

Wellbeing 21

News, information and advice for Oldham residents

Old Mill House residents' rainbow balloon arch for the care staff and NHS and blankets and bonnets for the Premature Baby Unit at the Royal Oldham Hospital. See story page 2.



WHAT'S INSIDE?

- Around the courts
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AROUND THE COURTS

OLD MILL HOUSE, SPRINGHEAD

Old Mill residents have been very busy during lockdown. They wanted to show their appreciation to the care staff and NHS for all their hard work by building a rainbow balloon arch. Court Manager Dianne said 'We got a bit carried away and had to enlist the help of the care staff to help us to build it. It takes pride of place in our reception area for all to see.'



Dianne added "Our Old Mill Knit and Natter group have passed the time away knitting baby cuddle blankets and bonnets for the Premature Baby Unit at the Royal Oldham Hospital"

CREATIVE CARE KITS FOR OLDER PEOPLE

Thousands of older people in Greater Manchester have benefitted from receiving a Creative Care Kit full of activities and ideas funded by Arts Council England, National Heritage Lottery Fund, National Lottery Community Fund and GMCVO-led programme Ambition for Ageing. Activities include music, writing, craft, horticulture and drawing.

The project has been made possible through a unique collaboration between arts organisations, charities, housing associations and businesses from across Greater Manchester including Stretford Public Hall, Cartwheel Arts, the Whitworth Art Gallery, the University of Salford, M6 Theatre Company and Bolton at Home who have worked together to create the kits. Sue from Holland Close and Ann from Old Mill House have been enjoying the activities.



Making Space Health & Social Care Services, based at Tandle View Court, Royton, said 'We had good news in that we were successful in obtaining a grant for tablets and SIM cards for our service users to enable them to keep in touch with us via Zoom and WhatsApp. These are proving very worthwhile as we also downloaded Facebook so they could interact on our popular Facebook page and keep up-to-date with relevant information and to take part in the daily quizzes.

Our Walk and Talk group was re-opened in June (using social distancing) to provide respite for carers while other services were limited due to Coronavirus. Unfortunately, at the beginning of August, due to new lockdown measures in Oldham we had to suspend the walk till further notice. As soon as we get the go ahead, we will be starting the group up again.

The images of the gentleman on his own are, Michael Lawson, who is a regular to our groups,

he is caring for his wife who lives with dementia. While also volunteering his time as a keen member of the Chadderton Historical Society, he had the brilliant idea of doing a walking tour of Chadderton Hall Park, giving us insight into the many faces of the park over the years. It was thoroughly enjoyed by all our service users, with other locals often joining in to hear Michael's stories of times past. Our Walk & Talk group runs come rain or shine, we'd always say "there is not bad weather, just bad clothing." We had some lovely responses to re-opening the group, it really did provide a connection for those who had been isolated in their own homes for so long and coming out of the other side of a lockdown. Some comments we received were:

'I look forward to this walk every week.'
'I think I needed this.'
'It's really helped me to meet up with friends again.'

To keep up to date with the latest news from Making Space contact 0161 633 2403 or email enquiries@makingspace.co.uk



Staying fit during the lock down



At Oldham Community Leisure and Age UK Oldham, we want you stay active and sit less. Staying fit, mentally and physically, is going to be crucial for people who are isolating for such a prolonged period.

Long periods of inactivity can result in stiffening of the joints, acceleration of muscle mass loss and contribute towards weakening of bone density. Our bodies are not designed to be sedentary and it is important to focus on a variety of different moves which strengthen the muscles maintain flexibility and keep the joints supple. Just 10 minutes per day can make a difference to sitting less and moving more.

EXERCISE DOESN'T HAVE TO INVOLVE WORKOUTS OR TRIPS TO THE GYM, YOU CAN GAIN BENEFITS FROM ADDING A LITTLE MORE MOVEMENT AND ACTIVITY TO YOUR LIFE.

MYTH BUSTERS ABOUT EXERCISE

Just because we are aging, it's not time to sit down! In fact, it's just the opposite.

