

news

News, information and advice for Oldham PFI residents



housing&care21

Autumn 2017 edition

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

BOWLING COMPETITION 2017



WHAT'S INSIDE?

- **Around the courts**
- **Dementia News**
- **What's on**

Housing & Care 21
Chambers Business Centre
Chapel Road
Oldham OL8 4QQ

Customer services: 0345 604 4447
Repairs line (24 hours): 0800 032 1215



If you would like this document in a different format, for example large print, braille, audio CD / tape or another language, please contact Customer Services Tel: 0345 604 4447

AROUND THE COURTS

Big Lunch at Lido House

Lido House hosted a community Big Lunch in memory of the late Jo Cox MP on 17th June.

Jo was known for her work addressing social isolation and loneliness, which contribute to mental health conditions for older people. Court Manager Vicky Shaw and the residents held the commemorative Big Lunch in 50s and 60s fancy dress. Lydgate brass band played some old favourites whilst Carita and Funky Fitness acted out Grease the movie. Food and drink was provided for the local community and in the afternoon, residents and visitors enjoyed bingo and were entertained by local singer Mike! The event was so successful, they are doing it all again next year.



Tandle View Court is entertained by the Retrosettes!



The Retrosettes is a group of professional musicians working for the charity 'Music in Hospitals'.

They visited Tandle View on Friday 11th August to play for the tenants and friends of Tandle, who all thoroughly enjoyed the performance. They sang rock n roll, Elvis Presley, Johnny Cash and took song requests. They performed non-stop for an hour and were very engaging with the audience. The tenants enjoyed tea, coffee and biscuits after the performance and also donated £82.00 towards the charity.

Tandle View Court also boasts a 5 star certificate of hygiene for its restaurant, thanks to the caterer, Lynn Molloy.



Lynn managed to get the rating up from 4 stars after an onsite visit by the Oldham Council Environmental Health Inspector.

Well done Lynn!

RACE DAY AND WEDDING BELLS at Throstle Court!



The Ladies' Society from St. Paul's Church and the residents of Throstle Court recently held a Race Day, with all the ladies suitably dressed for the occasion!

Refreshments were provided by St. Paul's, whilst the residents provided the prizes. It was all just done for fun, no money changing hands, but a lovely afternoon was enjoyed by all.

Cath has lived at Throstle Court for 7 years, Alf at Bleasdale Street for 3 years.

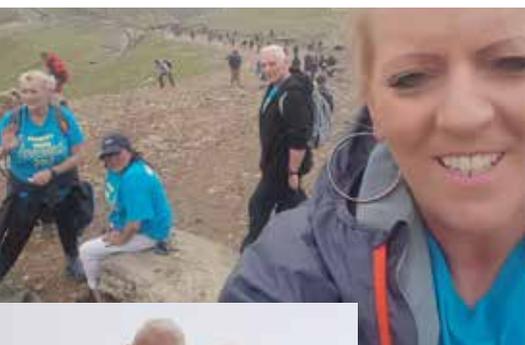
They met through a social afternoon at Tandle View Court and after a day trip to Harrogate, they went out for a drink together with friends. After a few more evenings out, they realised that they clicked and started going out together properly, Alf popping the question in January 2016. The wedding was on the 2nd September at the Rochdale Suite at the Rochdale register office, with a reception at the Haggate afterwards. They are hosting a party at Throstle Court on the 9th of September so residents who can't make the reception can join in the celebration on this special day as the 9th is also the new bride's birthday! Then they fly out to Lanzarote on the 24th September for a twelve night honeymoon. **Congratulations and best wishes to Cath and Alf!**

Holts residents raise funds for Guide Dogs

Court Manager Yvonne Gartside and the bungalow residents at Holts Village raised a total of £259 through a table top sale and coffee morning, with donation box, for the charity Guide Dogs for the Blind. All the goods sold were kindly donated by residents.



