

Wellbeing 21

News, information and advice for Oldham residents

Festive decorations went up across Oldham, despite the pandemic. The Courts shown are Trinity House, Tandle View Court, St Herbert's Court and Holland Close.



WHAT'S INSIDE?

- Around the courts
- Vaccinations
- Over to you

AROUND THE COURTS

The Covid pandemic meant that Christmas activities were more restricted than normal in 2020, but nevertheless, everyone got into the festive spirit, whilst observing the safety rules. Here is a selection from across the Courts –

MILLGATE, HOLLINS

Just before Christmas, residents enjoyed a socially distanced afternoon tea in the lounge at Cloughgate House, with catering from Petal Bloom in Chadderton and a donation of 55 boxes of mince pies from Morrison's supermarket in Hollinwood.



SCHOOL HOUSE FLATS, HOLLINWOOD

As they weren't able to have a Christmas party for the residents this year, Court Voices, Marie and Anita made Christmas party food boxes for the residents so that they could at least have some enjoyment.



LIDO HOUSE, GROTTON AND HOOD SQUARE, SPRINGHEAD

The residents at Hood Square and Lido House received a goody bag from local Councillor Steven Hewitt. The photo shows some Grotton residents who volunteered to pack and organise the goody bags. Mrs Mills of Lido House was one of the happy residents who received a bag. The bags contained hats, scarves, books, cake, chocolate, biscuits etc. It was a lovely gesture from the local Councillor.



CHARLES MORRIS HOUSE, FAILSWORTH



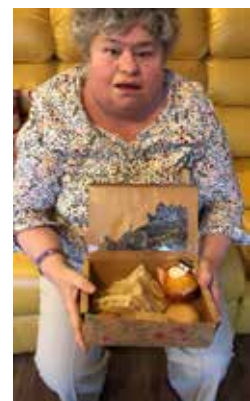
Tenants normally get invited to the Co-op Academy for a Christmas party but due to Covid restrictions this couldn't happen. So they brought treats to them instead!

Then on Christmas Day afternoon Failsworth Salvation Army kindly brought tea for all the tenants and staff to enjoy.



ST. HERBERT'S COURT, CHADDERTON

Court Manager Tara Harrop was successful in securing £182 through the Oldham Community Recovery Fund. This meant Tara could have a Christmas buffet lunch delivered to each tenant within St Herbert's Court at no cost to them. Pictured is a resident at St Herbert's Court, delighted with the festive lunch delivered to the door.



Greenfingers
A growing force in grounds maintenance

Greenfingers, H21's grounds maintenance contractor, carries out works 'of social value' free of charge, as part of their ongoing activities. Recent examples include –

Joan Graham from Burnley Street, is a regular participant in the H21 annual garden competition, with an emphasis on fruit and vegetables. She loves

VIOLET HILL COURT, WATERHEAD

Court Manager Joanne said 'As we were unable to have a Christmas Party at Violet Hill Court, we gave out surprise Christmas hamper sacks, Dr Kershaw scratch cards and a mince pie from the local bakery to each tenant. Thank you to Violet Hill social club for funding this and a big thank you to Joan and Janet our Court Voices for helping me deliver them'.

Home Instead Senior Care once again offered their 'Santa to a Senior' scheme (where they ask for gifts for older people to be distributed to the elderly who may not receive a present from anyone else) to the H21 Courts in Oldham and residents at Trinity House, Oldham were among the recipients.

Residents also received Age UK Christmas lunch boxes filled with goodies

Another particularly uplifting feature of this festive season was the efforts of local primary school children, in making and sending Christmas cards and letters to residents in several of our schemes. Pictured are those from St. Thomas' Leesfield to the residents of Springlees Court, Springhead, Hodge Clough School, Moorside to Trinity House, Oldham and Crompton Primary School to St. Herbert's Court, Chadderton.