There are many reasons that people become more sedentary as they age. It could be due to health problems, weight or pain issues or worries about falling. Not exercising is the number one contributor to longevity, adding extra years to your life. But getting active is not just about adding years to your life, it's about adding life to your years.



MYTH 1: There's no point to exercising. I'm going to get old away.

FACT: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure and obesity.

MYTH 2: Exercise puts me at risk of falling down.

FACT: Regular exercise builds strength and stamina, preventing loss of bone mass, improving balance and reducing the risk of falling.

MYTH 3: It's too frustrating. I'll never be the athlete I once was.

FACT: Changes in hormones, metabolism, bone density and muscle mass means that strength and performance levels inevitably decline with age, but that doesn't mean you can no longer gain a sense of achievement from physical activity or improve your health.

MYTH 4: I'm too old to start exercising.

FACT: You're never too old to get moving and improve your health! Actually, adults who become active later in life often show greater physical and mental improvements than younger people. Just begin with gentle activities and build up from there.

MYTH 5: I can't exercise because I'm disabled.

FACT: People with disabilities can lift light weights, stretch and do chair based exercises to increase range of motion, improve muscle tone and flexibility and promote cardiovascular health.

MYTH 6: I'm too weak or have too many aches and pains.

FACT: Getting moving can help you manage pain and improve your strength and self-confidence.

BECOMING MORE ACTIVE CAN:

- energize your mood
- relieve stress
- help you manage symptoms of illness and pain
- Improve your overall sense of well-being.

We have designed a simple work out for you to try, please only attempt to do the exercises if you are well and you have not been advised by any medical professional that you should not exercise.
This should take no more than 10 minutes to complete.

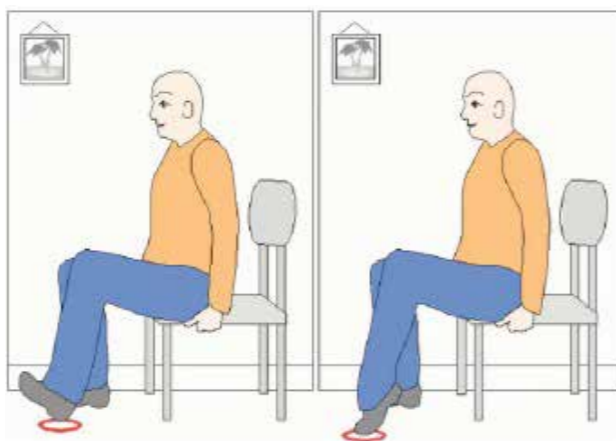
Marching

Sit tall at the front of a chair
Hold onto the sides of the chair
March with control
Build the rhythm comfortable for you
Continue for 1-2 minutes



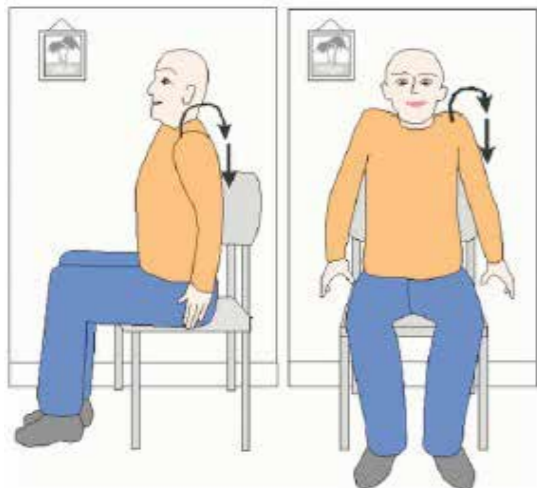
Ankle Loosener

Sit tall at the front of the chair
Hold the sides of the chair
Place the heel of one foot on the down on the same spot
Repeat 5 times on each leg



Shoulder Circles

Sit tall with your arms at the side
Lift both shoulders up to your ears, draw them back, then press them down
Repeat slowly 5 times



Spine Twist

Sit very tall with your feet hip width apart
Place your right hand on your left knee and hold the chair with your left hand
Twist your upper body and head to the left
Repeat on the opposite side
Repeat 4 more times each way



Finish with another March for 1 – 2 minutes to cool down.

