

Wellbeing 21

News, information and advice for Oldham residents

**TRINITY HOUSE RESIDENTS JOIN IN
'THE FRIDAY CLUB' FITNESS AND
HEALTH SESSIONS!**



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AROUND THE COURTS

LOTS OF CHRISTMAS CELEBRATIONS ALL ACROSS THE COURTS!

At **Cloughgate House, Hollins**, residents enjoyed a festive treat from Oasis Academy. Children and staff donated 16 Christmas hampers for residents, bringing them across from the school themselves, some being pushed across on a trolley and physically carrying the rest!



Charles Morris House, Failsworth, residents had a fantastic Christmas party, enjoying music and comedy from entertainer Dom Collins.

Residents also tucked into a lovely Christmas dinner, served in the on-site restaurant.



At **Throstle Court, Royton**, residents enjoyed a Christmas lunch in the lounge and also received a visit from the Ladies' Society from St Paul's Church and the children from St Paul's school choir.

The Ladies society and the residents enjoyed a Christmas buffet and drinks and were then entertained by a choir from the Ladies Society and the children, singing Christmas Carols.



St. Herbert's Court, Chadderton, had a packed house for their Christmas party and they also enjoyed entertainment from Mr. Loveboat!



Brownedge Road, Holts residents followed up with another Christmas party of their own, at Howell House.

The Three Crowns, at Austerlands, was the venue for a joint Christmas dinner and party for residents from Holts Village, Lees House and Springles Court. They sat down to a lovely meal with drinks and were then entertained by Wayne Bentley, 'Mr Loveboat'. A great time was enjoyed by all.



OTHER COURT NEWS



Holland Close residents have started knitting for the homeless. Items provided include hats, scarfs and gloves.

They are looking for help in sourcing some wool if possible and are in talks with a homeless group in Manchester via a new tenant, Jack Peacock, who volunteers there at Manchester cathedral. Socks are also being collected and the Court is a collection point for dropping off.

Residents Pat Dilley and Jean Stott are also leading a knit and natter group assisting tenants attending to make these items for a local homeless charity. Pat has spoken with local Delph community and had offers of donations of coats and clothing which the Uppermill charity will take.



St. Herbert's Court residents and visitors also knitted and crocheted a huge amount of blankets, scarves, hats, gloves and snood scarves for rough sleepers. The colourful donations were warmly received by Yvonne from the 'A Bed Every Night' scheme in Oldham, where they'll make a huge difference to making people feel more homely and comfortable when they stay at 85 Union Street and Impact Church. Well done to everyone involved!

Old Mill House, Springhead residents had a visit from the young people at MAHDLO Youth centre. They played games, bingo, did arts and crafts and had a sing along, dancing with residents, who thoroughly enjoyed it.

Court Manager Dianne Hayes said, *"These young people were so well behaved and very helpful and polite to all my residents. They also ran a raffle with some great prizes and provided hot food (meat and potato and cheese and onion pie). Each resident also got a sweet cone full of traditional old fashioned sweets and all this was for free! The afternoon was a great success, we really do have some lovely young people in Oldham!!"*



The Springboard Calendar Launch at St Herbert's Court.

The Springboard group was set up 5 years ago. It is a registered charity, with around 70 members and was established by carers and people suffering from dementia, to support one another. They meet at Downey House on Thursday afternoons, but in partnership with Housing 21, a smaller group meets at St. Herbert's Court every Tuesday morning.

Alima from Making Space launched a 'Calendar Girls' style Springboard calendar but with the men who attend the Springboard Group at St Herbert's posing with vegetables and not much else(!) in December and managed to raise over £1000. The proceeds will be split between Prostate Cancer UK and Springboard.

It was a massive success and everyone who was involved loved every minute of it.



**Oldham
Council**

Age Friendly Challenge: Neighbourhoods 2019

The Mayor of Greater Manchester, Andy Burnham's Age-Friendly Challenge, has recognised fifty-three neighbourhoods as being age-friendly, or making excellent progress to becoming age-friendly.

The awards recognise the hard work that organisations and older people across Greater Manchester have carried out to make their area a great place to grow older.

An age-friendly neighbourhood is a place where: residents are committed to looking out for each other, older people feel they can have a say in what's going on in their local area, and there are spaces where people can get together. The awards also show that each area is committed to helping older people feel: independent, safe and secure, and informed about what is going on in their local area.

