

Summer 2020 edition



HOLTS RESIDENTS HAND OVER A CHEQUE TO THE NORTH WEST AIR AMBULANCE SERVICE



- Around the courts
- Over to you

Date 12/2/2020

£500-

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- Spotting COVID-19
- Community projects

CORONAVIRUS UPDATE

During these unprecedented times, Housing 21 is doing all it can to support residents, especially those who are selfisolating.

Staff have contacted lots of residents to offer support and signpost them to services in Oldham.

Court Managers have also been creating quizzes and information and activity packs to keep minds active and spirits lifted.

Please continue to follow government guidelines. Stay safe and in the meantime we hope you enjoy this special jam packed issue of Wellbeing 21.

AROUND THE COURTS

The Coronavirus pandemic has restricted the ability of residents and Court Managers to enjoy their usual range of activities, but there are some very positive and encouraging stories to share!

At Violet Hill Court, Tai chi sessions are taking place in the garden. Joanne Rudd, Court Manager, said 'We're very lucky we have outside balconies, so the residents can come out and take part and still social distance. If residents aren't taking part in the Tai chi they are listening to the relaxing music or just laughing at me, either way there is a smile on their faces. Thank you to Leslie who runs the Tai Chi in the communal lounge normally for helping me do this and our resident DJ Bill, for the wonderful relaxing music.'

At Trinity House, Housing 21 and MioCare staff have been supporting residents to try and bring a sense of normality at these difficult times. They have purchased or obtained items for crafts and activities and done shopping. They've also helped out with catering and delivery from the restaurant and organising a chippy takeaway evening, from the on-site restaurant, all delivered with a smile! In addition, posters and pictures created by residents have been displayed in all the windows; puzzles, quizzes and activities have been distributed.

Residents have been knitting for hospitals, love hearts for NHS, baby clothes for grandchildren or great grandchildren they have not met yet, with staff providing wool, so that tenants can enjoy this past time without additional costs. Resident, Mary Jones has been knitting for local hospitals, traffic light bonnets and blankets for the premature baby unit and the palm hearts for ICU.



On top of all that, a memory tree has been created, with ribbons and quotes or special messages from all the tenants, so that when this is all over there will be something to look back on.

Residents also celebrated VE day, when they had enjoyed a lovely afternoon tea made, whilst social distancing, with pictures and flags.











At Springlees Court, on 5th March (before the lockdown!), Mary and Jim Heywood celebrated their 60th wedding anniversary, which was also Jim's birthday. They also celebrated their granddaughter's 21st all on the same day. They had a lovely day and a lovely meal at the Windmill in Denton with their grandchildren and great grandchildren. The couple are pictured with their celebration cake.

Their letter of congratulations from Her Majesty, the Queen is also pictured.

Lees House residents held a 'Time for a Cuppa' fundraiser in early March, with tombola stalls, raffles, cake stalls, jewellery, arts and craft stalls, raising money for Admiral Nurses.

At St. Herbert's Court, residents made a successful bid for funding to help with the communal garden, being awarded £250 from 'Get Up and Grow'.

There was a great effort from residents at **Holts Village**, raising £500 for North West Air Ambulance by holding table top sales, raffles and hampers. The presentation took place in February. Well done all! (Front cover)

At Charles Morris House, residents enjoyed a Kurling session - you can even play while sitting down having a laugh!

And last but not least, using produce from the communal garden, the caterer made a lovely rhubarb crumble, yum!

At Tandle View Court, one of the very talented tenants created these fabulous posters, to cheer up the care staff and health care professionals as they walk into the building.

Whilst another talented resident is busy making scrub bags and mask clips for the NHS at the Manchester Hospital, where her granddaughter works as an Occupational Therapist!

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AROUND THE COURTS



The flags were also flying high for VE Day!

Residents enjoyed the celebrations, whilst social distancing and having a chat in the conservatory.







AROUND THE COURTS



Court Voices tell us how they've been coping during isolation

At Holland Close, 'Carry on Delph', a voluntary group set up to assist anyone in the village during this pandemic, have been shopping for tenants and donating activity items like books and wool to keep them occupied. On VE day they paid a visit and a trio played brass instruments and everyone joined in singing whilst safely seated outside following the social distancing rules.

Each tenant received a goody bag containing tea, cakes, a ration book and a poem or letter by a child in the village.

There are three wonderful volunteers at Holland Close - Court Manager Marian expressed her gratitude to Wendy from Saddleworth Home Help, Sheree from Unicorn One and Gill whose sister is a resident. They have been checking on people and getting medication, shopping or assisting with laundry so they can all stop inside their flats to reduce contact.