Trinity House Snowdon Trek



Housing and Care 21 staff from Trinity House and care staff from Miocare conquered Snowdon, the highest mountain in Wales, to fundraise for residents.

Residents designed and ordered t-shirts and made a large banner for the Court's communal lounge to show their support for the team. They were also able to watch some of the trek via live feed. The hardy trekkers completed the walk in a respectable 8 hours. Staff spent a number of months training for the event and have so far fundraised almost £1000.



The money raised will go towards creating an indoor garden area within the Court, for residents who are unable to go outdoors. Tracey Ewins, Assistant Court Manager, said: "It was a fun but a very hard slog, it was -2 degrees as we reached the top of the mountain with the wind blowing, but I am so proud of myself and the three others for our achievement. When we reached the summit the feeling was amazing."

Well done to all the team for your amazing efforts!

St. Herbert's Silver Star!

Mr Dougie Farrington 91 years young attends all activities and events held at St Herbert's Court.

At the beginning of July he took part in the 'Silver Stars' talent show at Oldham Coliseum and reached second place. Dougie loved every minute of his performance with many of his friends supporting him at the Coliseum. He is shown wearing his uniform, which he wore at the contest, singing the Elvis Presley song 'It's Now or Never'. Dougie received a medal and certificate.



Diabetes Advice at Springlees Court

Residents at Springlees Court enjoyed a visit to a recent coffee afternoon by Barry Cassidy, from 'Healthier Together'.

Barry's talk offered information and advice on dealing with diabetes. He explained the potentially serious consequences of the disease and emphasised the importance of proper care, because of the resulting lack of feeling in extremities and the need for appropriate medication.



MakingSpace
Health & Social Care Services

Making Space run the following activities at our Courts

Monday 10.00 a.m. -12.00 p.m.

St Herbert's Court Dementia drop in for people living with dementia and their carers to come along for a brew / biscuit and chat.

Tuesday 9:30 a.m. -11:30 a.m.

St Herbert's Court Springboard Activity group for people living with dementia and carers. Quizzes, discussions and musical activity.

Wednesday afternoon Hopwood Court 1:30 p.m. - 3.00 p.m.

Activity group for residents and anyone with memory problems.

Thursday evening 6.00 p.m. – 8.00 p.m.

Evening drop in for people with dementia and carers this group fluctuates between venues St. Herbert's Court and Old Mill House.

Friday afternoon 1:30 p.m. – 3.00 p.m.

Music group St Herbert's Court



Invitation to the Oldham Dementia Action Alliance Open Morning for all DAA Members, Carers and People Living with Dementia

Drop in Open Morning by the Oldham Dementia Alliance for all.

No need to book, just turn up!

Oldham Dementia Action Alliance invite all carers and people living with dementia, with focus on people from the BAME Community, to come along to an Open Morning to find out all what's being done in the Borough of Oldham surrounding dementia care.

With tea, coffee, biscuits, advice and information on Dementia and a good old chat.

Come along to Gallery Oldham, Greaves St, Oldham OL1 1AL, Wednesday 20th September 2017 - 11.00am to 12.30 noon (in the Performance Space)

Dementia Support and Information Group **Oldham Memory Assessment and Treatment Service**

We are pleased to inform you about this post diagnostic support and information group. This is a **closed group** for people living with dementia and their family and/or carer(s) who have been referred by a health professional in the memory team.

**Summer 2017 dates: Thursday 17th August – Thursday 05th October
10:30 – 12:30**

Venue: Springlees Court, Oldham Road, Springhead, OL4 5TP

The programme will offer support from other people living with dementia, and professionals. There will be a speaker each week to give a talk about various aspects of dementia and memory problems, and local services available. The topics that will be covered include:

**What is dementia?
Memory management
Communication support
Stress management and emotional well-being
Healthy heart, healthy mind
Introduction to Oldham services
Life story work
Stories of living well with dementia**

There will be an opportunity to ask any questions that you or your family may have, and share your experiences. The programme runs for 8 weeks, with new courses run quarterly. Whilst we encourage you to attend every session, if you cannot make one of the sessions, we will make sure you get any information you miss.

