

# Wellbeing 21

News, information and advice for Oldham residents

**MASCOTS AT THE BIG LUNCH WITH OUR RESIDENTS AND THEIR FAMILIES AT LIDO HOUSE**



## WHAT'S INSIDE?

- Around the courts
- Over to you
- Nutrition & hydration
- Navigator project

## AROUND THE COURTS

### **THE BIG LUNCH at Lido House was filled with entertainment, fun, food and laughter.**

There was free food and drinks as well as live bingo, tombola raffles and lots of stalls. Music and entertainment came from Funky Fitness and Fun as well as a Ukulele group (Uke-can-do-it.) There was fun for everyone! Even a surprise visit from LOL Surprise and Paw Patrol, everyone had an amazing time (**SEE FRONT COVER**)

**Memory café at Lido House is going well.** First Choice Homes Oldham - ROCA (Respect Our Community Awards) financially supported the 'Memory Café', towards their monthly sessions. The café meets the first Tuesday of the month and allows people with dementia and their carers to meet and discuss issues facing them. The group feel comfortable knowing they are in a safe environment, and it offers activities to both stimulate the mind and provide enjoyment.



### **Culture Hubs: A celebration of work produced through a partnership between Housing 21 and Oldham Coliseum Theatre.**

A performance of words, art and poetry of the work the theatre have been doing with residents took place on Thursday 18th July, residents who'd taken part in the workshops were invited to the performance. The workshops were designed to help tackle social isolation and to support older people. Residents really enjoyed it and felt honoured to have their work used in the performance.



**Hands & Hearts: Storytelling, puppetry and craft.** The Horse and Bamboo Theatre Company have been delivering creative sessions across Oldham with people living with dementia and their friends/carers. Using puppetry, the project is focused on making and sharing stories and bringing these to life through playful and hands-on approaches. A workshop and puppet show took place on Tuesday 13th of August at the Oldham Coliseum Theatre.



**Knit &Natter group at Trinity House have been busy bees with their stunning thoughtful creations of Bereavement**

**Bears'**, these are pairs of small identical bears where one goes to someone receiving end of life care at Dr Kershaw's and the other goes to a friend or family member of that person, which is a great idea. The Mayor, Cllr. Ginny Alexander and her consort, husband Mr. Adrian Alexander, visited Trinity House to meet the 'Knit and Natter' group of residents and the staff, to collect the blankets the group had made. The Mayor offered her thanks to everyone involved. The blankets are to be used for the homeless. **Well Done Ladies Keep up the good work!**

**Trinity House are also helping to raise money**

**for Mahdlo** by cycling 500 miles on an exercise bike to follow the people that are actually doing the race. The Tour De Youth bike race challenge commences 21st -25th October and anyone interested can help and take part.

**Alan Wood (Decorator) and his team** has kindly fitted a notice board for Violet Hill Court, now everyone can be up to date with events and what's happening around the court. Thank you to the Alan Wood team!



**Violet Hill Court summer fayre** had a fantastic turn out despite the weather and were sold out by 3pm. There was a cake walk stall, food, refreshments, bric a brac, raffle, tombola and the opportunity to throw wet sponges at the court manager. Everyone had lots of fun even the children enjoyed themselves they raised a whopping £874.65 for the Court social fund.



All our lovely residents have been busy having fun and socialising as you will see by reading the amazing things that have been happening around the courts and schemes....

**Brownedge Road**, residents have raised an impressive £180 from the Marie Curie coffee morning, also Trevor Woodhouse (Court Voice) and Joan (Non Housing 21 Resident) managed to raise £45 from selling homemade cakes.



**Holland Close**, residents organised a fundraiser and linked up with the Delph Methodist Church to raise money for the local animal rescue charity that was targeted by thieves. They managed to raise a fantastic amount of £181.50 plus several raffle prizes and bric a brac for the charity shop.