OTHER NEWS FROM AROUND THE COURTS INCLUDES -

OLD MILL HOUSE, SPRINGHEAD

Residents are busy collecting items for the Oldham Foodbank. The residents were so overwhelmed by the generosity they were shown by the local community and friends of Old Mill over the Christmas period that they decided they wanted

to give something back. Court Manager Dianne comments "We're so lucky at Old Mill to have such great support from our community, local councillors, friends and volunteers and this is always appreciated, the food bank collection is their way of saying thank you".

This will be an ongoing project that will continue throughout the year, they have already made one donation and are well on their way to donating their second one.

Residents have also been busy making Easter chicks to sell to raise money for funds, which are going really well. They have also had some lovely heart key rings donated by a member of our local community which we are also selling. All the

money raised will be split between the residents fund and the Alzheimer's Society, which is a charity very close to people's hearts at Old Mill. Everyone is keeping really busy and positive and we are looking forward to the day when we can get our Court back to being busy and thriving again.....just like it should be.

The New Year brought good news for the residents of Holland Close, Delph, when Court Manager Marian Williams found that her application for £3,500 funding from the National Lottery Community Fund had been successful. The project is to better utilise the outside space to create more seating areas, to meet Covid-19 regulations, as currently there are only two main areas to socially distance. Well done Marian!



to grow strawberries and raspberries in troughs behind her bungalow and they were showing signs of age and wear and tear. Greenfingers emptied them completely and re lined with new membrane before filling again with soil. She was over the moon with the work

and very grateful. They have also, over the last couple of months delivered soil to many schemes across the borough for residents to use for their communal gardening projects. This follows a similar donation last year.





COVID-19 CORONAVIRUS VACCINE



Thousands of people are already being immunised against COVID-19 in Oldham as part of our community vaccination programme.

Having the vaccine is the best way to protect the most vulnerable people from coronavirus and has the potential to save tens of thousands of lives.

HOW WE'LL CONTACT YOU

If you are registered with a GP in Oldham, you will be contacted directly from your practice or an NHS representative when it is your turn to be vaccinated.

Please note, you may receive a call from a mobile phone number but the caller will identify themselves.

If you live in Oldham but are registered with a practice outside the borough you will be contacted by representatives from that local authority area.

- **The caller will identify themselves** and say they are calling on behalf of your GP and they are getting in touch about booking an appointment for a Coronavirus vaccine.
- **The caller will then offer dates and times for you to attend clinic.** They will also give the location of the site where you will receive it. This may not be your usual surgery.
- **The Covid-19 vaccination is given in two doses.** You will be given an appointment for your second dose three to 12 weeks after having the first dose.

- **The callers booking vaccinations will not ask for any other personal details** other than asking you to confirm your name.
- **They certainly will not ask for any money.** Sadly, we have already been alerted to possible phone scams with callers asking for payment for access to vaccinations.
- It has also been brought to our attention that there is someone knocking on doors, offering the vaccine. **This is also a scam.** Do not let this person into your home, give them any personal details or accept anything from them.
- **Once you have received the vaccination you must not drive for 15 minutes afterwards.** You will need to remain in clinic until that time has elapsed.

It is important that you attend your vaccination appointment. But if for any reason you can't, let your GP know as soon as possible so your slot can be offered to another resident.

If you are eligible and haven't been vaccinated by your GP already, you may also receive another invitation from the NHS offering you the option of attending the Mass Vaccination Centre at the Etihad Campus in Manchester or a local pharmacy.

If you have already booked an appointment with your GP practice, you can ignore this letter.