The challenge was supported by Ambition for Ageing and submissions to Mayor's Age-Friendly Challenge were reviewed by an expert panel chaired by Prof. Chris Phillipson from MICRA at The University of Manchester. Other panelists included representatives from Greater Manchester Older People's Network, Ambition for Ageing, and the Centre for Ageing Better. Four wards in Oldham were awarded Age-Friendly 2019: Achievement Award with Merit – an age-friendly place: **Saddleworth and Lees, Alexandra, Crompton and Failsworth West. Hopwood Court, High Crompton** Court Manager, Joan Turner, is pictured being presented with the certificate.



Garry Storey's Story!

Garry Storey, of Trinity House, hasn't had the easiest of lives, but one constant in his life for many years has been his close friendship with his mother-in-law, Elsie Hopkins (84).

Garry has lived at Trinity House for the last 7 years, after the amputation of a leg made his old flat inaccessible. Before that, he'd lived on his own for several years, following the death of his wife, Yvonne, 22 years ago, whom he'd nursed through cancer for the last 7 years of her life.

This tragic turn of events brought Garry and Elsie closer together out of necessity and they were constantly in touch over the years, Elsie frequently visiting Garry at Trinity House and speaking on the telephone. Early last year, Elsie found that her own home was becoming too much for her, so she took a flat at Springlees Court, Springhead. However, around the same time, Elsie's granddaughter Alison told Elsie that she would soon be moving with her 10 year old daughter to South Wales and asked Elsie if she wanted to go with them. Elsie is very close to both of them, time was very short and Elsie decided at the last minute to join them, moving in May 2019.

Unfortunately, because of the rush, her age and the fact that Elsie had been suffering ill health for some time, she forgot to tell Garry that she was going and also forgot to take his phone number.

Becci's Bakes go down a treat at Trinity House!

Becci Leonard has worked in catering for 30 years. She'd been running a small pie making business from home, when she heard about the café at Trinity House becoming available.

She had a chat with Court Manager Jodie Ashton and decided that the café offered an opportunity to complement her existing activities, so she decided to give it a go, opening up just before Christmas, on 2nd December.

Becci started opening 7 days a week to judge which days had the greatest demand. She now has Saturdays and Mondays off, but works every Sunday, offering Sunday roast dinners, which are proving a huge success. She regularly attracts 15 residents from Trinity House every Sunday, plus another 15 or so from the community, including 5 regulars from Aston Court, just across the road. Business is now really picking up and Becci is

They completely lost touch for 6 months and Garry was at a loss to understand what had

happened, waiting and hoping for a call every day.

Then out of the blue in the New Year, Assistant Court Manager Tracey came and asked Garry if he knew someone called Elsie Hopkins! Garry's heart leapt!

Elsie had all along been having the same concerns as Garry, but although she knew Garry lived in a sheltered flat in Oldham, she couldn't remember the name of Trinity House. Out of desperation, she approached the South Wales police for help. They looked up the names of all the sheltered schemes in Oldham and Elsie recognised the name of Trinity House. The police gave her the name and number for Housing 21 in Oldham, where Elsie rang and spoke to a lady called Gill Johnston, who works in the office. Gill confirmed with Tracey that this was indeed Elsie's Garry and passed on her contact number, so that Garry was able to ring her and they've been in daily contact ever since. Now he says she's driving him mad!!

Garry also asked to mention how kind and helpful Gill was to Elsie and how grateful they both are for her help. Now Elsie has decided to move back to Oldham and hopes to move to Trinity House!



confident she has made the right decision. She's also just been awarded a 5* hygiene certificate by Oldham Council's Environmental Health Inspectorate.



Court Manager Jodie firmly believes that Becci's new Sunday lunch initiative has helped to break down social isolation amongst residents. Previously, most didn't go anywhere at weekends, but significant numbers are now joining with friends and neighbours for lunch. They're also getting the chance to opt for better nutrition, with healthy options on the menu every day.

Greater Manchester Fire and Rescue Service

Greater Manchester Fire and Rescue Service is committed to keeping people safe from fire in the home, but did you know that we also help and advice on a wider range of issues such as health, social isolation and falls in the home?

One way of doing this is by carrying out free Safe and Well visit in the home. A Safe and Well visit is a person-centred home visit carried out by firefighters and community support staff within the fire service.

A Safe and Well visit includes:-

- Identifying and offering advice about fire risks in the home.
- Ensuring the home has working smoke alarms.
- Putting together an escape plan in case fire breaks out in the future.
- Talking about the health and wellbeing of everyone in the household.
- Directing people to services and activities that may help them.

You can request a Safe and Well visit by calling freephone number 0800 555 815, or if you contact your Court Manager, they can make a referral for you.