For more information on how you can follow classes on Radio, Zoom, Facebook or further resources available, please contact Jackie Hanley at jackie.hanley@ocll.co.uk or ring Jackie on 0161 207 7000



Repairs Update

We're making some changes to the way we manage repairs in Oldham.

Housing 21 are bringing the management of the customer service, repairs reporting and contractor management in house, to be part of our team.

Cruden have done a great job since they took on our repairs contract in 2014, and have seen satisfaction with the service increase, so a big thank you to all those who have worked for them. It's good news that although the management of the service is moving, Lucy, Michael and Asif, who have been running it, are now joining Housing 21. Welcome to the team!

You can still report repairs on the same number: 0800 032 1215

TV Licence changes

Prior to 1 August 2020, all people over the age of 75 could apply for a free TV licence to cover their household. However, now only over-75s who receive the income-related benefit are eligible (Pension Credit).



If you live in sheltered accommodation and watch TV in your room or flat, you may qualify for an 'accommodation for residential care' (ARC) concessionary TV licence, which costs £7.50 per room, flat or bungalow. If you live in sheltered accommodation which lost its ARC concession after 1 June 1998, you may have preserved rights. This could mean you still qualify for an ARC concession.

Preserved rights apply to existing occupants who:

- Are under 75, and
- Were covered by a full ARC licence on or after 1 June 1998 in that scheme

If your scheme doesn't have preserved rights you may have to pay for a standard TV licence costing £154.50 a year. You need one to watch or record programmes as they're being shown on TV, or live on an online TV service.

If you're not eligible for Pension Credit, you may be able to get a different discount regardless of your age if:

You are blind or severely sight impaired or live with someone who is, you'll get 50% off the cost of your TV licence – you'll pay £77.25 for a colour set or £26 for a black and white one. To claim, you'll need to send TV Licensing a photocopy of a certificate from your ophthalmologist, or a certificate issued by or on behalf of your local authority. Check the TV Licensing website (tvlicensing.co.uk) for full details on how to apply.

You/your accommodation are eligible for discount – TV Licensing has full details about who qualifies. Your Court Manager will be responsible for arranging this licence, so speak to them directly if you're eligible. You can also get a discounted rate if you only watch TV in black and white – a black and white licence is discounted to £52.

You only watch catch up TV, you don't have to pay unless you're watching BBC iPlayer

TV Licensing is taking steps to support people with the change and is increasing its customer support call centre and providing a free telephone helpline on 0800 232 1382.

Residents affected by redundancy due to COVID-19

With the impact of COVID-19 affecting businesses across the country, the number of employees being made redundant is unfortunately increasing.

When furlough arrangements cease at the end of October 2020, there is likely to be an even greater number losing their jobs.

If you are affected by redundancy and are under pensionable age, you should make a claim for Universal Credit by contacting your Jobcentre. The Universal Credit (UC) claim is made online and you will be able to get support from either the Jobcentre or your Court Manager.

If you are of pensionable age, you should make a claim for Housing Benefit by contacting your local Housing Benefit team.

It is important that you submit your claim and provide evidence of rent, income and I.D as well as regular checks on your online 'Journal' to maintain evidence of your work searches and interviews. If you miss appointments without a valid reason, or fail to provide information, you may be subject to 'sanctions' which will mean that you lose money.

You can ask for an advance payment from the DWP for your UC claim and this is then repaid over an agreed period from your ongoing claim.

Coronavirus and support available

WELLBEING

If you are feeling anxious or worried about coronavirus and its impact, Mind offer some useful guidance and tips that could help your wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Age UK also offers tips on staying safe and well at home, and further information on coronavirus:

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/>

DEMENTIA

The Alzheimer's Society is available to offer support to anyone affected by dementia. If you are living with dementia or are concerned for a loved one at this difficult time, **please contact their Dementia Connect support line on 0333 150 3456** (open every day).