- **A guide to your COVID-19 vaccination** - PDF easy read format GOV.UK website
For more information on the Coronavirus vaccine, visit the NHS website:
 - **Why vaccination is safe and important** - NHS UK website

**Staying
safe in
2021**

Housing 

REASONS TO WEAR A MASK AND MAINTAIN SOCIAL DISTANCING EVEN AFTER YOU'RE VACCINATED

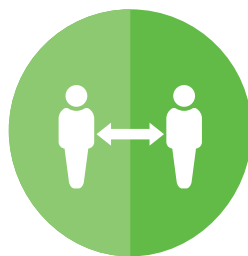
1. Vaccines don't provide immediate protection
2. COVID vaccines may not prevent you from spreading the virus
3. Masks protect people with compromised immune systems
4. Masks protect against any strain of the coronavirus, in spite of genetic mutations

The best hope for ending the pandemic is the team approach:

Masks



Social Distancing



Vaccine



**MASKS REMAIN EFFECTIVE – CAREFUL
AND CONSISTENT USE IS ESSENTIAL**

Kath and Peter Eavis, Hopwood Court Residents

Kath and Peter are both in their 80's. Kath is originally from Failsworth, Peter from Davyhulme.

Kath (nee Hitchen) attended St. John's CE School in Failsworth and went on to join the St. John's Operatic Society, where she appeared in many shows – but not, Kath hastened to add, as a singer, but as a dancer! That was in the 1950's and St. John's Operatic Society was very well known in those days.

Kath then went to work at British Aerospace in Chadderton, where she met Peter in 1963. After a whirlwind romance, they married in 1964. They had to find somewhere to live and decided on a 10 mile radius of their employer and decided to buy a newly built bungalow on Shore Avenue in Shaw, just off Buckstones Road. The garden backed straight on to the Pennines and they spent their married life there, having 2 daughters, Lynn and Alison (Lynn works for Oldham Council's Housing team, in partnership with H21). They also had a dog (Max) for 14 years – he'd been Lynn's dog as a puppy, but became too much to manage, so Kath and Peter took him in and this turned out to be a good thing, because they were able to keep fit, taking Max out on the Pennine hills behind their home.

When they were first married, Peter had a Triumph Herald, which he stripped down to the chassis and rebuilt in fibreglass as a Triumph Vitesse. The Chief Engineer at British Aerospace came out to look at it and couldn't believe it! They had the car for 14 years, using it on many family holidays.

Kath left BA in the 1960's to have the family, before starting work again as the children got older. Her last job before retirement was at First Choice Homes, Oldham.

Eventually, Peter was diagnosed with Alzheimer's and they began to struggle in their bungalow, so decided to move to Hopwood Court. Kath says it's the best move they ever made! They'd only just moved in – Kath was exhausted – when Court Manager Joan asked them to join people in the lounge. Kath was trying to work out what was going on – a few people were playing games on the TV – when Joan asked if she's like to join in. Kath was very tired, but agreed to try. The game was TV skittles and at Kath's first go, she knocked them all down. Everyone cheered, so Kath repeated it and ended up as champion! Kath reckons she must be the reigning champion, because then Covid struck and they haven't been able to play since!

Kath added – 'I just want to say how nice it is living in Hopwood Court, the Court Manager, the care staff, the cook, the cleaner and the hairdresser all make a fantastic team making sure all the tenants are well looked after. We could not have picked a nicer home, everyone is pleasant speaking to each other as we pass on the corridors, at a safe distance of course keeping everyone safe. We have a lovely garden here that is well maintained, it is a pleasure to walk around or sit on one of the many benches. At night the garden is illuminated, so that we can still enjoy the view.'



Kath has also contacted us at H21, to express her appreciation of their caterer, Marjorie.

Marjorie has been the caterer at Hopwood Court for about 12 months – which, because of Covid, is just about as difficult a start as anyone could have had. Kath wanted to let everyone know what a fantastic job Marjorie has done. She does all the catering on her own, offering a menu of lovely hot meals, sandwiches and a selection of desserts, all at excellent value for money. She caters each day Monday to

Friday and Sundays too, offering a Sunday roast. She even did Christmas Day and Boxing Day!