Please call us if you would like to be referred to attend the group.

Ask for your memory nurse or Alessandra Merizzi (Assistant Psychologist) on **0161 716 2792**.

Boys Brigade

In March this year Age UK Oldham appealed for memories from any Old Boys from the Oldham Boys Brigade companies and gave brief details regarding an event later in the year.

The Boys' Brigade is the largest Christian uniformed youth organisation in the United Kingdom and Republic of Ireland. The Boys' Brigade was founded in Glasgow, on 4th October 1883 by Sir William Alexander Smith, and celebrated its 125th anniversary in 2008. The original badge was an anchor and rope with the words Sure on the top bar and Steadfast on the bottom. Some years later The Boys' Brigade amalgamated with the Boys' Life Brigade and the red cross was added behind the anchor.

Maggie Hurley from Age UK Oldham, working alongside Barry Cooke, Captain of the current South Chadderton Boys & Girls Brigade (one of only two companies left in Oldham now) has organised a full weekend of Boys Brigade at George Street Chapel. The event will attract 'old boys' back to Oldham and those who never left, to catch up, reminisce and bring back some great memories along the way. The weekend event takes place on 30th Sept and 1st October at George Street Chapel. This great weekend will

Reading Friends

Reading Friends is an exciting new UK-wide project that will empower, engage and connect isolated older people through reading.

Reading Friends brings together volunteers ("Reading Champions") and vulnerable and isolated older people, including people with dementia and their carers ("Reading Friends") through shared reading. Reading Friends will develop shared reading with older people powered by the social activism of participants and volunteers. It is a truly co-produced model developed with partners and co-produced with older people including people with dementia and their carers.

Reading Friends is for everyone, whether you like reading a lot, a little or you find it difficult. We will match you up with a Reading Partner and you can choose whether you would like to:

- Have a chat over a book, poem or newspaper article.
- Relax and listen to someone reading to you.
- Share stories and recommend reads.

There will also be opportunities to attend theatre productions, go on day trips and other similar activities.

Reading Partners can help you find a book you like, or find new ways to read if you find it difficult. The project is run by The Reading Agency and has just started nationally. In Oldham the Reading Friends project will be based at Lees library and the Holts area. **If you are interested in Reading Friends or what to find out more, please ring Karuna Jaipal at: 0161 770 8060.**



feature an exhibition of Oldham Boys Brigade Memorabilia, old film clips from company camps at Lyme Regis and Dawlish, and parades from the 1950's, drill and drums and a celebration lunch on the Sunday with hopefully a parade with the current Oldham Boys & Girls Brigade.

"Being a Boys Brigade member united local Oldham lads and now as men they still hold happy memories of the time they spent with their companies. I have received some fabulous memories and funny stories since my original appeal in March this year. Old Boys have contacted me from as far as Kent, Spain and Australia eager to share their wonderful reflections of their time with their Oldham Companies, it will be a great event and I'm sure we will hear lots of other stories throughout the two days at George Street too".

Tickets are available from Maggie Hurley at Age UK Oldham 0161 633 0213 /maggie.hurley@ageukoldham.org.uk



Oldham
Council

TAMESIDE, OLDHAM & GLOSSOP MIND

Housing 21 Article

Championing the MIND at Housing 21



**Would you benefit from talking to someone about anxiety, stress or loss?
Do you recognise that you might need help or support with your general wellbeing?**

Tameside, Oldham and Glossop Mind are well into their second year providing a range of support services and training across Oldham, in partnership with NHS service Healthy Minds. With 1-1 support provided within 34 GP surgeries across the borough and an ever expanding network of community venues, there really is something for everyone to access locally to develop a healthier lifestyle both physically and mentally.

