacy** supports people who are at risk of social exclusion to have their voices heard www.stockportadvocacy.org.uk, **0161 480 8979**.
- **LGBT Foundation helpline** offers support and advice to lesbian, gay, bisexual and trans communities. Call **0345 330 3030** or email helpline@lgbt.foundation
- **Stockport Stroke Support Group** provides mutual support www.stroke.org.uk, **0303 3033 100**.

