

news

News, information and advice for Oldham PFI residents

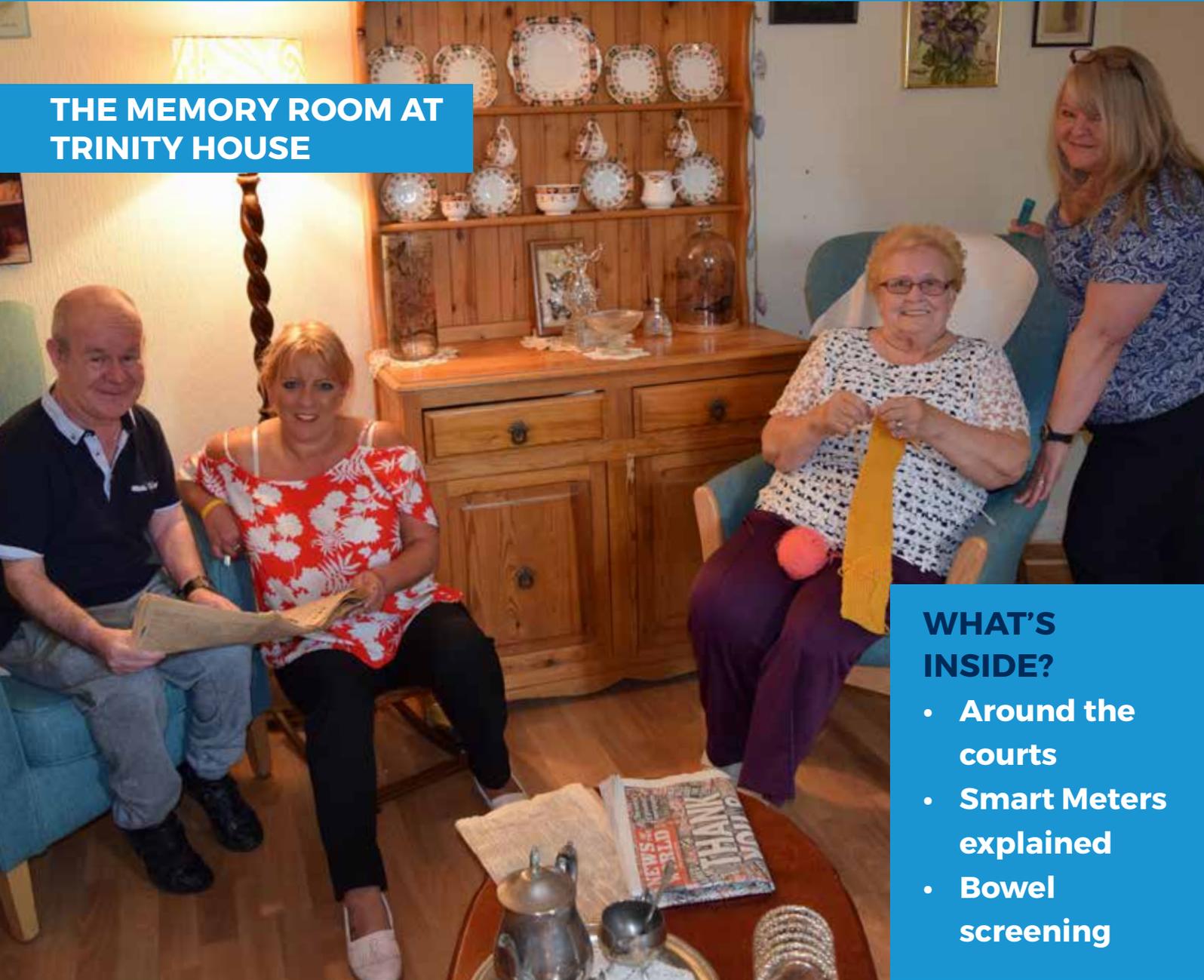


housing&care21

Spring 2017 edition

**WELCOME TO THE
SPRING 2017 EDITION
OF NEWS 21**

THE MEMORY ROOM AT TRINITY HOUSE



WHAT'S INSIDE?

- Around the courts
- Smart Meters explained
- Bowel screening

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AROUND THE COURTS

Genealogy Project at the Old Mill House IT Club

Old Mill House residents have been running an IT club for over two years now. Up to 10 members meet every Tuesday morning, using a Wi-Fi service which they fund themselves.