Nutrition and Hydration Week 16th -20th March 2020

Nutrition and Hydration week is celebrating food and drink and the important role they play in our health, energy levels and quality of life. As we get older, it can be harder to maintain a healthy weight and good hydration levels.

We would like to use this week to highlight the importance of good nutrition and hydration in older age and we would love you to get involved.

Here are some ideas of what you can do:

Host a coffee morning, a lunch, an afternoon tea or just a gathering and consider doing one of the following:

Does your group like to play games?

- Why not try our 'food for thought' – game?
- Play 'hook a duck'
- Play nutrition and hydration Bingo
- Host a nutrition quiz

Do you or your group like to get creative?

- Download food knitting patterns and get your group knitting!
- Prepare food! This is a great way to stimulate the senses! For example you could be making a fruit salad, prepare sandwiches, wash and peel vegetable or ice and decorate cupcakes
- Play a food blind taste game!

Do you or your group like to chat?

- Use our conversation starter sheet to encourage conversations in your group around food and drink.

Do you or your group like to learn?

- This is great for healthcare professionals. Why not hold a lunch and learn to talk about the importance of nutrition and hydration? We will provide you with slides and the information but you will be delivering it.

Do you like to post on social media?

- Why not tag along to our twitter page @GMNandH and receive messages and tweet ideas from us! And don't forget to post pictures.

All the resources will be available on our website from Friday 14th February:
www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/



New Annual Fee for Travel Pass – Trams and Trains

If you have a TfGM-issued pension-age concessionary pass or a Women's Concessionary Travel pass), to continue to benefit from unlimited off-peak travel on trams and trains in Greater Manchester, you need to pay an annual £10 fee.



This does not affect your entitlement to free, off-peak bus travel across England and, if you only use buses, you can choose not to pay to add tram and train.

The £10 charge does not apply to concessionary passes for disabled people.

How to add tram and train to your pass - You'll be covered for a full year from the date you pay.

To pay, take your concessionary pass into:

- a TfGM Travelshop and ask to pay to 'add tram and train' OR
- your local PayPoint store - look for the 'P' logo
- in store, ask to pay to 'add tram and train'
- hand the retailer your concessionary pass along with £10 payment
- they will complete the transaction and hand back your pass with 'add tram and train' loaded onto it, along with your receipt
- now you are ready are ready for the 1 February, to travel off-peak on trams and trains in Greater Manchester.

You can also pay online at getmethere.com

To buy online, you will need to link your concessionary pass to a get me there account and can find more details and a step-by-step guide at getmethere.com/add-a-card. Once you have paid online, you will need to touch-in with your concessionary pass at a Metrolink smart reader within 14 days, at any tram stop, and your pass will be updated to show you have paid to add tram and train.

If you need your pass for travelling by train and won't be able to visit a Metrolink stop first, we suggest you buy from a PayPoint or a TfGM Travelshop.

When your concessionary pass expires - If you've paid to add tram and train for a year and your concessionary pass expires before the end of that year, you won't need to pay again. Just touch-in with your new concessionary pass at a Metrolink smart reader, at any tram stop, and your pass will be updated. If you return your concessionary pass or no longer use it, the £10 charge to add tram and train is not refundable.



Health and social care for Oldham

Partners in Fitness and Health at Trinity House

Following the start of a new initiative in October this year ('The Friday Club'), from Oldham Community Leisure and Oldham Cares, staff at Trinity House got together and decided to see



if any of their residents would like to give it a try!

Jodie, the Housing 21 Court Manager, got together with Joanne, the MioCare Senior Carer at the scheme. Having found some enthusiastic volunteers, among both residents and care staff, they spoke to Oldham Council Social Services, who kindly agreed to the carers attending the sessions to support our residents.

As a result, 2 residents – Margaret Stock (79), Vivienne Hall (65), accompanied by 2 care staff – have enjoyed Fridays at the Oldham Leisure Centre, from 10.00 a.m. until 3.00 p.m. For a nominal fee of only £3 per session (and carers go free!), they have a choice of a range of activities in the morning (including table tennis, yoga, swim, badminton, sauna, gym, classes, curling and bowls), followed by lunch and then information and advice from guest speakers, on a range of health and wellbeing issues. Residents can even get all this for free, if they are entitled to free Oldham Active cards from their G.P.

The Friday Club initiative has also kick started a wider health awareness effort at Trinity House.

Prior to attending the sessions, residents were given full medicals by their G.P. and measurements were taken at the start (weight, waist and arm sizes, cholesterol levels, breathing). These will be repeated every 3 months, so that progress can be monitored. MioCare staff are also encouraging healthy eating as part of the project.