Continuing this success, the TOG Mind team in Oldham have partnered up with Housing and Care 21 to provide a range of wellbeing support for staff, residents and their families across Oldham. Following successful 'meet & greet' sessions last month, the first 5 venues to offer these support services will be:

- **Hopwood Court, Shaw**
- **Holland Close, Delph**
- **Lido House, Grotton**
- **Trinity House, Oldham**
- **Chew Vale Court, Greenfield**



Support includes: Drop-In Sessions – Friendly 15 to 20min appointment to gauge levels of support required. Guided Self-help Sessions with a trained practitioner exploring various areas including Depression, Anxiety, Confidence, Self Esteem, Anger, Relaxation and Mindfulness. Healthy Minds Referrals - A range of low and high intensity talking therapies. Taster Workshops and Courses including Mindfulness and relevant and timely sign posting to appropriate local services.

There will be leaflets and posters advertising the sessions locally to you and don't forget to book through your Court Manager. Remember..... **It's good to talk!**

Health & Wellbeing is our 'Ambition for Ageing'



Hopwood Court and the wider community is benefiting from two more projects funded by Ambition for Ageing.



The scheme successfully pitched at a community voting event in High Crompton to win investments to cheer up the garden area and to bring their 'Wellbeing Suite' back into use. Both indoors and outdoors have been transformed thanks to a bit of money and the hard work of Court Manager Joan and their active craft group. Ambition for Ageing was pleased to support these projects which are bringing a lot of pleasure to the community. They were also very impressed with the artwork!

Anyone who has a good idea for making their part of Alexandra, Crompton or Failsworth West wards more 'age-friendly' can get in touch with Nicola Shore on 0161 622 9257 for more information about how to apply for up to £2,000 to help make their idea a reality!"

Memories of home inspired by residents

Collaborating with Oldham Coliseum and the University of Manchester, Charles Morris House residents worked on a project about what home means.

Over the summer period, Coliseum staff engaged with residents to talk about objects that reminded them of home, memories of growing up and they created a timeline of important events that had happened in Oldham. The sessions culminated with a theatrical performance at the Coliseum, where actors delivered lines about residents' memories and some of their possessions were on display.

The group from Charles Morris House attended and had a fantastic time seeing and hearing their thoughts and memories brought to life on stage.



Afternoon tea at Hathershaw School

Residents around the Lynmouth Avenue area were lucky enough to be invited not once but twice to Hathershaw School to be entertained and looked after by pupils.

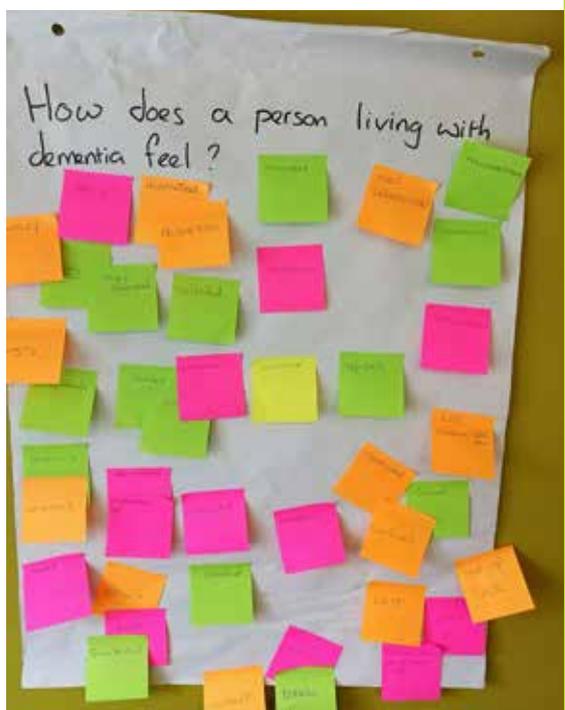
Homemade curry was on the menu for the first visit and the second visit, which coincided with the last week of term, had pupils serving up their homemade cakes and afternoon tea along with a few rounds of bingo. Future sessions have been planned including pupils helping residents get online and a Christmas themed event.

