

Wellbeing 21

News, information and advice for Oldham residents

OLD MILL HOUSE RESIDENTS, ENJOYING A ST GEORGE'S DAY PARTY



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AROUND THE COURTS

Springlees Court Springhead, residents have enjoyed a busy few months. They held a coffee afternoon with Millercare mobility specialists, looking at disability aids and mobility products, which might help to improve the quality of life for some. Age UK are also running weekly lunch clubs in the lounge, every Wednesday, from 11.00 am – 14.00 pm – *please see the flyer on page 4.*

Old Mill House, Springhead, was the venue for a St George's Day party, with entertainment from Kenny Francis. There was food, drink and party games, with a packed house and a great time was enjoyed by all! (See front cover).

TOG (Tameside, Oldham & Glossop) Mind officer Gary Baynham visited a number of our Courts to deliver talks on Wellbeing, Mindfulness and mental health. Venues included Springlees Court (for a single session) and School House Flats, Hollinwood, where residents really appreciated a couple of visits from Gary.



The lounge and conservatory at Chew Vale, Greenfield, were packed for a fundraising event for Cancer Research UK. People paid a small entrance fee, but enjoyed free

teas, coffees and cakes. They were also able to purchase boxed cakes to take home and there was both a tombola and a raffle, offering excellent prizes, kindly gifted by the local community. A special thank you goes to the residents of Wood Square, for their generous donations. The event raised an amazing £753 on the day, which has since been boosted to £1.000 thanks to First Group, who provided two return rail tickets to any destination and also got Gift Aid, to add an extra £250 to the total.

Tandle View Court hosted a luncheon club from 12 pm until 2.30 pm every Monday, from 8th April until 20th May. There was a choice of main meal, pudding and drink for £6 with afternoon activities in the lounge.



At Cloughgate House, Hollins, residents are pictured enjoying an indoor bowls competition.

School House Flats residents also enjoyed a fun afternoon with pancake tossing for Shrove Tuesday.

Residents paid £2 each and enjoyed a light afternoon tea, with a free raffle. The proceeds went for the benefit of the residents' social fund.



Lees House held a fundraiser for Dementia UK, raising a fantastic £456.

Residents are also pictured enjoying an Easter tea in the lounge.



Victoria Gardens, Shaw held a taster session of Tai Chi, which was very well attended. They are now looking for funding to hold maybe two small classes per week due to the demand. Coach Brian explained that smaller classes would enable him to concentrate on individuals and their health issues.



Mary & Jim Celebrate 59 Years of Marriage!

Mary and Jim Heywood have lived at Springlees Court, Springhead, for four years. On the 5th March 2019, they had a fantastic double celebration – Jim's 80th birthday and the couple's 59th Wedding anniversary!

Mary and Jim first met because Mary was a friend of Jim's younger sister, Edith. They both attended the same school (Spurley Hey School, in Gorton). However, they lost touch for a while, because when Mary was 13, she was suffering some health problems and was sent to an open air, residential school, to recuperate. She stayed there for two years, recovering her health and then she came home. Her mum promptly sent her off to work at the local bakery – U.C.P. in Levenshulme – where both Jim and Edith were already working and their friendship started up again.

Jim and Mary soon became close and Jim first raised the prospect of wedding bells with a practical joke – buying an engagement ring for 2s 6d from Woolworths! But this was soon followed by a real one, with Jim enlisting the help of a mutual friend, Barbara, who has sadly since passed away.

The couple were then married 3 months later in 1960, on Jim's 21st birthday, when Mary was

16 years old. Their wedding took place at the All Saints Registry Office, in central Manchester and the only guests were Jim's eldest sister, Betty and her husband. Their wedding carriage was the 92 bus, returning to their flat after the ceremony and just getting on with their lives. But they have enjoyed a long and happy marriage, their eldest child, James arrived in 1963, to be followed by three more sons and three daughters – and since then, 26 grandchildren and 30 great grandchildren have followed!

Although the couple didn't get to enjoy a honeymoon at the time, they've made up for it since and enjoyed going on a number of cruises when they reached their fifties.