Without them VE day celebrations would not have been possible as they co-ordinated everyone to gather safely outside.

Walton House, Court Manager, Julie O'Brien, has been sewing wash bags for care staff/NHS workers to wash their uniforms. Fantastic Julie!

Two ladies at **Recreation Road.** Anne and Sheila. have been walking around the playing field daily, with their masks on, dressing up and waving at tenants.

On St George's Day, they dressed for the occasion, wearing red curly wigs, blue t-shirts and a white tutu! They had also baked lemon drizzle cakes and fairy buns and when they go on their daily walks, they leave cake and buns on the front wall of the tenants who are at home isolating, to cheer them all.

Sheila has a selection of wigs and picks a different colour each day. It's all gone down a treat with the neighbours, who think it's hilarious. The children on the field in front of the bungalows now want cakes every day!

Janet also lives at Violet Hill Court. She's keeping busy, knitting and reading a lot more. Janet's doing her own shopping once a week and helping a neighbour, who can't get out herself, with bits and pieces which she leaves on the doorstep.

Joan lives at Violet Hill Court. She has an iPhone, which she finds fantastic for staying in touch. With Face Time, she can see and talk to her children and grandchildren – even family in the US and Australia. She's also been keeping in touch with her neighbours through social media.



Brian, a bungalow resident at Cedar Crescent, says he is coping well. He still walks his dog, George, and keeps a keen eye on the area. He's noticed an increase in refuse dumping and has reported incidences to the Council and his local Councillor. He's also been catching up on some spring cleaning, doing some cooking and watching some old films on Classic Movies – something he's really enjoyed, because he doesn't normally watch much TV!



Pat has a bungalow at High Street. Fortunately, her daughter lives nearby and has a pet shop right across the road. She gets all Pat's shopping and she leaves it at the door, but they are able to chat, keeping their distance. Pat also uses her Kindle and is watching all the quizzes and soaps on the TV!

> Frank lives at Holland Close. He's keeping himself fit with a daily walk to the park and back and by exercising indoors, doing Pilates. He's adept with IT and uses Skype and Face Time to keep in touch with the children and grandchildren, but he finds that doesn't totally make up for the ability to give them a hug!

Lynne lives at Lees House. During the first week of isolation, Lynne cried every day, because she couldn't see her children or grandchildren. Then on Mother's Day, one of her sons said, 'Don't worry, I'll sort it!' He set up a group on 'WhatsApp', so that a number of family members can join in a conversation at one time. They've been talking every night since. They even played a game together for 40 minutes one night!

Sheila lives in a bungalow at Recreation Road. She's getting by with her daughter and daughter-inlaw helping with shopping. Sheila and friend and neighbour Anne have been walking around the close, keeping their distance, waving and talking to people. She's keeping busy doing jobs which have been left to one side and is keeping in touch, with her daughters, talking on the phone every day.

> Joan and Peter live in on Burnley Street. Peter's finding it all a bit boring at times, but he's doing crosswords and is enjoying a really good book – 'Every Street in Manchester', written in the Manchester vernacular by a local lad. He's also been shopping for necessities, but that's not been a pleasant experience!

Eric and Suzanne live at Walton House. Eric explained that the couple were coping well and during the fine weather, they had sat outside in the garden with other residents, keeping their distance but enjoying a

Dorothy lives at Old Mill House. She lives next door to Frank, who is 93 and is partially sighted. They have become good friends and try to look after one another. Their families are unable to visit at this time, but Dorothy keeps in touch via her iPad. She has a weekly chat with her brother in Canada, speaks daily to her friend in Bangkok and helps Frank to speak to his daughter in New Zealand every fortnight.

Trevor and his wife, Rosina, live at Wildmoor Avenue. Trevor is able to get out for the shopping. They both keep themselves busy, with jobs about the house, making use of their iPad and watching the TV.

> Anita also lives at School House. She's been keeping busy, catching up on paperwork and other jobs, crocheting, doing puzzles, taking the odd walk for exercise round the garden and occasionally checking that other residents are OK in the lounge.

Sandra lives at Wood Square. She is keeping busy with her usual routine, doing jobs around the home, but there a small group of 8 residents who meet up every day in the lounge for an hour, at a safe distance, to enjoy a chat and a brew!

Sharon lives at Victoria Gardens, she's made some beautiful bunting for her front window!

<u>Marie lives at School House. She's been</u> going a bit 'stir crazy', but has been watching lots of TV, reading and nibbling! She has to shop for her 91 year old mum. so leaves the shopping at the door and waves through the window. Normally, Marie walks her daughter's dog and looks after the grandchildren, but as they now can't physically stay in touch, they've started to use Zoom and communicate via live video.