Empowered Conversations

All office based staff and Court Managers attended a dementia session with a difference delivered by Six Degrees Social Enterprise based in Salford.

Empowered Conversations is an approach which focuses on the practical features of communication that help to give people with dementia an invitation to respond. It's about changing the way questions are asked to people living with dementia and the approach has been developed by Six Degrees Social Enterprise and The Institute of Dementia at the University of Salford.

The session was also attended by the Customer Services staff from our responsive repairs contractor, Cruden.



Oldham teams crowned champions at annual bowling competition

Staff from Housing & Care 21 and partners, Cruden Property Services, Oldham Council and residents had a fabulous afternoon bowling at St George's Square Bowling Club in Chadderton.

The annual event, sponsored by Crudens, saw seven teams compete. To foster interaction and new relationships, staff and residents were matched up, with the winning pair being Brian from Holland Close and Tim English from Oldham Council. The second placed pair was Sheryl from Crudens and John from St Herbert's Court and third place went to the Crudens team.

There was an abundance of cakes and refreshments to enjoy during the breaks between play and having postponed the event once, we were very lucky with the dry weather!

Issie Howard, Partnerships Manager at Housing & Care 21, commented: *"This has now become an annual event in the Oldham calendar and each year it creates new friendships and relationships. There was a great atmosphere and we're grateful to our partners, Crudens, for sponsoring this."*



Great Green Garden Competition 2017

Once again, we had fierce competition across all categories, with lovely gardens of all types, giving the judges (Stewart Walker from Greenfingers and Sheryl Moore from Cruden) a very difficult task in choosing the winners. However, after careful deliberation, the results by category are as follows :-

	FRONT	BACK	EDIBLE	COMMUNAL
1st	Mr & Mrs Rimmer 4 Iris Street	Fred Mumford 9 Cypress Ave	Walton House	Millgate
Highly Commended	Mr & Mrs O'Connor 11 Cypress Ave	John Lynch 31 Cypress Ave	Joan Graham 45 Burnley Street	Wood Square

	CREATIVE	FIRST TIME	SPECIAL RECOGNITION AWARD
1st	Throstle Court	Mrs Armstrong 16 Cypress Ave	St Herbert's Court - Most improved Communal Garden
Highly Commended	Mrs A Cooper 18 Cypress Avenue		

THANKS TO EVERYONE WHO TOOK PART!

All entrants will be invited to the annual Tenant Conference in November, where the winners will receive their prizes.



Visit Oldham Council Libraries – *We have more than meets the eye*

Upcoming Presentations for live@thelibrary:

Advanced booking essential

DIGITAL THEATRE (FREE):

Join live@thelibrary once a month to enjoy filmed performances of acclaimed stage productions.

MACBETH BY WILLIAM SHAKESPEARE

Tuesday 26 September, 2pm; 2 hours 30 min

Macbeth is regarded as being one of Shakespeare's greatest tragedies. This production, filmed at the original Liverpool Everyman stars celebrated stage and screen actor, David Morrissey in the title role and Julia Ford as Lady Macbeth.

A DOLL'S HOUSE BY HENRIK IBSEN

Tuesday 31 October, 2pm; 2 hrs 24 min

Nora Helmer fraudulently borrows money and in doing so is forced to reassess her life. This acclaimed production from London's Young Vic Theatre features Hattie Morahan as Nora and Dominic Rowan as her husband, Torvald.

BILLY THE KID BY MICHAEL MORPURGO

Tuesday 21 November, 7pm; 58 mins

Told through the eyes of an 80 year old man, played by Dudley Sutton, Billy The Kid, recounts the life of a star footballer and how the outbreak of the Second World War impacted his life for ever.