Wedding Bells at Millgate, Hollins

David Brooks (69) and Hilary Hanks (72) live in Cloughgate and Westgate Houses at Hollins. They first met about

12 months ago and have since gotten to know each other, through going on trips and attending events.

At first, Hilary found David a bit prickly and 'stand-offish', but since Halloween last year, at the regular Friday night social in the Cloughgate House lounge, the couple started talking and things moved on rapidly from there!

David proposed on one knee on last Christmas Eve. Hilary accepted, but just to be sure, he

popped the question again on Christmas Day. Fortunately, he got the same answer!

Hilary came to Westgate House after a very difficult 5 year period, during which she lost her husband and two daughters. However, she says moving there has really helped her to turn her life around for the better and meeting David was the icing on the cake!

They were engaged at Christmas and David bought Hilary an emerald engagement ring in January. They were married on 21st March (David's birthday and the first day of spring) at the Registry Office, Chadderton Town Hall, surrounded by their families. They then enjoyed a full reception at the White Hart and a honeymoon will follow later in the year.

We wish David and Hilary a long and happy marriage!



Bluebells Day Care Centre, 789 Ripponden Rd, Oldham OL1 4SQ
T: 0161 678 0802 E: bluebells.daycare@ageukoldham.org.uk



Dementia Specialist Day Care Centre

At Bluebells we believe in choice and work with individuals to choose the support that is best for them. We value dignity and treat individuals with empathy and respect.

Open Tuesday, Wednesday
and Thursday,
8:30am - 4:30pm
For more information, visit
www.ageukoldham.org.uk

"Leaving my house and coming here feels like coming home."

Let's Do Lunch!

in Springhead



Contact Kryshia on 0161 622 9268 for more information or if you'd like to book your place

Join Age UK
Oldham's Lunch
Club at Springlees
Court, Oldham
Road, Springhead
every Wednesday
11:00am - 14:00pm.

Tasty home-cooked
food followed
by an activity or
entertainment - all
for just £4.70!



100 Years of Council Housing - your stories

Mrs Beryl O'Brien Lido House

Beryl O'Brien is now 82 and her family (at the time, husband Jim and two children) moved into their Saddleworth Council home, 66 Queensway, Greenfield in 1961. Their third child was born whilst they lived there.

This was a 3 bedroom, end terraced house, with gardens front and rear and bathroom and toilet upstairs. This was in sharp contrast to the back to back house they had rented in Diggle, which was a terrace, with no

bathroom and an outside tippler toilet. What a relief to leave the tin bath!

Beryl's husband sadly passed away in 1991 and the children had grown up and left home, but Beryl stayed on in the house until February this year, before moving to her present home in Lido House, Grotton, after 58 years in Queensway!

She was very reluctant to leave, having had so many happy years there and having grown up with many of her neighbours. However, she was experiencing some difficulties, having a few



falls, toiling with the stairs and having to pay someone to mow the grass. First Choice Homes had done wonders with the house, but Beryl decided it was time to move on and she has settled in well at Lido House. She joins in all the activities in the lounge and is very happy there.



Betty Edmunds, School House Flats

Betty was born in central Manchester in 1920, not far from Shudehill. At that time, her family lived in a two up, two down terrace, with no bathroom and an outside toilet – bath time was in a tin tub in front of the fire!

The family (Mum, Dad, Betty and her younger brother) first moved into a Manchester Council home in 1935, when Betty was aged 15. The house was a 3 bed semi, located near Heaton Park

and had gardens front and back, with an upstairs bathroom and an inside toilet downstairs. It was a world away from the old terrace and Betty spent several happy years with her family in the house, until joining the army in 1942.

Betty's service in the army saw her based in Salisbury and Leeds and during this period, she met her husband, Arthur (who was in the R.A.F.) and they married in 1944. They both left the army at the end of the war and moved to Nottingham, where Arthur had found work. At this time, they lived in a Council house as lodgers, living with a middle aged couple, who were the tenants. Their eldest child, a son, Arthur was born in Nottingham in 1947, but Arthur senior was an Oldham lad and couldn't settle, so they moved back to this area around 1950.