As a result of the pandemic, people are unable to physically visit the restaurant at the moment, so Marjorie puts the food in containers and delivers to residents' doors. She's recently done a survey to find out what things residents like best and Kath can't wait for the results!

Thanks very much to Marjorie, keep up the good work!

Connect 21 online tenant conference



Housing 21 held an online tenant conference on Thursday 21st January for Oldham residents.

Presentations were delivered from Chief Executive, Bruce Moore and Head of Service, Ruth Ryan. It was an opportunity for residents to meet the new Executive Director of Retirement Living, Pam Mastrantonio and there was a question and answer session. The event concluded with a wellbeing session, which everyone enjoyed.

If you'd like to get involved with improving our services, we have a number of different opportunities depending on your interests and commitments:

- *Become a Court Voice for your Court, bungalow or community.*
- *Become a Tenant Inspector working alongside the property team as a 'critical friend'.*
- *Become a Green Ambassador supporting our grounds maintenance contract.*
- *Contribute an idea or article for our Wellbeing 21 newsletter.*
- *Volunteer on your Court or in your community.*

Please note that with the current Covid situation some opportunities aren't open until it is safe to do so or we are delivering online meetings.

Find out more by contacting Issie Howard, Partnerships Manager on 07917 708 835 isobel.howard@housing21.org.uk or speaking to your Court Manager.

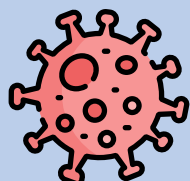


What can your NHS dentist do for you?



The NHS provides essential treatments needed to keep your mouth, teeth and gums healthy and free of pain. Any treatment that is clinically necessary should be available. Here is some advice and details of the treatments and costs, giving you the knowledge to smile with confidence.

Finding a dentist
www.nhs.uk/dentists



Visiting your dentist during the COVID-19 pandemic

- Please only visit your practice if you have an appointment and book an appointment only if essential – dentists are currently prioritising the vulnerable or those with the most urgent need.
- Appointments for some routine treatments, such as dental check-ups, may have to be rescheduled for a later date.
- Your practice will look a little different than usual as they will be operating in a way that observes COVID-19 social distancing and hygiene rules to ensure everyone's safety.

Your first routine visit

- The dental practice will take your medical and dental history (if available) and carry out a check up; examining your mouth, teeth and gums.
- Following your check up if your dentist recommends dental treatment, you'll be given a plan. This outlines all the treatments you are having and how much they will cost. If you are not given a treatment plan, ask for one.
- Your dentist will recommend a date for your next visit. People with good oral health may need to attend once every 12 to 24 months, but those with more problems may need to visit more often.



Treatments

- **Band 1**
(emergency treatment) covers emergency care, such as pain relief and temporary fillings.
- **Band 1**
covers an examination, diagnosis, a scale and polish if clinically needed, preventative care (such as fluoride varnish) and advice on how to prevent future problems.
- **Band 2**
covers everything listed in Band 1, plus any further treatment such as fillings, root canal work or removal of teeth.
- **Band 3**
covers everything listed in Bands 1 and 2, plus crowns, dentures, bridges and other laboratory work.

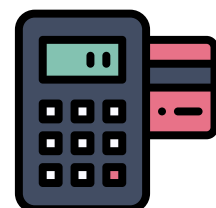


Payment

You pay a contribution towards the cost of your care and are charged for treatments depending on which band they fall into. All NHS treatments are covered with a 12-month guarantee.

Band 1 (including emergency treatment)	Band 2	Band 3
£ 23.80	£ 65.20	£ 282.80

Prices correct for 2020 / 21



Emergency dental care

Anyone who needs emergency dental care should first call their dental practice.

If you cannot contact your dentist or do not have one, patients are advised to use the NHS 111 online service:
www.111.nhs.uk

FREE

You don't have to pay for NHS dental treatments if you are:

- under 18, or under 19 and in full-time education
- pregnant or have had a baby in the previous 12 months
- being treated in an NHS hospital and your treatment is carried out by the hospital dentist (but you may have to pay for any dentures or bridges)
- receiving low income benefits, or you're under 20 and a dependant of someone receiving low income benefits.