Further information and resources can be found on their website:

<https://www.alzheimers.org.uk/get-support/coronavirus-covid-19>

Dementia UK has also produced some leaflets and information around dementia and coronavirus:

<https://www.dementiauk.org/get-support/coronavirus-covid-19/leaflets-and-information/>

Here's a poem from Lynda Patten from Violet Hill Court

Oh To Be Normal

*What is Normal we ask ourselves,
As we face another day,
We're learning to do what was normal,
In a completely different way.*

*We've stayed indoors,
We kept apart,
We've washed our hands,
Till they really smart.*

*Now we can go out,
Enjoy our own space,
But we must remember,
To cover our face.*

*Please don't get complacent,
It's not over yet,
And these last few months,
Will be hard to forget.*

*We've got through it so far,
It was hard for us here,
But we all pulled together,
And worked through the fear.*

*So we'll keep up the good work,
We'll get there in the end,
By just staying thoughtful,
And being good friends.*

Stay safe Lynda xx



Have you considered home composting?

WHAT IS HOME COMPOSTING?

Home composting is using your kitchen waste and garden waste to make your own nutrient rich compost that you can use to help feed your flowers, plants and vegetables.

THE BENEFITS OF HOME COMPOSTING

1. **Reduces the amount waste going into your wheelie bin**
2. **Save money from buying compost**
3. **Know exactly what the compost is made from**
4. **Nutritious for your house plants, window box or garden**
5. **It's wildlife-friendly**
6. **Reduces the use of peat-based composts**
7. **It will not contain any artificial chemical pesticides and fertilisers**

Why is home composting important?

By composting your garden and kitchen waste you are reducing the amount of waste going in your food and garden waste recycling bin.



Composting at home provides a home for a range of mini-beasts and worms that turn your food and garden waste into compost.

The Myths

Composting takes too long

To begin with, the progress may seem slow but once you get going you will have a supply of compost all year round. This does depend on how you manage your compost and the type of composting system you use. Compost turned regularly can take between 6 months and 2 years to be ready. Composting is not a sprint it's a marathon!

I don't have time to compost

Compost doesn't take much maintenance time at all! The only difference is that you are putting some of your food waste in your compost bin instead of your wheelie recycling bin. You just need to turn the compost once a week.

I don't have a garden / my garden is too small

You don't need garden or a lot

of space to start composting. There are a lot of different sizes and types of bins and containers – you can even make your very own!

It will attract rats

There are two reasons why mice and rats may be attracted to compost. One is for food and the other is warmth. To stop this from happening, bury food waste in the compost and remember don't put meat, fish, bones or dairy products in your compost. Place the bin on a surface rats and mice can't burrow under, like thick wire mesh. Also turn or mix up the compost regularly, this will discourage any nesting.

Where can I buy a compost bin?

- contact your local community garden centre may have home composting kits and some advice of how to set it up
- most large DIY (Do It Yourself) shops will sell a range of home composting options
- your local council may also offer discounted compost bins visit 'get composting'

FOR MORE INFORMATION VISIT:

<https://recycleforgreatermanchester.com/community-post/lets-compost-now/>



Age UK Oldham have been providing services and support for older residents and their carers in Oldham for over 30 years.



During this difficult time, we have continued to give vital help to older people

- Support for people living with dementia and their Carers
- Assistance to find suitable care and support when needed
- Information and Advice
- Welfare checks for those people living alone or in care settings to offer help or just a listening ear.
- Shopping Services
- Handyvan home repairs etc. / household aids
- Meal service – Home delivery of freshly cooked/chilled/frozen meals weekly for those shielding or not confident to shop or cook for themselves.

All of our existing and new services are lifelines for many older people who are either restricted due to Covid19 or face restrictions every day because of their health conditions and disabilities. We provide the support to ensure people remain independent and especially at this time rely on your generosity. You can help by donating @ www.justgiving.com/age-uk-oldham. Thank you.