They are given technical help by volunteers, Emma and Robin, plus local Councillor Steve Hewitt. A new genealogy project started just before Christmas, looking to help people find their roots! It's in its early stages at the moment, starting with the grandparents of participants and working back from there.



Trinity House - A portal to the past for people living with dementia

Trinity House staff and residents, members of the public, and Oldham Masonic Hall and Horton Lodge residents have donated items to create a nostalgic 1950s-inspired room which helps trigger old and new memories.

The first of its kind within a sheltered housing environment in Oldham, the memory room is decorated exactly as a home would be over sixty years ago.

The room, at Trinity House is full of 1950s memorabilia and decor; including a black and white television, newspapers and posters from yesteryear and a record player playing familiar music. The time-warp room helps people living with dementia relax and feel comfortable through triggering memories from their past.

Cllr Jenny Harrison, Cabinet Member for Social Care and Safeguarding, said: "I'm so impressed with this memory room. The amount of time and effort that has gone into it is remarkable and if this gives someone just one precious memory back then it has been well worth it."



It is available to anyone affected by dementia locally and can be booked by contacting, Extra Care Court Manager Jodie Ashton on 0370 192 4286.

Lots Going On at Springlees Court



Residents from Springlees and Dunsford Courts enjoying the 'Lovin where you live' video.

Falls prevention classes take place every Tuesday, from 12.15 until 1.15, led by Oldham Community Leisure through Age UK, via referrals from their GP.

15 people from the wider community attended this class.

A fire safety talk was given by

the GM Fire Service during the Age UK lunch club, which was attended by both Springlees/Dunsford residents and elderly people from the wider community. The video and information was very positively received and the Fire Officers took several 'Safe and Well' referrals from both people within the scheme and also from those who live in their own properties.

Mary Beaumont, one of our oldest Court Voices and contract monitoring panel member from Throstle Court jointly celebrated her **94th** birthday with Court Manager, Denise.



SNAPSHOTS FROM CHRISTMAS AROUND THE COURTS



Christmas Jumper day at Aster House



Brownedge Rd celebrations



Festive fun at Walton House



Christmas Party time at the Front House, Lees for the residents of Holts Village and Springlees/Dunsford Courts

UNSUNG HEROES

LYNN GOES THE EXTRA MILE!

Lynn Molloy is the restaurant manager at Tandle View Court. Her job is to run the 46 seat restaurant, which would be enough to keep most people occupied full-time.

But not Lynn! On top of her catering duties, Lynn helps the residents by –

- Running tea and coffee mornings, to generate income for the Tandle View Court social fund.
- Providing a pizza night every other Tuesday, at no cost to residents.
- Returning in the evenings to offer refreshments for social events.
- Making and donating cakes for the Christmas party and creating the beautiful Christmas tree!



Lynn also runs a craft group and organises social events, offering professional entertainment. She has events planned every six weeks for next year.

Many thanks Lynn, keep up the good work!

KATH'S A STAR!

Kath Flynn, who lives in a bungalow on Victoria St, Shaw, was awarded this Christmas hamper by Oldham Police, in recognition of her efforts on behalf of the communities at Victoria Gardens, Shaw and Tandle View Court, Royton.

Despite increasing mobility problems, Kath always has a smile and goes the extra mile to support all kinds of community activities at both venues – even though she has to take taxis to get there and back! **Well done Kath!!**



COMMUNITY FINANCIAL SERVICES



OldhamCreditUnion
Banking on our community



Oldham Credit Union has 4000 members in the Oldham Borough and growing.

Mike Louden, Community Finance Development Officer explains...

What is Oldham Credit Union ?

Oldham Credit Union (OCU) is a not for profit, democratic financial organisation which is owned and run by its members who have the opportunity to shape the organisation's policies for the benefit of their local community.

It was set up in 2002 and provides residents with access to fair and simple financial services. OCU is regulated by the Prudential Regulation Authority and the Financial Conduct Authority. OCU's mandate is to support its members, who either live or work in Oldham, in managing their increasingly stretched household budgets and to collaborate with other community organisations to promote financial inclusion.

"OCU is seen as an ethical alternative to banks and loan providers such as payday loan companies and loan sharks." Says Mike

What Services do you provide ?