What we do at Oldham Dementia Activity Services

**We support people who have memory problems;
whether that is Mild Cognitive Impairment or Dementia, and their carers.
We run drop-in sessions, support groups and activities throughout Oldham.**

Our activities range from Arts and Crafts, Cooking, Quizzes, Word Searches, Bingo and Singing and Dancing!! We co-facilitate with The Springboard Group, Memory Service and the Oldham Library. We also offer one-to-one sessions, where we can advise and assist or signpost to other services if necessary.

WE ARE HERE TO HELP, SO PLEASE COME AND TALK TO US!

We also run Dementia Friends Information Sessions to local businesses and health and social care sector. We also hold event stalls throughout the year, to promote 'Living Well with Dementia'.

Let's Do Lunch!



Join Age UK Oldham's Lunch Club for a delicious home-cooked 3 course meal and an exciting array of activities - and make some new friends at the same time!
All for just £4.90
Springlees Court - Wednesday 11.00am - 2.00pm

Contact Kryshia on 0161 622 9278 for more information or if you'd like to book your place



Lido House Memory Café

Lido House Memory Café is the first Tuesday of every month 2-4pm, it's a friendly group for people living with dementia and their carers.

The next one is taking place on 3rd March.
All welcome.

Making Space Groups Currently Running

Monday Mornings:

Drop in for a chat, we serve tea, coffee and biscuits. Come and relax and start the week on the right foot. Every Monday 9.30-11.30am at: St. Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.

Tuesday Mornings:

The Springboard Group 'Drop-in' Sessions. Making Space co facilitates this session. Every Tuesday morning 9.30-11.30am at: St. Herbert's Court, Wellington St, Chadderton, Oldham, OL9 0JD.

Tuesday Afternoons:

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. Please contact Alima on 07972 732848 to check if going ahead, as this activity is subject to weather conditions.

First Tuesday of Every Month:

Let's Be Heard Group, 1-3pm at: Trinity Methodist Church, Radcliffe Street, Royton, Oldham, OL2 5QR. Refreshments are served. There is currently an art project taking place which will be exhibited in the Oldham Gallery next year!

Wednesday Mornings:

Every Wednesday morning, Dementia 'Drop-in' session. Come along and have a cup of tea or coffee and a chat. 10am-12noon at Trinity House or Aster House. Please contact the office for which location they will be at – 0161 633 2403.

Wednesday Afternoons:

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

Last Wednesday of Every Month:

Death Café, 10am-12noon at: St. Herbert's Court, Wellington St, Chadderton, Oldham, OL9 0JD. Please come and join us for tea, coffee and lots of cake! A death café is a group directed discussion of death with no agenda, objectives or themes. We offer a warm welcome and a listening ear in a light-hearted environment.

Thursday afternoons:

The Springboard Group, 1-3pm Support for carers and those living with Dementia. This is a large group with over 70 members currently. Making Space co facilitates this group. The group meets every week at: Downey House, Church Street, Royton, Oldham, OL2 6BD.

First Thursday of Every Month:

Mild Cognitive Impairment Group, 10.30am-12.30pm at: The Grange, Bartlemore Street, Derker, Oldham, OL1 4DP. Refreshments served – come and have a chat and light-hearted fun at this group.

Last Thursday of Every Month:

In co-production with the Oldham Library – The Anglo West Indian Group – 12.30-3.30pm at: Anglo West Indian Sports & Social Club, 13 Primrose Bank, Oldham, OL8 1HQ.

Friday Mornings:

Every Friday morning, 9.30-11.30am 'Drop-in' session with music, quizzes and light-hearted good fun! Hope Methodist Church, Oldham Road, Failsworth, M35 9AN

Friday Afternoons:

Friday Disco, 2-4pm at: St. Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD. Come and have a dance or simply have a cup of tea and listen to the music. Bring your dancing shoes and come and have a boogie; lots of dancing involved!

live@thelibrary

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



Oldham
Council

Little French Cinema - Launch Event (Wine and Cheese reception) and Screening of La Vie en Rose Oldham Library, Greaves Street, OL1 1AL, Oldham.

Thursday 12th March 6:15pm £4.90

Starring Marion Cotillard this Biopic of Edith Piaf follows her life from the slums of Paris to the limelight of New York. Piaf's life was a battle to sing and survive. Raised in poverty, Edith's unique voice and her passionate romances and friendships with the greatest names of the period - Yves Montand, Jean Cocteau, Charles Aznavour, Marlene Dietrich, Marcel Cerdan and others - made her a star all around the world.