Marie says all the residents at School House seem to be doing well, helped by family with shopping and necessities, and the residents were out in force last night, but keeping their distance, to applaud the NHS workers!

> Marie lives at Tandle View Court. Marie says she's bored out of her mind! But she's laughing about it, keeping busy With her domestic jobs and has just started a 2,000 piece jigsaw.

Here's a poem from resident **Doris, from Trinity House**

Just below the Hills Written by Doris Whitehead

I was born in Oldham this little Pennine town, when life was hard but full of fun and a pound was worth a pound.

Its cotton mills and cobbled streets, its gas lamps hissing low, the noise you could hear from people's clogs as off to work they go. The games we played like rally-ho, whip & top and Peggy, they didn't cost you anything for you were ever ready.

Whit Friday was a special day that meant new clothes and boots, if your Dad was working you got new shoes and suits.

We would walk around town and bands would play and life was full of bliss, of all life's memories I hold dear the best one's surely this. The summer's where a wonder they seemed to last forever, fishing, skipping, and leap frogging in this endless lovely weather.

Christmas was a special time and Easter just as good, we would walk up the Hartshead Pike and play in Bluebell wood.

The hardest time in winter when we had no fuel, this often meant from time to time we didn't go to school, off we'd go with buckets and bags to pick up coal, from off the tip, with aching backs and frozen limbs but our spirits would never dip.

We would rush back home with our little load, feeling as proud as punch, feeling rather hungry we had bread and dripping for lunch.

The flagstone floors, bare table tops common at this time, but for working classes this surely was no crime.

The joy the love, the happiness I had in those days gone by, still stick within my memory and often make me cry.

Oldham oh my Oldham why couldn't time stand still for this lovely little Pennine town just below the hill

OVER TO YOU



OVER TO YOU

And here's another from LYNDA PATTEN, OF **VIOLET HILL COURT**

Violet Hill Court Our Home

Violet Hill Court in Waterhead That's the Place to be Lots of great activities For people just like me.

There's Bingo, Cards and Dominos Knit and Natter on a Tuesday too Where we laugh and put the world to riahts With Biscuits, cakes and a brew.

Its "Ladies who Lunch" on a Friday Delivered direct to our door There's only eleven at the moment But we're hoping for a few more.

Because of the time of the year There's coughs, colds and flu But our Court manager called Joanne Is always there for you.





She calls in a morning at nine To make sure that we are alright She'll call in to see you at lunchtime And before she goes home at night.

Nothing is too much trouble Make a drink or calling the Doc She can always be relied on Something we do quite a lot.

We have our own hair stylist Becky is her name Or there's Chelsea's Beauty Salon Nails and feet are her game.

We might be in our twilight years But lonely we are not There's far too much that's going on So we join in all the lot.

So if you're feeling lonely Fed up, feeling down Come and live at the Court with us Wear a smile, not a frown.



OLDHAM STEPS UP TO PROVIDE A STAGGERING COMMUNITY RESPONSE **TO CORONAVIRUS**

Sadly, there are many people in Oldham (young and old) who don't have a trusted friend, family member of even neighbour to help them get through this crisis.

That is why, a few weeks ago, the Council and its partners (including Age UK Oldham, Action Together and the Oldham Foodbank) launched an Emergency Helpline for Coronavirus - the Community Hubs.

This is for people to call who are in urgent need of food and other supplies such as sanitary products and shampoo. The Hubs also help with the delivery of medicines when pharmacies are struggling to get these out to people.

If you or someone you know needs help, please call 0161 770 7007.

Behind the scenes Oldham Foodbank, Action Together and Oldham Council staff are on hand to coordinate the distribution of food and supplies to people in need. Age UK Oldham have also been amazing in increasing their offer to people who can pay but are struggling. The response from the community and voluntary sectors and Council staff in Oldham has been fantastic and the Hubs have been set up quickly and efficiently. This has been a truly Team Oldham effort.

The response from the community has been staggering – it is times like these that test what a place is all about.

> It is at times like these that we can all be proud to be from Oldham. **KEEP SAFE AND KEEP WELL.**



- The Action Together website crashed from the volume of people registering as emergency volunteers to help with distribution of food, transport, making calls and so much more.
- It has also been encouraging people to look out from vulnerable friends, family and neighbours as much as possible in their local community.
- The people of Oldham and local business have generously donated money, food and other support in volumes not seen elsewhere.
- Action Together have also launched a new grant scheme for organisations who are responding to the crisis.
- To register as a volunteer, donate and get guidance on other ways to help please visit:
- https://www.actiontogether.org.uk/ covid-19



We are all aware of Covid -19 and the current outbreak and have all been told that the virus presents with a fever and a cough. However we are becoming increasingly aware that in older people/ frailer people the virus may present differently.