Savings and loans are it's core services with an instant access savings account to adult and junior members.

- A payroll savings scheme also operates with local employers
- Loans which are SAFE (Simple, Affordable, Flexible and Ethical)
- A recently launched Credit Union Visa card which is a prepaid debit card which can be preloaded with a value up to £3,000.
- A Community Budget Account which can help payment to essential household bills such as rent, council tax and utilities – "jam jar" accounts.

Where can I get more information ?

The OCU office is in Oldham Town Centre at 9 Albion street, Oldham OL1 3BG where a full counter service is available or visit the website www.oldhamcreditunion.co.uk or phone 0161 678 7245

SMART METERS EXPLAINED



**Image used for illustrative purposes only*

A smart meter is a new kind of gas and electricity meter that can digitally send meter readings to your energy supplier.

THIS CAN ENSURE MORE ACCURATE ENERGY BILLS.

Every home in Britain should have a smart meter installed by 2020.

What is a smart meter and how does it work?

Smart meters are a next generation meter for both gas and electricity. They are a replacement for your existing meters, which still use technology created decades ago. Smart meters use a secure national communication network (called the DCC) to automatically and wirelessly send your actual energy usage to your supplier. This means households will no longer rely on estimated energy bills, have to provide their own regular readings, or have meter readers come into their homes to read the meter. Smart meters will also come with an in-home display. This display gives the household real-time usage info, including kWh use and cost.

What are the benefits of having a smart meter?

- More accurate bills Smart meters mean the end of estimated bills, the end of having to remember to provide meter readings and/or have a stranger come into your home to read your meter
- Better understanding of your usage With the smart meter display, you can see the direct impact your lifestyle has on your bill. By making your energy usage easier to understand, you can make smarter decisions to save energy and money, including feeling more confident switching energy supplier.
- Faster and easier energy switching
- Innovative energy tariffs Using the data collected on when and how households are using energy, suppliers can create more competitive time-of-use tariffs with cheaper prices for off-peak use.

How much does it cost?

Nothing. Your smart meter will be installed by your energy supplier at no charge to you. The cost of the roll out is covered already in your energy bill - the same way that installation and maintenance of traditional meters is.

Can I switch supplier if I have a smart meter?

Yes. Ofgem has created regulations to ensure that smart meters do not present an obstacle to consumers wanting to switch suppliers. Should a consumer have a smart meter installed and wish to switch to a supplier not yet supporting the technology, the new supplier is obligated to take on the customer, and the smart meter will revert to 'dumb' mode. But this is only temporary, until the DCC launches.

Also, if your meter does temporarily revert to its non-smart mode, you can still benefit from the in-home display, which will continue to show you your usage in real time (but will not calculate that into pounds and pence until it is back in smart mode).

How can I get a smart meter?

All smart meters are supplied and fitted by your existing gas and electricity supplier. Contact your energy supplier or visit their website for more information about their timetables and plans.

GAS AND ELECTRICITY SUPPLIERS ARE RESPONSIBLE FOR PROVIDING AND FITTING SMART METERS FOR EVERYONE IN BRITAIN BY 2020.



BOWEL SCREENING

WHAT IS IT?

Screening means testing people for early stages of an illness before they have any symptoms.

For screening to be useful the tests:

- **must be reliable at picking up the illness**
- **must be simple and quick**
- **shouldn't show that someone has the illness when they don't (false positive results)**
- **must not cause any harm**

WHO IS IT FOR?

The screening programmes send a bowel cancer testing kit every 2 years to people eligible to take part. You need to be registered with a GP to receive your screening invitations.

In England, men and women between the ages of 60 and 74 years take part.

People aged over 74, can request a screening kit by contacting the bowel cancer screening programme on 0800 707 6060.

The screening programme is also starting to invite people for a bowel scope test to look at the inside of the lower bowel and back passage (rectum). You have this test once, at age 55.

BOWEL SCREENING TESTS

Bowel cancer screening aims to detect cancer at an early stage when treatment is more likely to work. It can also help to prevent bowel cancer from developing in the first place. There are 2 bowel cancer screening tests.

TESTING FOR BLOOD IN YOUR POO

Blood in your poo (stool or faeces) can be a sign of bowel cancer. You can test for tiny traces of blood that you might not be able to see. You do the test in your own home with a testing kit.