At that time, it was very difficult to get a Council property and

the couple spent 3 years moving between their parents' homes. Their second child, daughter Hilary, was born in 1950, whilst the family lived with Betty's mum. They were eventually awarded their own Council house in 1953, a 2 bed house on Lower Lime Rd, Limeside, where youngest daughter Alison was born in 1958. They lived there for 11 years, before moving to a 3 bed house on Limeside Rd, where the children grew up, got married themselves and moved on. It was here that Betty's husband Arthur sadly passed away in 1983.

Betty stayed in the house until 1991, when she moved into her current home at School House Flats. She's seen huge changes in the scheme in her time there – she remembers it being a bit like a prison when she first moved in, because of the painted brick walls! She's seen many people come and go, but has spent many happy years there.

Mrs Alma Green, Violet Hill Court

Alma Green, who will be 86 years old in May, first moved into a Council home, with her parents and younger brother, Leslie, at a very young age (4 or 5). This was a 2 bedroom house on Thackeray Rd, Derker, where she lived until 1950, when she joined the army at the age of 17.

In between, she'd attended Watersheddings and then Derker schools, leaving at the age of 15 to work 2 years at the Cairo Mill, which was still a cotton mill in those days.

Alma met her husband whilst serving in the army and they married in 1954. After leaving the forces, she went back to work at the Cairo Mill for a short time and at this time she lived with her grandma

in Rock St – her husband was still in the army. After his return, they rented a terraced house on Douglas St, but the house came under C.P.O. in the early 1960's and Alma and the family (by this time, they had 3 children) moved into a brand new upstairs maisonette at Albert Mount, Derker.

Unfortunately, Alma and her husband separated whilst the children were still quite young, so she ended up as a sole parent with the 3 children. The fact that she had to access the maisonette via a staircase never caused her any concerns though and they had many happy years there.

Alma lived there over 30 years, but towards the end, the estate went downhill, with



quite a lot of anti-social behaviour and some difficult people. The children had grown up and moved on, so Alma moved to her present home, Violet Hill Court in Waterhead, in 1996.

She's loved her time there and feels safe and secure, having made many friends over the years. She's been a regular in the lounge, but has had to slow down a bit – but she still gets to the bingo!

ROC Litter Pick at Holts Village!

A small group of residents, including young people, Cllr Jenny Harrison and ROC staff braved the rainy weather on Saturday morning 27th April to do a litter pick on the estate starting and finishing at ROC 'n' Rolls.

In the space of just over an hour the team managed to make an impact on several streets plus identified fly tipping areas to pass details onto to the Council. The team plan to do more litter picks, making them a regular event and want more people to help out!



TOG Mind and Housing 21 Work

Housing 21

 mind | Tameside, Oldham
and Glossop
for better mental health

Our Community Development Officer Gary has had the pleasure of visiting several of the Housing 21 establishments, after contacting Tejinder Birk, Partnerships Manager, it was agreed to go along and speak to some of the tenants, initially to see if there would be any interest and value in TOG Mind talking to residents about Mental Health and Wellbeing.

After talking to tenants at School House Flats it was felt that there would definitely be a demand for some TOG Mind interventions, we talked at length about what kind of activity may be a good starting point, and collectively settled on a Mindfulness Taster, mainly because it involved chocolate!

Feedback from all the Courts has been very positive, people found the techniques really useful and felt they would continue to use them to help with their overall wellbeing.



Candles – Fire Risk & Safety Advice



Following a small fire in one of our homes we want to remind all tenants of the fire risk which candles create.

THIS IS PARTICULARLY IMPORTANT FOR PEOPLE LIVING IN GROUP SCHEMES.

Candles in the home are becoming more popular however this causes an increase in candle related fires. Candles mark special occasions and create a special atmosphere but they also bring fire into your home, so treat them very carefully.