This is probably because the way our bodies work as we get older or frailer changes in the way we react to the virus. The boffins are still looking into exactly the hows and whys but the important thing for us is to be able to recognise it and know what to do next.

SO WHAT MIGHT SYMPTOMS LOOK LIKE IN AN **OLDER PERSON?**

- Might be typical cough, difficulty breathing, or breathing very fast. Might have a temperature
- They might be off their food or sudden reduction in appetite. Increased sleepiness or tiredness. Might feel really weak and washed out or feel dizzy and fall.
- They might be more confused than normal, disorientated, delirious, or widely more active than normal.
- They might have lost their sense of smell, be more phlegmy than normal, have a runny nose, or coniunctivitis.
- Some older people with Covid have had diarrhoea, abdominal (tummy) pain, vomiting or even complain of chest pain.
- Older people with Covid can deteriorate very quickly and suddenly, so they may suddenly just look very ill.

IF SOMEONE IN YOUR CARE HAS ANY SYMPTOMS THIS IS WHAT YOU NEED TO DO NEXT:

- If you have the capability it is worth taking some basic observations such as a temperature, a pulse, use the finger oxygen measuring machine for saturations, blood pressure machines and count how many breaths the person is taking in a minute. This is really useful to know and tell doctors and others.
- Consider contacting the residents GP or the digital hub to get some further advice; this might be Covid but it might be lots of other medical conditions also.
- Consider if appropriate for escalation to hospital if this is in the residents One Oldham Support Plan.
- Request a Covid swab for the patient, other patients in the same area and any staff that may have looked after this resident.
- Assume that the resident is Covid positive until the result comes back negative. This means being especially careful with hygiene, hand washing, cleaning and wearing appropriate PPE.

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Keeping Communities in Mind

During this very challenging time TOG Mind are committed to continuing support for everyone within their local communities. They are your local Mind branch operating across Oldham and beyond and during the last few weeks, all staff and volunteers have worked hard to ensure redesigned services can still be delivered, to better support the public during this time

They are providing:

- Online Live Wellbeing Sessions using Zoom Communications.
- A broad range of telephone support for adults, families and vouna people.
- FREE Online training delivery -Connect 5 - Live Online across Greater Manchester Mental Health and Wellbeing Training.
- Service update webpage with referral information for all our services as well as a range of resources developed specifically for the public: https://www.togmind.org/ service-and-covid19-updates
- Regular 'Mindful Moments' Videos on their social media including Mindfulness, Growing food and Arts and Crafts.
- Signposting to other types of support across the borough.

If you or someone you know would like to access support or any of the opportunities during this time, please call the TOG Mind office on 0161 330 9223, visit the website at: https://www.togmind.org/home or check out the Tameside, **Oldham and Glossop Mind** Facebook page at: www.facebook.com/ TamesideOldhamGlossopMind



Freshly cooked frozen meals

Age UK Oldham will deliver a 7 day meal pack to your doorstep



Each pack will consist of 5 frozen home cooked meals (3 meat dishes, 1 fish dish and 1 vegetable dish) plus 2 portions of homemade soup

At a subsidised price of £15.00

Diabetic and vegetarian options available, please let us know if you have any allergies

To request a delivery of meals please contact Teresa Griffiths Teresa.griffiths@ageukoldham.org.uk 0161 633 0213 9am – 4.30pm Mon – Fri

To make a donation https://www.justgiving.com/age-uk-oldham



Emergency Shopping Service

Age UK Oldham will deliver a food parcel to your doorstep

Pay on card over the phone

Contact

0161 633 0213

Or E-mail: nicola.shore@ageukoldham.org.uk

This is not a subscription service. Call us to place further orders, or we can arrange to call you.

How much does it cost?

- Delivery Charge FREE •
- Essential/ Vegetarian/ Diabetic/ Fresh & Frozen

Food Pack - £35.00

Easy Cook Evening Frozen Ready Meal Pack

x14 - £25.00

- Household Pack £15.00
- Pet Food Pack (Cat / Dog) £10.00



STITCH

Patches of positivity inspired by the theme, 'togetherness'

Oldham Coliseum are inviting people from communities to join them in creating a patchwork quilt representing togetherness.

Whilst they're currently separated via the pandemic, patches will be created individually, then joined and transformed into a guilt by the Coliseum's professional Wardrobe team and shared at the theatre when we are able to come together again.