DRAMA AND MUSIC:

Gerard Logan presents: WILDE WITHOUT THE BOY AND THE BALLAD OF READING GAOL

Thursday 28 September, 7pm

To celebrate National Poetry Day we are delighted to welcome acclaimed stage actor, Gerard Logan to perform his award winning solo show about Oscar Wilde and also give a dramatic performance of Wilde's epic poem written after his release from Reading Gaol in 1897.

Coastal Productions in association with St Helen's Libraries presents: THE RAGGED TROUSERED PHILANTHROPISTS ADAPTED BY TOM MCLENNAN FROM THE BOOK BY ROBERT TRESSELL

Saturday 30 September, 2pm and 7pm

As relevant today as it was when it was first published in 1914, The Ragged Trousered Philanthropists tells the story of a group of painters who are encouraged to question their subservience when they are joined by a new colleague.

COMEDY AND NEW WRITING:

Buglight Theatre presents: MARCHING ON EMBERS

Wednesday 4 October, 7pm

Set in modern day Northern Ireland, Marching on Embers, explores what happens when a fragile peace begins to tear apart. Why are so many young men seduced by the pull of violent struggle and why are so many female voices stifled?

Don't Go Into The Cellar! Theatre Company presents: THE SINGULAR EXPLOITS OF SHERLOCK HOLMES

Wednesday 11 October, 7pm

In this affectionate one-man homage to Sherlock Holmes, actor Jonathan Goodwin pays tribute to the great Victorian fictional detective. Expect lots of quick costume changes, humour and audience participation.

Janice Connolly presents: AN EVENING WITH BARBARA NICE

Thursday 12 October, 7pm

Janice Connolly star of Phoenix Nights, brings her alto ego, Stockport housewife Barbara Nice to Oldham Library for a night of life affirming comedy. Barbara is guaranteed to put a smile on your face and a spring in your step.

To book any of these shows, please ask at your library, visit our website: www.oldham.gov.uk/liveatthelibrary, or call 0161 770 8000.

COMPETITION TIME!

Enter our word search competition to win tickets for the Janice Connolly performance at Oldham Library on Thursday, 12th October – please see page 10 (What's On) for details!

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 29th September 2017.

DON'T FORGET THE STAMP!



AUTUMN

A	P	P	L	E	M	E	A	S	T	E	C	O	A
O	N	E	N	H	R	O	D	A	B	E	W	R	G
U	M	S	R	T	A	C	O	R	R	E	U	C	E
D	A	W	O	E	F	Y	O	E	H	R	R	H	W
A	Z	E	C	P	N	W	E	P	C	T	S	A	H
O	E	A	T	U	N	S	W	G	H	E	G	R	E
C	O	T	W	M	A	R	O	E	A	L	E	D	A
T	S	E	C	P	A	O	R	E	R	P	C	A	T
O	E	R	E	K	H	L	C	S	V	A	R	E	D
B	R	G	E	I	H	O	E	E	E	M	P	S	E
E	T	R	N	N	W	C	R	O	S	H	E	R	R
R	O	K	N	A	C	H	A	W	T	L	A	N	A
E	R	P	E	G	R	E	C	D	Z	A	R	E	K
G	M	C	A	W	N	O	S	E	F	A	L	L	E

GEESE
 HAY
 PUMPKIN
 PEAR
 SCARECROW
 MAZE
 RED
 CORN
 BROWN
 COLORS
 MAPLE TREE
 SWEATER
 APPLE
 HARVEST
 OCTOBER
 FALL
 RAKE
 ORANGE
 ORCHARD
 WHEAT



The winner of our quiz in the Summer newsletter was **MRS MORAN** of Lido House, who won a pair of tickets for the new Odeon Cinema in the old Town Hall!

housing&care21

Our contact details:

Housing and Care 21

Units 403/404

Chambers Business Centre

Chapel Road

Oldham

OL8 4QQ

Email: OldhamEnquiries@housingandcare21.co.uk

Customer Services Telephone: 0345 604 4447

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)