The kit is a simple way for you to collect small samples of your poo. You wipe the sample on a special card, which you then send for testing in a hygienically, sealed, prepaid envelope. There are detailed instructions with the kit. You may think that the tests sound a bit embarrassing, or unpleasant, but collecting the samples doesn't take long.

LOOKING INSIDE YOUR BOWEL (BOWEL SCOPE)

Bowel scope screening uses a thin flexible tube with a tiny camera on the end to look at the inside of your large bowel. It is also called Flexi scope or flexible sigmoidoscopy (flexi-sig). The test looks for polyps. These are most likely to grow in the lower bowel. The polyps might develop into cancer if they grow. It can also find cancers if they have already developed and is likely to pick them up at an early stage.

A specially trained nurse or doctor puts the tube into your back passage and looks at the lower part of the large bowel. The nurse or doctor gently pumps some gas into the bowel to open it up so they can see more clearly.

They usually remove the polyps they find straight away, using a thin wire loop passed through the scoping tube. It takes about 2 weeks to get your results.

NORMAL RESULTS

Most people have normal results. This doesn't completely rule out cancer. So it is important to know your own body and what is normal for you. See your GP if you have changes that don't go away.

UNCLEAR RESULTS

This means there was a slight suggestion of blood in the sample. If this happens, the programme will send you another testing kit.

ABNORMAL RESULTS

Around 2 out of every 100 (2%) have an abnormal result. Most people with an abnormal result do not have cancer. It can be caused by other medical conditions or recent dental work, or eating a lot of red meat, turnips or horseradish in the 3 days before the test.

The screening programme may ask you to do the test again, or you'll have an appointment to see a specialist nurse at a bowel cancer screening centre. The nurse will talk to you about having a test to look at the inside of your large bowel. This is called a colonoscopy. Around 1 out of 300 people who having bowel scope screening have cancer. The screening centre will let your GP know, who will refer you to a specialist for treatment.

RISKS OF BOWEL CANCER SCREENING

Bowel cancer screening works well in finding cancer early but it is not perfect.

FALSE POSITIVE RESULT

This means that the tests pick up something even though the person doesn't have cancer.

This can cause anxiety and lead to further tests.

FALSE NEGATIVE RESULT

Rarely, screening tests miss a cancer. It is important to know the symptoms of bowel cancer and see your GP if you have any symptoms.

OVERDIAGNOSIS

There is a small chance that some people may be diagnosed and treated for bowel growths that would not have caused any harm.

DAMAGE TO THE BOWEL WALL

Bowel scope screening is usually very safe, but in rare cases it can damage the bowel wall. Around 1 in 3,000 people have serious bleeding. Or the bowel wall may be torn, but this is even rarer. If this happens, you need surgery straight away to repair the bowel.

SCREENING FOR PEOPLE AT HIGHER RISK

Bowel screening works well at reducing deaths from bowel cancer in people in their 50s, 60s and early 70s. As bowel cancer is rare in younger people, screening them is not useful.

Some people can have regular screening at an earlier age, if they have certain conditions that increase their risk of bowel cancer. These include:

- Familial Adenomatous Polyposis (FAP)
- Hereditary Non Polyposis Colorectal Cancer (HNPCC), also called Lynch syndrome
- A strong family history of bowel cancer
- Ulcerative colitis
- Crohn's disease
- Bowel polyps
- A previous bowel cancer

STAYING SAFE

Safety first for Failsworth residents

Just before Christmas, Failsworth residents attended a community event about staying safe during the darker nights and over the festive period.



Representatives from Greater Manchester Police and Failsworth Homewatch shared tips on using timer switches and hiding Christmas presents and valuables out of sight. Greater Manchester Fire Service talked about their Safe& Well campaign and Home Instead Care delivered a session on scams, including cyber and telephone crime. Residents were able to pick up freebies including leaflets, timer switches and purse bells, to deter criminals from targeting them.

Issie Howard, Partnerships Manager said:

"This event was an important reminder for our residents and the local community to be vigilant and to remember to follow some simple steps to stay safe. It was great to work alongside local organisations who shared the same message."

SAFE & WELL

Stay safe and well this Spring

with Greater Manchester Fire and Rescue Service
in partnership with Public Health England

**Request FREE advice or book a
FREE Stay Safe and Well visit**

We can help you with fire safety, fire alarms, crime prevention and how to keep warm and stay healthy this Spring.