**Springlees & Dunsford Court**, Residents have been busy learning sign language to help make their new resident feel included. The resident is hard of hearing and can lip read and in order to communicate with him and help him feel welcome and part of Court life they all decided to learn some sign language. How wonderful is that?



After some successful negotiations, **St Herbert's Court** has received a spectacular delivery of flowers and plants from the Oldham Parks Team.

**Ann & Sheila of Recreation Road** organised a Macmillan launch and garden party on Sunday 7th July 2019 raising a fantastic £398.22!



**Holiday surprises at Hopwood Court**, the Court manager Joan Turner and 3 MioCare carers hosted a Hawaiian theme party on Saturday 27 July for 20 lovely residents and surprised them by inviting their families. Everyone had an amazing time and didn't let the weather stop them from having fun!



**Chelsea** who runs the wellbeing salon at **Violet Hill Court** ran the Manchester 10k on 19/05/19, in memory of her

grandad who had Alzheimer's. Chelsea raised a huge £1,220.00 for the Alzheimer's society.

**Well done Chelsea!!**



**Every Tuesday afternoon, the residents of Throstle Court** enjoy a visit from primary school children from St. Paul's school, who join in with the residents, playing games, reading and talking together. On this occasion, they were joined by members of the St. Paul's Church Ladies Society, who kindly provided food, drink and entertainment, in the form of bingo (with prizes!). Residents really had a great time socialising with the children.

# 60 year “Diamond” Wedding Anniversary!

**Val and Geoff married on 5th March 1960, at Millgate Methodist Church, Hollins – so it’ll be 60 years of wedded bliss in March next year!**

At that time, Val was 20 years old and Geoff was 22 – he was fresh from the army, having completed 2 years National Service, including stays in Malaya and Singapore.

The couple met at Froggatt’s Dance Hall, at Bottom O’Th’ Moor, near Mumps, on 8th November 1958. Geoff was out with four other lads and Val was with her boyfriend! One of Geoff’s mates knew Val very well and at the interval, they all went out to a pub around the corner for a drink.

Geoff was smitten with Val and decided there and then that Val was the girl for him. The only problem, of course, was Val’s boyfriend, Barry! As fate would have it, Geoff ‘accidentally’ (??!!) knocked his pint over Barry’s blazer and he had to go home to change. In his absence, Geoff took it upon himself to chaperone Val, until Barry’s return. Unfortunately for Barry, the couple really hit it off and the next night, Val and Geoff went out to the pictures together. Poor Barry joined the R.A.F.!



Val and Geoff got engaged in July 1959 and they haven’t looked back since.

Courtship was no easy matter though. At the time they met, Val lived at Hollins, whilst Geoff was a Denshaw lad. He used to catch the bus down to Hollins three times a week, but always missed the last one back, so he ended up walking the eight miles home. Later on, he used a bike and even managed to borrow a moped for 6 months, which had been left at his employers, Halfords. He recalls on one occasion riding the moped back down the hill from Grains Bar to Denshaw, when the engine fell off. He had to put it all back together before he could set off for work the next morning and he actually saw Val going to her job at Compoflex and almost knocked her over!

That didn’t deter them though and they now look back on nearly 60 years of happy marriage. They have two daughters (Gillian, 58 and Alison, 54) and 5 grandsons, aged from 15 to 32. **Let’s hope they have many more years to enjoy.**



# 50 Year “Golden” Wedding Anniversary

**Les and Liz married in August 1969. It was love at first sight when they first met at Ferranti Ltd where Liz worked as a typist and Les as a shipping clerk.** Whilst working here they both had to sign the official secrets act due to the nature of the work.

Before they met, Les sailed all over the world with the merchant navy for over twelve years.

They’ve been living at Lees House for over four years. Les is originally from Chadderton and Liz from Springhead.

They have one daughter Louise who is married to Colin.

Liz is a massive rock music fanatic who has been to see the groups such as Deep Purple and Rainbow numerous times live at rock concerts all over the country; she’s a big Elvis fan too.

