

Wellbeing 21

News, information and advice for Oldham residents

Residents from Springlees and Dunsford Courts enjoyed a party to celebrate the 10th anniversary of the scheme re-opening.



WHAT'S INSIDE?

- New sensory gardens are taking shape
- Look after your Dentures
- Helping Hands funds
- Green Inspectors

AROUND THE SCHEMES

Easter celebrations took place across several of our Courts



At **Trinity House**, Coldhurst, one of the residents and her sister went to great lengths to make sure everyone in the scheme had an Easter bunny.



Residents also held an Easter bonnet competition, and gave away bunnies at their neighbouring schemes, Aston Court and Aster House

St Herbert's Court, Chadderton, residents held an Easter Party and Bonnet parade. The residents from the surrounding bungalows also attended. The craft club made the bonnets and the easter eggs for the tree.



At **Violet Hill Court**, Waterhead, residents held an Easter event for the children. They ran an Easter Egg hunt, Easter bonnet parade and Easter Raffle, with 11



children. There was a prize for 1st and 2nd in the Easter bonnet parade, as many eggs the children could find they went home with and some fantastic raffle prizes, all Easter themed. Everyone had a great day and they raised £304 for the social fund.

At **Millgate**, Hollins, all the residents enjoyed a free Easter egg each, courtesy of Morrisons supermarket.



Several schemes had visits from the Groundwork 'Green Doctor', giving energy advice, including **Springlees Court**, **Springhead**, **Tandle View Court**, Royton and **Hopwood Court**, High Crompton. The residents found it very informative, with advice on a range of energy saving matters (including energy saving gadgets the Priority Services Register, Warm home discounts, correct settings for heating thermostats and answering lots of questions on Utility bills, Smart meters, CO monitors) and they loved their free goody bags too!



Residents at **Holland Close**, Delph are embracing their new technology, including an Alexa, which is great for getting the lottery numbers and picking your favourite music as well as a smart tv, tablets and a smart display (soon to be put up). They even had a visit from Jodie, who was delivering Easter eggs, donated from local Saddleworth businesses.



Walton House, Failsworth residents Susan Albiston, Pat Taylor and Joan Keenan had a great afternoon out at Costa coffee having drinks and cake. They have missed meeting up due to Covid and really enjoyed it and have arranged now for this to become a regular treat.



At **Tandle View Court**, Royton, residents enjoyed a lovely celebration on Friday 22nd April for St George's Day. A lady called Linda who entertained the residents and Lynn, the scheme's fantastic caterer, provided a delicious buffet as always.



Residents at **Throstle Court**, Royton, held a 'time for a cuppa' event for Dementia UK. Everyone had a great time and enjoyed cakes made by Court Manager, Suzanne! They raised an amazing £240 for the charity, with hampers donated from the Co-op and Lidl stores in Royton. The winners of the hampers were residents Des Naylor, who has kindly donated his to Dr. Kershaw's and Anne Cloynes who is going to enjoy hers!



Old Mill House, Springhead, residents have just been awarded £1,000 by Action Together from their One Oldham Micro Fund. The grant awarded is for the Old Mill Community Shop. It will go towards new shelving and signage and will also help to restock our shop. Due to lockdown, the shop (along with many other things), had to close and this was a real loss to the residents, as the shop was the heart of the little community and a place for people to meet. The grant will not only help them to improve the look of the shop it will give the residents a sense of purpose once again.

On Wednesday 4th May, residents at **Lees House**, Lees held a Dementia Time for a Cuppa and raised £301.00 for the charity.

Whilst at **Aster House**, Coldhurst, on 5th May, residents John and Linda Thompson celebrated their Golden wedding anniversary!



Residents at **School House Flats**, Hollinwood enjoyed a potato pie supper and evening of fun, tossing pancakes. A great time was had by all, and Geoff was the winner of the contest!



Happy birthday celebrations at **Springlees** and **Dunsford Courts**, Springhead, celebrating 10 years since re-opening - lovely to see residents enjoying themselves See front cover.

Walton House, Failsworth residents enjoyed a fantastic afternoon, celebrating St Georges Day – a great time was had by all!



At **Lido House**, Grotton, residents had fun with a new game, made and donated by Cold Build UK Ltd and celebrated Make A Difference day with free toasties and cake and played bingo and 'play your cards right'.



And finally, **Trinity House**, Coldhurst residents went green to celebrate St.Patrick's Day



New sensory gardens are taking shape

Housing 21



Oldham Council has funded the creation of new sensory gardens at three of our schemes and all will be completed in time for the Her Majesty's Jubilee celebrations.

Charles Morris House – the garden works are now complete and are pictured below



Tandle View Court- work is now virtually complete and looks fantastic



Trinity House- is approaching completion and will be ready for the Queen's Jubilee celebrations



In addition, Housing 21 has carried out practical improvement works at a number of schemes to add 'kerb appeal' and a flavour of these is shown below (water feature at Millgate, Hollins and planters at Violet Hill Court, Waterhead)



A Fond Farewell to Michael and Loretta!