THE DO'S AND DONT'S

- **Always put candles on a heat resistant surface.** Be especially careful with night lights and tea lights, which get hot enough to melt plastic. TVs are not fire-resistant objects
- **Put them in a proper holder.** Candles need to be held firmly upright by the holder so they won't fall over. The holder needs to be stable too, so it won't fall over either
- **Position them away from curtains.** Don't put candles near curtains or other fabrics – or furniture. And keep them out of draughts
- **Don't put them under shelves.** It's easy to forget that there's a lot of heat above a burning candle. If you put it under a shelf or other surface then it can burn the surface. Make sure there's at least three feet (one metre) between a candle and any surface above it
- **Keep clothes and hair away.** If there's any chance you could lean across a candle and forget it's there, put it somewhere else. You don't want to set fire to your clothes or hair
- **Keep children and pets away.** Candles should be out of reach of children and pets
- **Keep candles apart.** Leave at least four inches (10cm) between two burning candles
- **Take care with votive or scented candles.** These kinds of candles turn to liquid to release their fragrance, so put them in a glass or metal holder
- **Don't move them when they're burning.** Extinguish candles before moving them. Also, don't let anything fall into the hot wax like match sticks
- **Don't leave them burning.** Extinguish candles before you leave a room. Never go to sleep with a candle still burning. And never leave a burning candle or oil burner in a child's bedroom
- **Use a snuffer or a spoon to put them out.** It's safer than blowing them, which can send sparks and hot wax flying
- **Double check they're out.** Candles that have been put out can go on smouldering and start a fire. Make sure they're completely out.



Annual Bowling Competition 2019

The fifth annual crown green bowling competition, sponsored by Cruden Property Services, will take place on **Wednesday 10th July at 1 pm at St. George's Square Bowling Club, Chadderton.**

If you'd like to register your interest in taking part, please speak to your Court Manager.

Thanks also to Cruden Property Services for the donation of a gazebo, which is available for use at any events at which you might wish to make use of it. Please speak to your court Manager.

Tenant Satisfaction Survey 2019

We recently distributed our annual survey, to seek your views on the services we deliver.

Please remember, the completed surveys need to be returned to us in the pre- paid envelopes provided by 21st June. It's essential that you give us your honest opinions, so that we can continue to plan and improve our services.



Oldham Coliseum and Housing 21 Partnership

Oldham Coliseum Theatre and Housing 21 have been working in partnership to offer a range of innovative and exciting activities at our Courts, known as Culture Hub (Arts, Crafts and Conversations).

As part of this project, two events will be open to all residents, as follows –

- Celebration Event, following the work of the culture Hub workshops, on Thursday 18th July 11.00am to 12.30pm and
- Hands and Hearts, a performance of hand held puppetry, to take place on Tuesday 13th August 2.00pm to 3.30pm

Both these events will take place at the Coliseum Theatre, Fairbottom St, Oldham. Please note, you would have to make your own transport arrangements.

New Telephone lines and New Providers

When you are changing to a new telephone provider or other television package that require you to have new phone line, please remember that you need to provide H21 as part of your Tenancy a standard PSTN telephone line.

Sky or Virgin will often provide an IP or VOIP telephone line but these will not work with your Helpline system we need a PSTN rated phone line.

If you live in a bungalow we also require a slave phone socket to be located in the loft which must be connected by your provider at the time of the installation.

There is a charge of between £45 and £80 (depending on the amount of work required) that we will recharge you if the above items are not provided as we have to ensure all our Tenants have a connection to the Helpline Service.

live@thelibrary

Visit Oldham Council Libraries - www.oldham.gov.uk/liveatthelibrary or phone 0161 770 8000 (booking essential).



Thursday 13th June, 7pm, £5 – at Oldham Library

A woman Left Lonely – 1960's rock icon, Janis Joplin died from a drug overdose on October 4th 1970 at the age of 27. Had she lived she would have gone on to bring more of her great music to us. While her work is known to those of her generation, it is increasingly less so for those following. Linzi Matthews brings her remarkable singing talents to the fore, recreating songs associated with Janis Joplin to give us a look into the world she inhabited.

Thursday 25th June, 7pm, £5 – at Oldham Library

Small Histories - Six generations of women, their lives spanning 100 years from the final months of World War One to the present: through a weaving together of monologue, dialogue, songs and physical theatre and prompted by small, intimate objects from their past, we are given glimpses into brief episodes of these women's lives ... episodes evoking joy, sorrow, love, loss and memory that articulate the 'small histories' of ordinary people.

Thursday June 27, 7:00pm, £5 – at Oldham Library

All The Bens - Ben likes Al, Al likes Henry, and Henry likes the number 7. When the three of them meet, that's when everything changes...