Les is more tuned into classical music whilst they both have a shared passion of listening to Andre Rieu, walking and visits to Scarborough.

They have a sister each and coincidentally both sisters are called Jean.

**On their anniversary they are having a party with a live performance from Wayne “Mr Love Boat” Bentley.**

# Oldham Social Prescribing



## MAKING SPACE GROUPS CURRENTLY RUNNING

### Did you know?

Your doctor isn't the only person who can help you feel better.

You can improve your health and wellbeing through social prescription.

### What support can I get?

Our connectors can help you with a range of issues, including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement, bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Accessing work, training and volunteering



### What are the benefits?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self confidence and self esteem
- Better quality of life
- Get involved in your community

### How do I access the service?

It's simple, you can talk to your GP, health care professional or surgery staff, or fill in a self-referral form either at your surgery or online at [oldhamcares.com/socialprescription](http://oldhamcares.com/socialprescription) and one of our connectors will contact you.

Alternatively you can contact one of our connectors directly on 0161 339 2345 or email [oldccg.socialprescribing@nhs.net](mailto:oldccg.socialprescribing@nhs.net) and we'll do the rest.

### Monday's:

**Drop in for a chat, we serve tea/coffee and biscuits.**

Come and relax and start the week on the right foot. Every Monday 10-12 noon at: St. Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.

### Every other Monday:

**Healthy Living (cooking group)**

in conjunction with the Oldham Memory Service, 2-4pm at: Mills Hill Church, Mills Hill Road, Manchester, M24 2FD.

### Tuesday's:

**The Springboard Group 'Drop in' Sessions.**

Making Space co-facilitates this session, every Tuesday morning 9.30-11.30am at: St. Herbert's Court, (Housing 21), Wellington St, Chadderton, Oldham, OL9 0JD.

### Every Tuesday Afternoon:

**Walk and Talk Group,**

1.30-3pm at: Chadderton Hall Park, off Chadderton Hall Road, Burnley Lane, Oldham, OL9 0QB, meet outside the Café at 1.30pm. Contact Alima on 07972 732848 to check if going ahead, as this activity is subject to weather conditions.

### Wednesday's:

Every Wednesday morning, **Dementia 'Drop in' session.** Come along and have a cup of tea/coffee and a chat. 10-12noon at: Trinity House or Aster House. Please contact the office for which location they will be at.

### Every Wednesday Afternoon:

**'Drop in' session; music, quizzes and light hearted fun,** 1.30-3pm at: Hopwood Court, Housing 21 Thornham Road, Shaw, Oldham, OL2 7LR.

### Thursday's:

The Springboard Group, 1-3pm. **Support for carers and those living with Dementia.** This is a large group with up to 70 members currently.

Making Space co-facilitates this group. The group meets every week at:

Downey House, Church Street, Royton, Oldham, OL2 6BD.

### Friday's:

Every Friday morning, 10-12noon **'Drop in' session with music, quizzes and light hearted good fun!**

Hope Methodist Church, Oldham Road, Failsworth, M35 9AN.

### Every Friday afternoon:

**Music group,** 1.30-3pm at: St Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.

Come and have a sing or simply listen. Bring along an instrument if you wish, we'd love to hear you play or sing, but mainly bring yourself and come and have a good time; lots of dancing involved - you do not have to be musical to enjoy this group, believe me!!

If you would like any further information regarding any of the above groups, please contact Alima on 07972 732848 or Carrie on 0161 633 2403.

**Please note that all groups in this listing are open to anybody with a memory issue and their carers'. A diagnosis of a memory condition is not a criterion for attendance, we will be glad to see you, so please do come along.**

# Fab Neighbour Award



Do you know someone that always looks out for others?  
Do you have a neighbour that you can always rely on?  
Do you know someone who deserves recognition for their contributions to the local community?

If you do, then fill in a nomination form (*available from Court Manager*) explaining why that person deserves to win a Fab Neighbour Award.