Michael Lucas has worked as a Customer Service Adviser (Repairs) for Housing 21 in Oldham since the start of the project in October 2006. He retired in May.

We'd also like to give a warm welcome to Michael's replacement, Thomas Jackson. Welcome to the team, Thomas!



Covering Court Manager Loretta Rigby also retired in May, having worked for Housing 21 for a number of years, having previously worked on housing repairs for our former Contractor, Cruden.

Thank you for all your great work, Michael and Loretta and we wish you both a long and happy retirement!

COMMUNAL GARDENS

A POLITE REMINDER!

A number of incidents have occurred recently, which have prompted us to offer a polite reminder about the proper use of communal garden space. We would ask that residents living in accommodation with communal spaces (and particularly in bungalows) to remember that the gardens are for the use and benefit of all residents. Consequently, we would ask you, when receiving visitors (including grandchildren) to be mindful of the right of their neighbours to the quiet enjoyment of that space.

In addition, there are some practical issues affecting the ability of all to use the communal gardens in comfort and safety, for which we would appreciate residents' consideration and co-operation. In particular –



- Pots – please do not block paths, as these could be a trip hazard. Also, please don't place them on the grass, as this hampers the grounds maintenance contractor when mowing.
- Sheds and greenhouses – you must get written consent from Housing 21 to erect a shed or greenhouse in the communal space and these must be properly maintained. If any such structures fall into a poor state of repair, they should be removed from the site.
- Access – please do not obstruct paths or access routes in any way.
- Planting – please do not create any additional planted areas or tiered gardens, other than those which are already in place. If you are unsure, please ask permission from Housing 21.
- Fencing – please do not erect fencing or barriers across communal paths or access routes. Again, if in doubt, please ask for permission. Fence painting – it is fine to paint existing fencing, but please only use oak brown or red cedar, to ensure a consistency of appearance and avoid the creation of a 'patchwork quilt'.
- Storage of refuse - please do not use the communal spaces for the storage of rubbish or old appliances – these should be properly disposed of.
- Please ensure that communal gates are left unlocked on the days on which Greenfingers are due to attend to carry out the grounds maintenance works.

We would like to ask you to bear these simple rules in mind, to ensure that the communal garden spaces can be enjoyed equally by all residents. Thank you.

ANNUAL BOWLING COMPETITION 2022

Following a two-year absence due to the covid pandemic, the sixth annual crown green bowling competition will take place on **Wednesday 13th July at 1pm** at St. George's Square Bowling Club, Chadderton. **If you'd like to register your interest in taking part, please speak to your Court Manager.**



Information on how to look after your dentures

A clean comfortable mouth is essential for good physical health and general quality of life. This information explains how to look after your mouth if you have partial or full dentures.



New dentures

- Your mouth may feel a little strange at first after getting new dentures. This usually settles down after a few days. However, if you get any sore areas in your mouth after this time you should make an appointment to see your dentist
- It is always a good idea to wear your denture for 24 hours before your appointment so the dentist can see where the denture is causing the sore spot
- If you are having new dentures made ask your dentist to put your name on them. This is important if you have to stay in hospital as dentures sometimes get lost.

Partial dentures

- It is very important that you look after your remaining natural teeth
- After removing your denture, brush your natural teeth and your gums thoroughly twice a day with a family fluoride toothpaste
- Spit the toothpaste out but do not rinse your mouth with water or use a mouthwash at the same time as brushing. The fluoride in the toothpaste left on your teeth will help to strengthen them
- Leave your dentures out at night; always put them in a container of cold water.

Cleaning dentures

- Always clean your dentures over a bowl filled with water in case you drop them
- Your dentures should be cleaned twice a day and after eating if required. Use a soft toothbrush and normal toothpaste. Follow the manufacturer's instructions if using a denture cleaner
- Leave your dentures in cold water overnight unless your dentist has advised otherwise
- Do not use bleach as this will damage your dentures.

For a healthy mouth

- Keep sugary food and drinks to mealtimes to help reduce tooth decay in your remaining natural teeth
- Brush your gums, tongue and the roof of your mouth with a soft toothbrush to keep your mouth healthy
- It is important that you see a dentist even if you have full dentures. The dentist will look at your whole mouth so that any problems such as infections or mouth cancer can be spotted early
- Any ulcer that lasts for more than two weeks needs to be checked by your dentist regardless of whether you have natural teeth or not.

Over to You!

Housing 21 Chadderton resident and Court Voice, Brian Gaynon, has suffered from diabetes for 45 years and is a former Chair of the Oldham Diabetes Association. Here, Brian offers some facts and insights on the subject, which we hope will prove useful.



- In 1921, Banting and Best successfully isolated insulin for the first time from dogs, produced diabetes symptoms in the animals, and then provided insulin injections that produced normal blood glucose levels.
- In 1922, the first person was treated with insulin; mass production started in 1923 and in 1934, Diabetes UK gave access to insulin to the people. We have come a long way since then, from the first insulin pen in 1993 to modern times, making an artificial pancreas become a reality.
- Starting a good habit is as difficult as kicking a bad one, you are the manager of your condition. There are people who play sport (football, rugby, netball, mountain climbing, fell walking and running – they don't let diabetes stop them doing what they want to do!