A multi-award winning play by playwright Ian Townsend, directed by fellow Mossley dweller James Schofield (A Different Way Home, Greater Manchester Fringe 2018), this funny, moving and uplifting play is brought to life in a brand-new production.

Contains adult themes and strong language. Age 15+

Tuesday July 9, 7:00pm, £5 – at Oldham Library
An evening to celebrate two national treasures – Victoria Wood and Joan Sims:

Funny Girls - Victoria Wood - Our funniest comedienne is illuminated in all her brilliance in this pre-show talk showing many classic sketches and amazingly clever songs. A true celebration of a unique talent.

Simply Joan - Join JOANIE on a walk down memory lane, as she reflects on her professional work and her private heartache, sometimes hilariously, often touchingly, as we witness her determination to 'Carry On'!

Friday July 12, 7:00pm, £5 – at Oldham Library
Take a trip down memory lane with John Hewer from Hambledon productions with an interactive talk about the Carry On films followed by a celebration of Last of the Summer Wine:

Carry on Summer Winos

Carry On! Celebrating over 60 years of sauce and slapstick

Wallow in the company of Sid James, Kenneth Williams, Barbara Windsor and all the gang in this affectionate celebration of the immortal Carry On series. John Hewer, author of Carrying On! hosts an interactive talk show, offering potted biographies, a cascade of behind the scenes stories and an insightful history of the franchise. Summer Winos Live!

2 Men, 259 Episodes, 1 Obsession...

Andrew and Bob's gentle love of Last of the Summer Wine quickly became a quest to watch all 295 episodes. In order. While visiting locations. Making films. Meeting the cast. And, ultimately, turning their passion into a show. They take to the stage to explain how Last of the Summer Wine has taken over their lives, and what YOU can learn from the world's longest-running sitcom!

Wednesday July 17, 7:00pm, Free – at Oldham Library

University Campus Oldham Showcase -

Discover some of the amazing work that final year Performance students, have been creating. UCO invite you to an evening of two extraordinary devised performances. These performances are the result of the students' project-based work which involve research, exploration, and the realisation of a public performance.

Sunday September 1, 11:00am, Free – at Crompton Library

Conscientious Objection in Oldham during World War One by John Fidler

Around 16,000 men were recorded as conscientious objectors during World War One. John Fidler tells the compelling story of the 150 conscientious objectors from Oldham. Some were assigned civilian 'work of national importance' while others were conscripted into the Non-Combatant Corps; a few suffered prison to defend their freedom of conscience.

COMPETITION TIME!

ENTER OUR SPRING WORD SEARCH COMPETITION TO WIN £25 WORTH LOVE2SHOP VOUCHERS !

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 28th June 2019.**



Summer Quiz 2019

1. Which comedy duo would you associate with the song 'Bring Me Sunshine'?
2. Ursula Andress famously walked out of the sea wearing a white bikini in the James Bond film Dr. No. What was the name of her character?
3. Who had a debut number 1 single in 1970 with 'In The Summertime'?
4. Who wrote the 1957 novel 'On the Beach'?
5. Which Spanish Costa is located north of Barcelona?
6. At 1.34 miles, where is the longest pleasure pier in the UK?
7. From the Italian word for beach, what name is given to a public outdoor swimming pool and its surrounding facilities?
8. Which ice-cream brand makes Magnum, Solero and Feast ice creams?
9. Which London brewery makes the seasonal beers Wild River and Summer Ale?
10. In which film did the characters played by Burt Lancaster and Deborah Kerr famously have a passionate clinch on a beach?
11. Where is the tallest and fastest Roller Coaster in the UK?
12. In the Cliff Richard film Summer Holiday, the bus driven in the film starts from Piccadilly. In which capital city does it end up?
13. Which American state is known as 'The Sunshine State'?
14. What was the name of the ITV holiday show fronted by Judith Chalmers, which ran from 1994 to 2003?
15. In the late summer of which year did Gary Sobers become the first person in first class cricket to hit six sixes off one over?

**THE WINNER OF OUR SPRING COMPETITION WAS
MR MATTHEWS, OF WILDMOOR AVE, HOLTS.**





Our contact details:

Housing & 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)