Closing date for entries is Friday 27th September 2019 and can be returned to your Court Manager  
*Only open to Housing 21 residents.*

## HELPING HAND WITH YOUR WATER BILL DON'T SUFFER IN SILENCE

- that's the message from United Utilities if you're struggling to pay your water bill



"If you're going through a tough financial patch and are finding it hard to pay your water bill, please get in touch with us on 0800 072 6765. We're easy to talk to and the sooner you call, the quicker we can get you the right support to prevent you falling further into debt," says Jane Haymes from United Utilities.

"We're already helping more than 116,000 customers in this way so it's well worth picking up the phone."

One scheme, called **Payment Matching Plus**, promises to make you debt free within two years.

Jane adds "If you've built up a lot of debt, our Payment Matching Plus scheme will get you back on track. For every £1 you pay we'll put in £1 too and after six months we'll increase our contribution to £2. We'll

then clear any remaining debt if you continue to make regular payments for two years."

If you're receiving Pension Credit and struggling to make payments, you can apply to United Utilities for their **Help to pay scheme**. This caps your bill at a reduced amount based on your income and outgoings.

If you're struggling to make water bill payments due to losing your job or having to pay out for an unexpected emergency, the company's **Payment Break scheme** can help by delaying your payments for an agreed period. Any delayed payments are then spread over a longer period of time.

United Utilities can also help if you're applying for **Universal Credit by delaying your water bill payments for up to eight weeks** while you wait for your

first UC payment to arrive.

Jane also commented "If your home has more bedrooms than people, it's also worth considering a **water meter** as it's one of the easiest ways to make a big saving on your bill. We fit them for free and you can even switch back to your old bill within two years if for whatever reason you're not making a saving."

**The United Utilities affordability team can be contacted on 0800 072 6765.**

**You can find more information about all of the company's schemes on their website. A form is also available on this webpage for customers who would prefer to submit their details online rather than calling and United Utilities' affordability team will give you a call back.**

# Stop Infection, Drink More!

Please follow: @GMNandH



Aim for 6–8 drinks per day, unless advised otherwise by your GP



Choose drinks that you like and are likely to finish

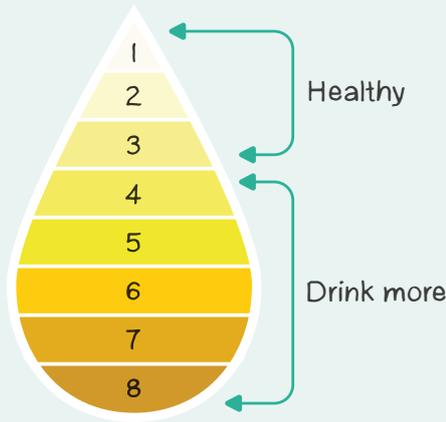
Drink more in the morning if you worry about getting up at night



Do not wait until you feel thirsty to have a drink



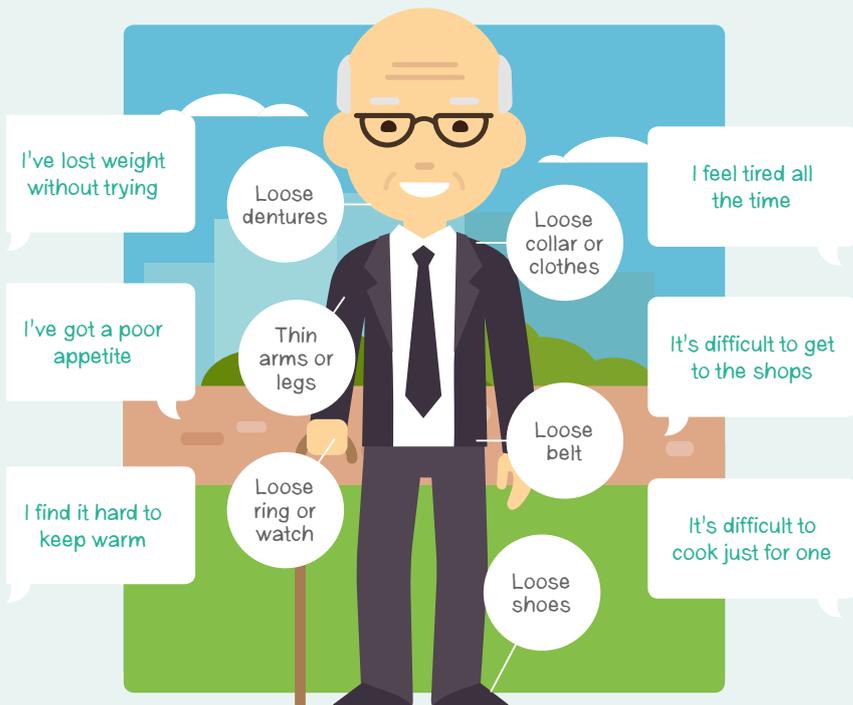
What colour is your urine?