Freephone 0800 555 815 | www.manchesterfire.gov.uk

FREE Safe & Well Packs for people in need.





Visit Oldham Council Libraries and go on a journey with...

live@thelibrary

DIGITAL THEATRE MATINEE

Join us once a month, on a Tuesday afternoon, to enjoy filmed performances of acclaimed theatrical productions featuring some of Britain's best known actors.

Selected Upcoming Presentations:

International Women's Day - Carol Ann Lee
Wednesday 8th March, 12.00pm - Free

Carol Ann Lee will be taking inspiration from her previous books about Myra Hindley, Ruth Ellis and her forthcoming book to discuss women on both sides of the crime spectrum – perpetrators and victims. Particular attention will be given to how the media represents women who kill and female victims of crime.

International Women's Day – Boomtown Gals Film Screening - Free

The theme for this year's celebration is 'women of today remembering women of yesterday'. We will screen a film of Boomtown Gals; the popular one woman show, which toured across Oldham in 2016 celebrating the wonderful Oldham women who lived, loved and served through The Great War. Writer, Joyce Branagh will host a post-show Q and A.

Beautiful Thing – Digital Theatre - Free
Tuesday 14 March, 2.30pm - Production duration: 1hr 54min

Presented by Arts Theatre - Directed by Nikolai Foster - Starring Oldham's Suranne Jones

This acclaimed 20th anniversary production of Jonathan Harvey's landmark play is a glorious urban love story set on an inner city housing estate. It tells the story of teenager Jamie's relationship with classmate and neighbour

Ste. Together they find comedy, warmth and the music of Mama Cass through their loud-mouthed next door neighbour Leah. Contains scenes of a sexual nature and strong language.

Phaedra Patrick – Author Talk
Wednesday 12th April, 7.00pm - Free
(Lees Library)

The Curious Charms of Arthur Pepper

Oldham-born author Phaedra Patrick's debut novel, The Curious Charms of Arthur Pepper, is a publishing sensation set to be translated into twenty languages worldwide. It tells the story of a 69-year-old widower who sets off on a quest using clues from a mysterious charm bracelet. He hopes to uncover his late wife's secret life from before they met, and also finds hope and healing in the most unexpected places. Phaedra will be sharing the ups and downs of becoming a published, self-taught writer.

Just Like That! The Tommy Cooper Show
Thursday 20th April, 7.00pm (£4/£5)

Tommy Cooper was a true comic genius. His impeccable timing, misfiring magic, trademark fez and quick-fire gags made him an international star. Complete with live musical accompaniment, this critically acclaimed tribute show is full of magic and mirth and is the perfect celebration of one of Britain's favourite comedians.

If you are interested in further shows, please visit your local library to collect a programme or visit us online at: www.oldham.gov.uk/liveatthelibrary. To book any of these shows, please visit our website, enquire in your library or by ringing 0161 770 8000.

VOLUNTEERING OPPORTUNITIES

There could not be a better time to volunteer with Oldham Council Libraries.

Our ever expanding range of activities are designed to be available to everyone (minimum age 16) and provide a way for you to remain active within the community.

If you are interested in volunteering or have an idea for a volunteering opportunity.

Contact Samuel Thornley on 0161 770 8037 or email: Samuel.Thornley@oldham.gov.uk.
<http://www.oldham.gov.uk/info/200280/libraries>

Come and join our team of Life Story volunteers!



Age UK Oldham's Life Story project is hoping to expand its volunteer group and would like to invite Housing & Care 21 tenants to join their ranks!

Our volunteers spend time helping people to reminisce and put together a printed book about their life and experiences. It's for people living in sheltered and extra care housing, in their own homes and in care homes. It would be great if we could build up a small team of Housing & Care 21 volunteers to work in the housing schemes to build up a collection of life stories.

It's an enjoyable and worthwhile activity for everyone involved and the finished product is an heirloom to be cherished for generations.

There are different volunteer roles that people can get involved in and at the moment we have vacancies for visitors, proof-readers and people to help us present the life story books when they are finished.