What has given you hope during this crisis? Who or what has made you feel connected even when apart from other people? What does it mean to feel together?

In partnership with Women's Chai Project, Housing 21, Jigsaw Homes and Pakistani Community Centre, the Coliseum are inviting individuals and groups to applique / embroider a patch of fabric in response to the theme, 'togetherness'.

Although created individually, they will use your patches to make one quilt; stitching together your responses whilst looking ahead to a time when we can share and celebrate your collective work. Don't worry if your needlework isn't up to scratch, they welcome any form of response. Be it a poem, photograph, drawing or piece of writing, they will feature your work in a creative way at the showcase event.

If creating a patch, your base fabric should be 20 inches x 20 inches in total, with an inner border of 1 inch to give us room to sew together (45cm x 45cm with an inner border of 2.5cm). You are welcome to use whatever colours and materials you wish.

When complete, please email LED@coliseum.org.uk or leave a message on 0161 785 7026 to register your contribution, and they'll collect them as soon as they're able to. In the meantime, if you're on social media, they'd love to see your works in progress. Please tag them @ OldhamColiseum on Twitter or @oldhamcoliseumtheatre on Facebook.

Oldham Community Spirit art project

Oldham Council's Lifelong Learning art tutor Margareta is currently exploring on an art project around 'communities' during Covid 19.

Margareta would like those who are interested to contribute by following these simple steps:-

- Draw around your hand
- Using any medium create a piece of art within the hand that represents 'community' to you during Covid 19
- Take a photo of your art work
- E-mail your photo to either Julie.miller@oldham.gov.uk or Yvette.cotman@oldham.gov.uk

Work that is received from you will then be part of an internet exhibition celebrating community spirit.

COMMUNITY PROJECTS





#OldhamStillActive

Join OCL for weekly Facebook live exercise classes to keep you active, healthy and happy from the comfort of your own home.

Throughout the coronavirus outbreak, they're doing all they can to support you and the community at this time. Search Oldham Community Leisure on Facebook

OCL'S WELLBEING LEISURE TAKES FRIDAY CLUB ONLINE TO COMBAT LONELINESS DURING LOCKDOWN

Wellbeing Leisure, part of Oldham Community Leisure, has taken its weekly Friday Club online to help combat loneliness whilst its leisure centre doors remain closed due to coronavirus.

The Friday Club, which usually takes place every Friday 10am-2pm at Oldham Leisure Centre, is an inclusive community-based group for those looking to make new friends and become more active with like-minded people. It offers a variety of different activities for locals to try including indoor curling, badminton and table tennis. The group runs specialist workouts, often welcoming guest speakers and instructors, and incorporates a sociable lunch.

The community-based project, funded by Oldham Cares, aims to use physical activity to reduce levels of social isolation within the community – 10 per cent of Oldham residents identify as being lonely, which has a detrimental impact on health, quality of life and life expectancy.

Mark Woodcock, Health and Well Being Advisor, Wellbeing Leisure, says: "We had to find a way to continue Friday Club during lockdown so we adapted to make sessions digital, using an online platform, Zoom. Overcoming isolation and loneliness has always been our goal, and in these troubling times it's even more important to keep connected and to keep active".

The virtual Friday Club is continuing to 'meet' every Friday, at its usual time of

DLDHAM LEISURE

10am. The technology allows everyone to have a chat and is followed by an exercise class led by Mark. He concludes: "The feedback has been extremely positive and we welcome new members to join in the conversation. The Friday Club format is very relaxed, there is no pressure, and we adapt our activities depending on who is participating. We have been setting our regulars small exercise challenges and fun activities around the home."

If you are interested in joining the Friday Club, you can email Mark at info@ wellbeingleisure.org or phone 0161 207 7000.





SIMPLE STEPS TO DOWNLOAD BOOKS AND MAGAZINES

Oldham Libraries may be shut but children and adults can still get FREE ebooks, audiobooks and magazines straight to a phone, laptop or tablet.

Join online today for instant download, you will get a temporary borrower ID http://tiny.cc/jointhelibrary

Login and you can search the catalogue, and browse and download books using the library webpage today http://tiny.cc/downloadbooks

Or download the BorrowBox, RB Digital & uLibrary Apps



If you or your child are already library members, we can help you login

- Forgotten number? We can find it
- Need help downloading books? We can help



Overdue books? We don't mind and we don't fine!

Making Space, who are based at Tandle View Court and run a number of dementia friendly activities around Oldham now have an Oldham Dementia Services Facebook page up and running, with useful information and online resources, including music and quizzes.

Housing (2)

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)