Healthy pee is 1 to 3, 4 to 8 you must hydrate

## Notice any of the following signs?

Check out our simple tips, call your local Age UK or visit [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)



I've lost weight without trying  
 I've got a poor appetite  
 I find it hard to keep warm  
 Loose dentures  
 Thin arms or legs  
 Loose ring or watch  
 Loose collar or clothes  
 Loose belt  
 Loose shoes  
 I feel tired all the time  
 It's difficult to get to the shops  
 It's difficult to cook just for one

For more information call your local Age UK

- Bolton:** 01204 382411
- Manchester:** 0161 833 3944
- Tameside:** 0161 308 5000
- Bury:** 0161 763 9030
- Salford:** 0161 788 7300
- Trafford:** 0161 746 9754
- Oldham & Rochdale:** 0161 633 0213
- Stockport:** 0161 480 1211
- Wigan Borough:** 01942 241972



For more details visit: [www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

## @RUBBISH RUTHS RAMBLES

**My name is Ruth Major and I promote a campaign called 'I Piece Of Rubbish' to try to encourage everyone to pick up one piece of rubbish every day.**

Over the past 3 years I've made eighteen week-long trips, using my free bus pass on public transport throughout the UK, picking up rubbish and talking about the campaign to all and sundry!

I've been interviewed on BBC Radio York, BBC Tees, BBC Radio Manchester, NVtv Belfast, Belfast Radio 89 FM, Manx Radio, BBC Derby, BBC Leicester, BBC Nottingham, BBC Sheffield, BBC Cornwall, BBC Devon and BBC Gloucester.

I've just returned from an eight-day journey through Lancashire and Cumbria via Burnley, Preston, Lancaster, Morecambe, Barrow-in-Furness, Whitehaven and Penrith before returning to Oldham and was interviewed on BBC Radio Lancashire and BBC Radio Cumbria. In a couple of weeks' time I'm due to talk about the campaign on BBC 1 TV - 'The One Show'.

As well as travelling throughout the country I also promote and network this campaign by sharing photographs, information and ideas via social media and by giving public speaking presentations to groups who are interested in my activities.



1 Piece Of Rubbish is a very simple concept, costs nothing to execute or implement, encourages a little gentle exercise out in the fresh air and can create a feeling of fulfilment, environmental awareness and the knowledge that each and every one of us can be part of an ecological movement – any day, any time, anywhere.

“Small positive acts, when multiplied by millions of people, can transform the WHOLE WORLD.”

**I can be contacted on:**

**Facebook, Twitter & Instagram:**

**@RubbishRuthsRambles @ruthmajor44**

**Email: [ruthmajor44@gmail.com](mailto:ruthmajor44@gmail.com)**

## NAVIGATOR PROJECT

**The service links you up to local facilities and groups tailored for you like;**

- Outdoor activities
- Revisiting old hobbies
- Gardening groups
- Volunteering opportunities
- Social clubs and pubs
- Sports clubs (pool, darts etc)
- Sharing your skills, or learning new ones
- Lunch outings with like-minded men

*A Navigator can accompany you to an activity on your first visit*

We make everything simple, supportive, comfortable and specific to what you would like. If you could benefit from involvement with like-minded people, groups and services that can help you develop new friendships, we are the people to get in touch with.