Find out more...

The NHS website has more information about dental services
www.nhs.uk/using-the-nhs/nhs-services/dentists

MONEY MATTERS

Are you getting what you're entitled to?



More than a million pensioners across the country aren't claiming money they're entitled to.

COULD YOU BE ONE OF THEM?

In this article we look at the financial support available to people over state pension age.

TOP UP WITH PENSION CREDIT

If you're single and your weekly income, including your pension, is below £175.20, or below £268.50 if you're in a couple, you might be entitled to a top up by applying for Pension Credit.

Almost 50,000 households eligible for Pension Credit across Greater Manchester are not claiming it, and the government is encouraging people to apply for it.

The average amount received by those who are claiming is more than £60 a week. And it's not just the additional weekly payment you could receive. People who get Pension Credit can also get a free TV licence, free dental treatment and eye tests, and possibly help with housing costs and heating bills in the colder months.

To help further, if you apply for Pension Credit you may be able to get up to three months backdated payment from the day you were first entitled up to the date you apply. Some people have had as much as £1,000 in backdated payments.

Even if you have savings, a private pension, or you own your own home, you could still be entitled to Pension Credit.

ATTENDANCE ALLOWANCE

If you need care to continue living independently in your home, you might be entitled to Attendance Allowance. It's not means tested but you must be over state pension age (currently 65½) and need what's called 'frequent attention' from someone else during the day such as help with eating, washing and dressing. If you fulfil either the day or the night conditions, the maximum attendance allowance is currently £59.70 a week. If you fulfil both the day and the night conditions, it's £89.15 a week.

If you are living in one of our Extra Care schemes then you can get Attendance Allowance if you pay all your own fees (called self-funding). Otherwise you cannot claim it.

COUNCIL TAX REDUCTION

If you live alone, your Council Tax should be reduced by 25%. Check if 'reduction for single occupancy' is shown on your bill. If it's not, then tell your council and ask for it to be backdated to whenever you started living alone at your address. If you receive Pension Credit, then your Council Tax bill could be reduced further and, in some cases, there will be no Council Tax to pay.

FIND OUT MORE

To find out if you're eligible for support, please speak to your Court Manager. Alternatively, you can contact your local Citizen's Advice service.

DON'T MISS OUT

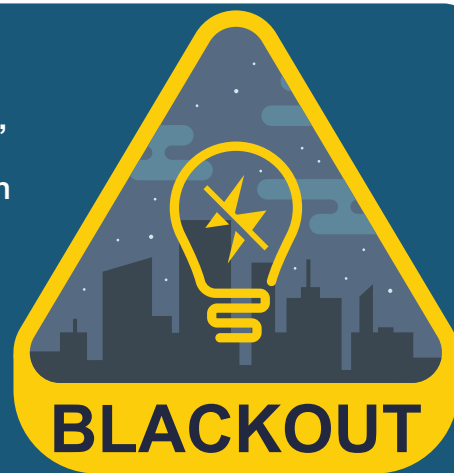
Check whether you can claim extra money that you're entitled to.

WHAT SHOULD I DO DURING A POWER CUT?

Switch off all electrical appliances that shouldn't be left unattended, ready for when the power comes back on -

- Leave a light on so you know when the power outage has been resolved.
- Wrap up warm.

Contact Electricity North West to report the power cut, either by calling 105 or via their other channels (0800 195 4141 or www.enwl.co.uk)



HOW CAN I PREPARE FOR A POWER CUT?

- Keep a torch handy – it's much safer than using candles.
- Get a battery-powered or wind-up radio (useful for keeping up to date with relevant local news).
- Keep warm – keep a blanket and warm clothing handy, and fill a vacuum flask or hot water bottle.
- Stock your cupboard with food and drink that doesn't require electricity to prepare it.
- Keep your mobile phone and laptop fully charged.
- Check your network operator's website or social media channels for updates.