One of our volunteers, Carol Brierley, says that people 'often start by saying "I don't know what to talk about!" but then you start to break things down and go into detail and they realise there are a lot of things they have forgotten about. It takes an average of four to six meetings (though it does vary) and each volunteer has their own way of gathering the information. I like to add stuff to it to make it a bit more personal; it's a discussion, not an interview, and there are things, about childhood for example, that you can relate to yourself.'

We provide full training, support and out of pocket expenses and, more importantly, regular volunteer get-togethers and fun!

For more information contact Sam at Age UK Oldham on 0161 633 0213 or email sam.alshafei@ageukoldham.org.uk

Housing and Care 21 Apprentice in Oldham!

Mofazzal Miah, age 21 ('Mo'), Apprentice at Housing and Care 21

Mo started a 2 year apprenticeship with Housing and Care 21 on 11th July 2016, working on the Customer Services team. As part of his training, Mo will undertake NVQ level 2 in his first year, moving on to complete NVQ level 3 in year 2.

He hopes to gain essential experience in housing management and administration and pass his exams, in the hope that this will lead to permanent employment in social housing, either within Housing and Care 21, or elsewhere.

Mo says "I really like this type of work, because I enjoy dealing directly with both customers and colleagues. I have learned a lot since I started and I am looking forward to completing my training here".



COMPETITION TIME!

live@thelibrary

Theatre Tickets to be won!

Enter our quiz for a chance to win a pair of tickets for a performance of **Just Like That! The Tommy Cooper Show**, on Thursday 20th April from 7.00 pm at Oldham Library, Greaves St, Oldham.



Simply post your answers, along with your name, address and contact details, to - Vince Sexton, Housing and Care 21, Chambers Business Centre, Chapel Rd, Oldham OL8 4QQ

Correct replies will be entered into the prize draw.

The closing date for entries is **Friday 14th April 2017**.

DON'T FORGET THE STAMP!

1. Greta Garbo said, "I want to be alone" in which film?
2. Which American state is nearest to the former Soviet Union?
3. In which year did Foinavon win the Grand National?
4. At which battle of 1314 did Robert The Bruce defeat the English forces?
5. What parking measure made its debut in Slough in 1956?
6. Which children's classic book was written by Anna Sewell?
7. What was "the riddle of history solved", according to Karl Marx?
8. Who was "The Lion of Vienna"?
9. Theologically, what is the Paraclete?
10. For his part in which 1953 film did Frank Sinatra receive a Best Supporting Actor Oscar?
11. In which city was Martin Luther King assassinated in 1968?
12. In which county is the UK prime minister's official country residence Chequers?
13. In the 1963 film The Great Escape, what names were given to the three tunnels?
14. What distinguished the assassination of James Stewart, the first Earl of Moray. In Linlithgow in 1570?
15. In which country did the Mau Mau uprising (1952-60) occur?
16. What does a numismatist study or collect?
17. At which town did Billy Butlin open his first holiday camp?
18. What did a former yacht showroom on Whitworth St in Manchester become?
19. Which invasive plant has the botanical name Fallopija japonica?
20. Which Trieste suburb gives its name to a sparkling wine?

housing&care21

Our contact details:

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OTHER USEFUL TELEPHONE NUMBERS:

Repairs Line (24 hours)

0800 032 1215

Oldham Council main switchboard

0161 770 3000

You can access lots of our services
online at: www.oldham.gov.uk

Council Tax

0161 770 6622

council.tax@oldham.gov.uk

Environmental Health

0161 770 2244

environmentalhealth@oldham.gov.uk

Housing Benefits and Council Tax Reduction Scheme

0161 770 6633

benefits@oldham.gov.uk

Payment line

0161 770 6611

24 hour automated payment service

Registrars

0161 770 8960

Waste and recycling

0161 770 6644

waste@oldham.gov.uk

Age UK Oldham

0161 633 0213

Ring & Ride

0161 652 0248

Citizens Advice Bureau

0844 847 2638

Silverline

(confidential friendship support)

0800 470 8090

NHS Advice

111

Police non-emergency

101

Oldham Community Leisure

0161 207 7000

Action Together

(formerly Voluntary Action Oldham)

0161 339 2345

Oldham Library

Greaves St

0161 770 8000

Making Space

Tandle View, Royton

07966 887 152

Oldham Community Transport

0161 633 0097 (mobility scooters and
wheelchairs 0161 633 0040)