## Community Navigator Service



### WHAT IS THE COMMUNITY NAVIGATOR SERVICE AND WHY IS IT NEEDED?

The service offers support to older men (over 65) who may have lost contact with friends and their local community. It aims, by way of trained volunteers, to discover the needs of individuals and put them in touch with local support such as community or social groups. It encourages and supports older men to meet like-minded people, become more active, revisit old hobbies, volunteer, or learn new skills. When you retire and, if your family are not local, it can be easy to lose touch with people. The Navigator service can help you make new friendships and is an opportunity for you to share your skills and experience with others.

### HOW DOES THE SERVICE WORK?

The service looks to community partners such as GP's, health professionals, social workers, housing providers and other community touch points, to make referrals. Or, you can ring the community navigator service yourself, or ask a family member, or neighbour to refer you. A trained volunteer will contact you to help you connect with the right services, support and social activities.

**GET IN TOUCH ... For more information about the service please contact:**

Cathy Ayrton [commnav@southwayhousing.co.uk](mailto:commnav@southwayhousing.co.uk) or 0161 448 4200 or 07818 572469

Jamie Dean [commnav@southwayhousing.co.uk](mailto:commnav@southwayhousing.co.uk) or 0161 448 4200 or 07860 658346

### Bowling competition July 2019

A big thank you to Cruden for organising a really great bowling competition this year at the St George's Square Bowling Club. The turnout was excellent with over thirty players and almost as many spectators including residents, Housing 21 and Cruden staff. We were lucky with the weather too as it remained fine all afternoon. The cakes were also delicious as well as the refreshments.



#### Winners

K Turner and F Shenton (*a friend of a tenant from Throstle*)  
St Georges Sq and Throstle Court

#### 2nd Place

B Hooley and B Winterburn  
St Georges Sq and Wood Sq

#### 3rd Place

S Winterburn and B Carter  
Wood Sq and Westgate

### Greenfingers Generosity!

A big thank you Greenfingers for their generous gift and supply of top soil and compost to a number of courts. This has helped boost the courts and their gardens immensely. All the gardeners from the different courts were extremely grateful and thanked Chris whilst he was out delivering the soil.

### Scam Alert!!!

We have recently been receiving reports of tenants being contacted by phone from callers stating that they are from their bank, claiming that money has been taken from their bank account.

Banks are advising their customers not to press any digit on the telephone key pad that the callers ask for or they may be able to access accounts.

Also banks are warning internet bank users, if they receive an email stating the same thing do not click on any of the links as this can do the same thing.

**Scammers are currently targeting older people so please be aware of this type of scam and protect yourself and your money - stay safe!**

### Residents Satisfaction Survey 2019

The overall response rate was excellent, we managed to increase the response rate slightly to 56% overall from 3 years ago. Thank you to everyone who returned their questionnaires. The key findings will be shared in the next newsletter.

#### Survey Prize draw winners were:



Mrs S Forsyth  
Chadderton £75



Mrs P Lawton  
Oldham £35



Mrs P Wright  
Failsworth £35

The court / bungalow area with the highest percentage level of returns was Lido House winning £125



### Celebrating a good result for extra care!

The MioCare Group provide care and support services within all six of Oldham's Extra Care Housing schemes – Tandle View, Charles Morris House, Aster House, Old Mill House, Hopwood Court and Trinity House.

MioCare Extra Care service has been rated 'Good' in all areas by the Care Quality Commission (CQC) – the independent regulator of health and social care in England. Housing 21 recently held a very successful Extra Care Partnership Working event jointly with MIO Care and Oldham Council. The theme was around working better together for better outcomes in extra care housing.