Shown in French with English subtitles.

**The Last Quiz Night on Earth
Bank Top Tavern, 1 King Street, OL8 1ES,
Oldham.**

**Monday 16th March and Tuesday 17th March
7:30pm**

It's the final countdown. Landlady Kathy invites you to the last quiz night on earth with Quizmaster Rav. He's the host with the most. But with time ticking, some unexpected guests turn up out of the blue. Bobby wants to settle old scores and Fran wants one last shot at love. Expect the unexpected to the bitter end. So grab a drink and join us for a night you won't forget with plenty of drama! Let's get quizzical, quizzical!

£10 (includes pie and peas) Parking is available in front of the Pub, Once on arrival you need to hand in your Car reg number to the landlady.

**One Big Blow, Oldham Library, Greaves Street,
OL1 1AL, Oldham.**

Thursday 26th March 7:00pm £5.00

This influential play was written 15 years before 'Brassed Off!' and tells of a colliery brass band going to the Mineworkers Championship in Blackpool. This colourful, emotive and witty production features 6 actors but no instruments, with all the songs and band pieces being performed a cappella.

**David Nolan, Royton Library, Rochdale Road,
Oldham, OL2 6QJ**

Wednesday 6th May 7:00pm Free

Join multi award-winning author, television producer and crime reporter, David Nolan, to discuss his upcoming book, The Mermaid's Pool. It's the follow up to Black Moss - part two of David's 'Manc Noir' trilogy set in Oldham.

**The Tempest, Oldham Library, Greaves Street,
OL1 1AL, Oldham.**

Wednesday 27th May 2:00pm £3.83

Prospero has been banished to the magical Isle with only his daughter Miranda, the spirit Ariel and the monster Caliban for company - but what will happen to their perfect paradise existence at the arrival of a boatload of old friends and enemies, drunken butlers, and worst of all...boys!

Whatever happens, we're sure it will go down a storm...

**The Oldham Tinkers @ Grange Theatre
Grange Theatre, Oldham College, Oldham,
OL96EA**

Sat 14th March 7.30pm

Oldham Tinkers are BACK at Grange Theatre after almost 50 years since their first appearance here. In the summer of 1965 a chance meeting between John Howarth and the brothers Larry and Gerry Kearns saw the beginning of years of fun and music for The OldhamTinkers and all who chanced upon them on their travels. All these years later, their longstanding career has involved such extremes as performing for the Queen and being championed by DJs Andy Kershaw and John Peel.

Based in the Grange Theatre entrance (onsite at Oldham College), the Box Office is open Tuesday and Wednesday from 12pm to 2pm and 1 hour prior to performances. Tickets are various prices.

Black Dyke Band, Uppermill Civic Hall

Saturday March 21st, 7:30pm

THE very best of brass will raise the roof at the Civic Hall in Uppermill as the world-famous Black Dyke Band returns with a musical spectacle. Established in 1855, Black Dyke Band has a rich history of success and achievements. They made one of the earliest brass band recordings in 1904 and over the years have toured the world. The compere for the evening will be David Hoyle, presenter of BBC Radio Leeds' Yorkshire Brass.

Tickets cost £15 (Concessions £14) and are available from Phil Beck: 07976 165815 or post offices in Uppermill, Delph, Diggle and Greenfield, Delph Band Club and Saddleworth Museum in Uppermill.

Lees Easter Fayre, Thomas Street, Lees

13th April 12 noon to 5pm

Easter Fun for all the family, Family Fayre with lots of traditional stalls and Easter competitions such as Easter Bonnet Parade, egg decorating competition, Easter cake competition and Oldham Band (Lees) playing.

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 3rd April 2020.

**Only Housing 21 residents are eligible to apply*



S H T U L I P S M S G S
R L Y R E T S A E P V B
E F I A H M M Q L O I M
W E F D C O U J T R B A
O C O Z O I Y E I D R L
H U W L N F N H N W A M
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BLISSFUL
BLOOM
BLOSSOM
DAFFODILS
EASTER
EQUINOX
FECUND

FERTILE
HYACINTH
LAMBS
LUSH
MELTING
OUTDOOR
SHOWERS

SNOWDROPS
SUNSHINE
THAW
TULIPS
VIBRANT
WARMING

**THE WINNER OF OUR WINTER COMPETITION WAS
MRS CROWTHER OF VICTORIA STREET, SHAW.**





Our contact details:

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

Email: 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

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)