Freshly Cooked Frozen Meals £22

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



Each pack contains:

5 frozen home cooked meals (3 meat dishes, 1 fish dish and 1 vegetarian dish) plus, a choice of 2 portions of homemade soup or 2 desserts
Vegetarian options available, please let us know if you have any allergies.

Here's a few comments from our clients:

"SERVICE is excellent; we are so grateful as due to ill health it has made things a lot easier for us. Thankyou"

"He is really thriving from the meals, he loves them, he is looking better and also not had any dizzy spells since having regular and proper meals"

"Can I just send my thanks to everyone behind this meals scheme - it's really helped our family be assured that he is eating a decent meal every day whilst we are unable to visit him"

To enquire please contact head office 01616330213
or email info@ageukoldham.org.uk

Age UK Oldham Celebrating VJ Day.....



Covid 19 is devastating our communities. We have been quick to develop new services to support our veterans in Oldham. As well as providing much needed food and medication direct to the homes of those isolating, we also recognise the importance of good mental health and our daily welfare calls are a vital lifeline for our Oldham veterans.

Recent conversations with older people had brought to light the disappointment that many felt as they could not celebrate the 75th anniversary of VE Day so we wanted to make sure we did something for them on VJ Day.

Luckily we received some funding from the Veterans Should Not Be Forgotten programme to support us in providing essential services to veterans throughout Oldham. So we decided to use this money to honour our veterans, their spouses and those who had completed National service and help them mark the 75th Anniversary of VJ Day

We decided that a special treat of an afternoon tea and goodie bag delivered to them at home would be welcomed, and we were right! What a fantastic day!! Thank you to staff & volunteers who have helped us distribute over 200 around #Oldham to celebrate #VJDay75.

The response and feedback has been overwhelming. Here's a poem we received -

*We came home after being away,
And were greeted by a treat
A package delivered by Age UK
Just knocked me off of my feet*

*It was so lovingly created
With treats and amazing food
We wish we had stayed in and waited
To thank you, sorry for being so rude*

*It was a parcel with delights
Thanks to the folk for this task
The book will make poignant reading
And you've even included a mask*

*It's not often that I am stuck for words
But this gift was beyond compare
The thought that has gone into it
I'd give you a hug if I were there*



COMPETITION TIME!

ENTER OUR QUIZ COMPETITION TO WIN £25
WORTH OF LOVE2SHOP VOUCHERS!



Simply post your answers, along with your name, address and contact details, to – Vince Sexton, Housing 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 9th October 2020.

**Only Housing 21 residents are eligible to apply*

1. Who is known as the Money Saving Expert?
2. What is the biggest US state by area?
3. What are the five colours of the Olympic rings?
4. Which English town has football teams called United and Wednesday?
5. What sport did Fred Perry play?
6. What is the name of the coffee that also contains chocolate?
7. What cricket club's home ground is the Oval?
8. Who discovered penicillin?
9. Who played the title character in the BBC series 'Jonathan Creek'?
10. Lemurs are native to which island in the Indian Ocean?
11. Which English scientist and atheist wrote the bestselling 2006 book 'The God Delusion' ?
12. The Maracanã Stadium was opened in 1950 to host the 1950 FIFA World Cup. In which city would you find it?
13. The internal angles of a triangle will always total how many degrees?
14. What is the national flower of the Netherlands?
15. In which year did Tony Blair first become Prime Minister of the UK?
16. What was Queen's first UK number 1?
17. In which US state is Alcatraz Prison?
18. How many edges does a cube have?
19. What's the name of New Zealand's prime minister?
20. In biblical terms, the Decalogue is another word for what?

**THE WINNER OF OUR SPRING COMPETITION WAS A LADY FROM
BROWNEDGE RD, HOLTS.**



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)

Greater Manchester Fire & Rescue Service
Book a Safe and Well Appointment
0800 555 815
<https://www.manchesterfire.gov.uk/staying-safe/what-we-do/safe-and-well-visit>