# live@thelibrary

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



## live@thelibrary Authors

**David Nolan**

**Black Moss**

**Wednesday 18 September, 7pm, Lees Library, £3**

Join multi award-winning author, television producer and crime reporter, David Nolan, to discuss his latest book Black Moss. Includes a talk, Q&A and book signing. (Books will be available to purchase on the evening)

## live@thelibrarylocal

We've teamed up with Local Studies and Archives to bring you a series of talks around Activism from local speakers to commemorate Peterloo 200. All talks are free, booking essential.

**Peterloo – The Aftermath by Shelia Goodyear**  
**Monday 30th September, 7pm, Oldham Library**

Find out more about what happened after the Peterloo massacre of 1819.

**Conscientious Objection in Oldham during World War One by John Fidler**

**Tuesday 1 October, 11am, Crompton Library**

The compelling story of the 150 conscientious objectors from Oldham who faced prison to defend freedom of conscience.

**Activism in the Archives by Caroline Knight**  
**Tuesday 1 October, 2pm, Oldham Local Studies and Archives**

Discover the original archives of activism in Oldham and discover the amazing stories behind them.

**Oxfam in Oldham by Mary Pendlebury**  
**Wednesday 2 October, 11am, Failsworth Library**

The extraordinary story of Oxfam in Oldham, one of the most well-known charity shops on the High Street.

**Women's Groups in Oldham After 1918 by Shelia Goodyear**

**Thursday 3 October, 2pm, Crompton Library**

Find out more about what women did after they achieved the vote in 1918.

**Activism in Oldham by Steve Roman**  
**Friday 4 October, 11am, Lees Library**

Steve Roman has been an activist in Oldham for many years. Hear his compelling account of his involvement across a multitude of voluntary organisations in Oldham.

## Hambledon Productions

**Steptoe and Son at Christmas**  
**Thursday 28 November, 7pm, £5**

Christmas simply wouldn't be Christmas without a visit to 23 Oil Drum Lane to catch up with the nation's favourite rag-and-bone-men and indulge in some classic, festive misadventures! Albert and Harold – united by blood, divided over everything else – seem doomed to spend Christmas in each other's company.

**After the huge success of last year's 'Hansel & Gretel', Oldham Theatre Workshop are back with another magical family Christmas musical.**

**Oldham Theatre Workshop**  
**The Secret of Christmas Eve, £8**

A snowy night, a magical adventure and a little girl who unwraps a secret that will change Christmas forever. With enchanting characters, original music and filled with breath-taking on-stage magic, this show will be the perfect festive treat!

Date	Time
Tuesday 10 December	7:30pm
Saturday 14 December	2pm
Saturday 14 December	7:30pm
Monday 16 December	7:30pm
Tuesday 17 December	7:30pm
Wednesday 18 December	7:30pm
Thursday 19 December	7:30pm
Friday 20 December	2pm
Friday 20 December	7:30pm
Saturday 21 December	2pm
Saturday 21 December	7:30pm
Monday 23 December	2pm
Monday 23 December	7:30pm
Tuesday 24 December	11am
Tuesday 24 December	2pm
Friday 27 December	11am
Friday 27 December	2pm*
Saturday 29 December	11am
Saturday 29 December	2pm

*\*Relaxed Performance – perfect for anyone who will benefit from a more relaxed environment*

**Oldham Library, Greaves Street,  
Oldham, OL1 1AL**  
[www.oldham.gov.uk/liveatthelibrary](http://www.oldham.gov.uk/liveatthelibrary)  
**T: 0161 770 8000**

# COMPETITION TIME!

ENTER OUR AUTUMN CROSSWORD COMPETITION  
TO WIN £25 WORTH LOVE2SHOP VOUCHERS!