CAN I USE MY PHONE DURING A POWER CUT?

Cordless phones probably won't work during a power cut. They take their power from the mains and most don't have battery back-up. Traditional corded phones will work. In most cases, mobile phones will work if they are charged.

IF YOU ARE ON THE PRIORITY SERVICES REGISTER AND YOU HAVE A POWER CUT, YOU SHOULD CONTINUE TO CALL THE PHONE NUMBER THAT YOU HAVE BEEN GIVEN.

A day in the life...

.....of Asif Aslam, H21 Contracts Manager.

I have been employed directly by Housing 21 for 5 months. I was previously Contracts Managers for 3 years with Cruden Property Services, working for Housing 21, having worked altogether in the housing sector for over 19 years, as a Building Surveyor, Supervisor and Contracts Manager.

Following the unfortunate demise of my previous employer Cruden Property Services I was really excited with the opportunity Housing 21 gave me to join the team directly employed as Contracts Manager. I realised quickly that Housing 21 is a fantastic organisation to work for with great staff and residents I am responsible for over 40 contractors, providing a responsive repairs, maintenance and service programme for the residents of Housing 21 in the Oldham area. Along with my colleagues, I manage the contractors in delivering a cost effective, reliable and efficient service for the residents.

A typical working day would be something like this! With the restrictions of lockdown, I have been

working from home. I start my day by checking emails and actioning them appropriately. I then check diaries with the contractors and make sure all appointments are responded to in a Covid safe manner; whether any contractors are experiencing any difficulties (e.g. with staff having to self-isolate); that the flow of materials is available; and how best to manage all these requirements in these challenging times. Throughout the day, I communicate with the repairs team and contractors, to ensure that all jobs are completed within the required timeframes, in a safe manner.

I do site visits throughout the week, meeting residents and contractors to deliver a smooth service for all residents.

I really enjoy working with the team and get great satisfaction in providing a modern, forward thinking 21st century service for the residents of Housing 21.



COMPETITION TIME!

ENTER OUR SPRING FLOWERS
WORDSEARCH 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 2nd April 2021*.

**Only Housing 21 residents are eligible to apply*



C	E	N	O	M	E	N	A	S	U	C	O	R	C	C
E	L	I	L	A	C	Y	V	P	R	A	Y	H	I	U
L	Q	L	X	I	W	O	I	V	I	P	Y	A	R	C
A	F	W	E	B	D	L	O	H	B	A	I	L	A	K
N	O	A	W	B	S	O	T	K	C	O	S	L	C	O
D	Q	M	Z	W	E	Y	F	I	Y	I	K	I	S	O
I	G	A	O	A	S	U	N	F	R	N	Z	U	U	F
N	T	C	S	R	L	T	L	I	A	H	H	M	M	L
E	W	U	O	I	H	D	U	B	D	D	O	A	C	O
B	M	F	L	L	S	Y	R	A	N	S	O	M	S	W
L	B	Y	O	I	S	N	O	W	D	R	O	P	R	E
E	W	U	N	N	P	T	H	U	G	Z	B	W	B	R
R	Y	Z	A	S	U	R	O	B	E	L	L	E	H	Z
J	T	P	S	C	I	L	L	A	T	W	F	T	W	Z
W	Y	P	E	O	Y	K	A	B	J	V	Z	I	E	N

Allium
Celandine
Cuckooflower
Helleborus
Lilac
Pansy
Snowdrop

Anemone
Cowslip
Daffodil
Hyacinth
Lily
Ransoms
Tulip

Bluebell
Crocus
Forsythia
Iris
Muscari
Scilla

**THE WINNER OF OUR WINTER COMPETITION WAS MR. LYNAM, OF
WOOD SQUARE, GREENFIELD.**



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>