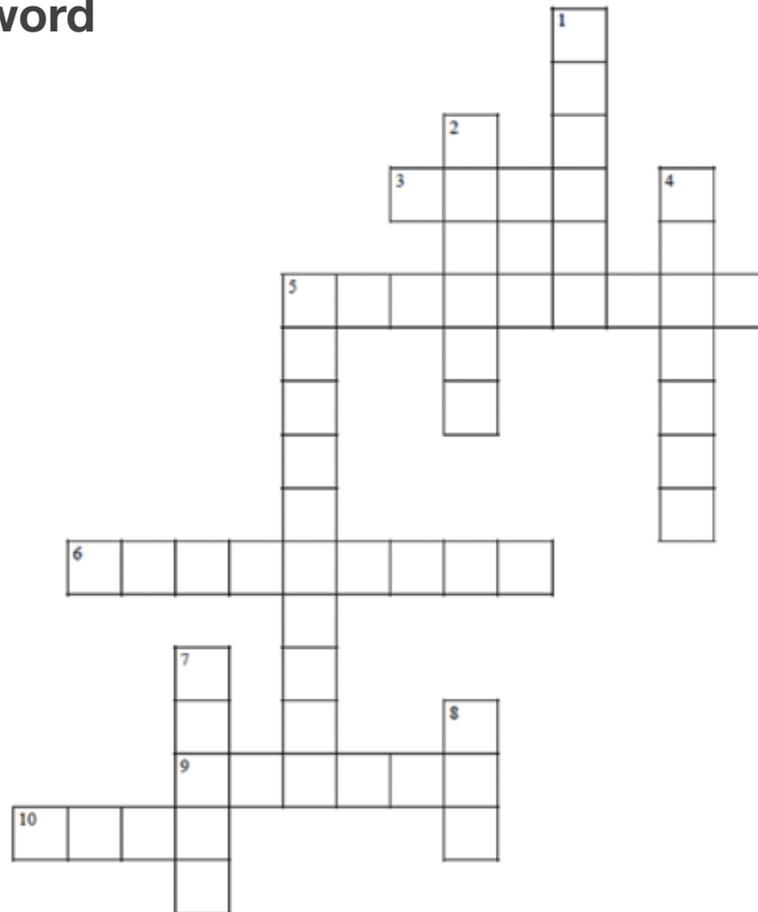
Simply post your answers, along with your name, address and contact details, to – Vince Sexton, Housing and Care 21, Chambers Business Centre, Chapel Rd, Oldham OL8 4QQ

Correct replies will be entered into the prize draw.

The closing date for entries is **Friday 27th September 2019.**



## Autumn Crossword



### Across

3. American term for Autumn.
5. A frozen water droplet
6. Guy Fawkes is remembered for this plot.
9. To which continent do swifts migrate from Britain in Autumn?
10. This bird migrates to the UK and gets its name from King Canute.

### Down

1. A baby hedgehog.
2. 'Dry your ? in October, or you'll always be sober?'
4. Seeds of the Horse Chestnut tree are needed for this sport!
5. Maple, ash and sycamore trees produce seeds with this nickname
7. Which poet composed 'To Autumn' in 1819?
8. Which bird starts to bury acorns in the Autumn?

**THE WINNER OF OUR SUMMER COMPETITION WAS  
MRS MAVIS MORAN OF LIDO HOUSE**





Our contact details:

Housing 21  
Units 403/404  
Chambers Business Centre  
Chapel Road  
Oldham  
OL8 4QQ

Email: [OldhamEnquiries@housing21.org.uk](mailto:OldhamEnquiries@housing21.org.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](http://www.oldham.gov.uk)

### Council Tax

0161 770 6622

[council.tax@oldham.gov.uk](mailto:council.tax@oldham.gov.uk)

### Environmental Health

0161 770 2244

[environmentalhealth@oldham.gov.uk](mailto:environmentalhealth@oldham.gov.uk)

### Housing Benefits and Council Tax Reduction Scheme

0161 770 6633

[benefits@oldham.gov.uk](mailto: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](mailto: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)