Your doctor and nurse are there to help with any problems that you may have and give you guidance to help you keep healthy and fit and to ensure your blood sugars are normal.

One of the many questions that are asked is, 'does this mean I can't have any chocolate, jam, cakes or sweets?' You can have all those things in moderation, it's not the end of the world.

There are a lot of cookbooks with a guide to healthy and sustainable eating for people with diabetes. Just remember, you are the manager of your diabetes, not the other way round.

How you live your life is up to you. Eating healthy meals doesn't mean you can't have a treat now and again, we are all human and no-one is going to shout at you or give you lines! Your diabetes doctor and nurse are there to help with any issues you may have and you can lead a normal, longer and fitter life than before.

There are lots of things you could take part in a group – go for a walk, or a physical activity if that's for you. You will also have yearly health checks on feet, eyes, weight and blood, to ensure your diabetes is under control. Please tell your nurse if you have any concerns, they are there to help.

So have a long and happy life and do all the things you would like to achieve.

Diabetes UK tel. 0345 123 2399 and on [Facebook.com/diabetes](https://www.facebook.com/diabetes) for support.

Learn IT Together

Free 4 week basic computer course in
your community

Register your interest with your Court
Manager

No experience necessary and all equipment
provided for the course

Housing 21



**HELPING HANDS
FUND**

Is now available! Are you facing financial challenges as the result of an emergency situation? Housing 21 is offering a one off grant of £250 for emergencies or unexpected bills to help you through these challenging times. Some of the things the fund can be used for -

- Utility debts Helping Hands
- White Goods
- Food Vouchers
- Travel costs to get to essential appointments
- Helping Hands

As part of the application process you will be asked to undertake a benefit assessment to identify whether you are eligible for any additional sources of income.

How to apply

- Speak to your Court Manager
- Email: businessimprovement@housing21.org.uk
- Visit: housing21.org.uk/helpinghands

Housing 21

Housing 21
2022 Garden
Competition entry form

<input type="checkbox"/>	• Best communal garden
<input type="checkbox"/>	• Best garden
<input type="checkbox"/>	• Best pot, box or hanging basket
<input type="checkbox"/>	• Best creative expression of gardening
<input type="checkbox"/>	• Best video of 'Why I Love Gardening'
<input type="checkbox"/>	• Best grow your own fruit and/or veg

Your name or Court _____
Address _____
Telephone _____







You may hand your entry form to your Court Manager, but all entries must reach us by no later than Thursday 30 June.
Judging will take place on 8th and 11th July.
For more information please contact Vince Sexton on 0345 6044447



GM LGBTQ+

ONLINE DEMENTIA SUPPORT GROUP

A safe and friendly space to express yourselves and support each other:

-  Speak or listen in a LGBTQ+ safe space
-  Be anonymous if you prefer
-  Make friends / connections with others
-  Talk about issues that are important to you
-  Guest speakers
-  Fun monthly quiz

Join our online peer support group for people living with or caring for someone with dementia, who identify as LGBTQ+ (lesbian, gay, bisexual, trans, queer). We are here to provide you anonymity in a friendly and safe environment where you can share your experiences or concerns with like-minded people.

FIRST TUESDAY OF THE MONTH

2PM - 3.30PM

Zoom Meeting

<https://zoom.us/j/93789107813pwd=MIJKQ1VIU20vS29RWVd4SE13Qk1UT09>

Meeting ID: 937 8910 7813

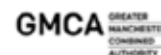
Passcode: pqzBR2

FOR MORE INFORMATION

0161 622 9252 | Maggie.Hurley@ageukoldham.org.uk

If you are from the LGBTQ+ community and would like some advice on any other services or would like to speak to someone please contact the LGBT Foundation on 0345 330 3030

Supported by:



COMPETITION TIME!

ENTER OUR SUMMER WORDSEARCH COMPETITION TO WIN A £25 ONE4ALL GIFT CARD, WITH A RUNNER UP PRIZE, COURTESY OF OLDHAM LIBRARY, OF TWO FREE TICKETS TO THE SHOW EMPATHY EXPERIMENT ON 28TH APRIL AT OLDHAM LIBRARY (SEE PAGE 9)!



Simply enter your contact details below and post your answers, 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 1st July 2022*.**

NAME:

ADDRESS:

TELEPHONE:

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

August
Barbeque
Beach
Bees
Flowers

Gardening
Holidays
Ice Cream
June
July

Outdoors
Pool
Sandals
Shorts
Solstice

Sprinklers
Sunglasses
Sunhat
Sunshine
Sun Tan

**Only Housing 21 residents are able to submit entries for the competition.*

THE WINNER OF OUR SPRING COMPETITION WAS
MRS. LYNN KING, 34 VICTORIA ST, SHAW



Do you want to be more involved and have your say?

We are looking for Green Inspectors who would like to have more involvement with the service we provide, provide feedback and help shape the service in the future.

What is a Green Inspector?

Green Inspectors will be asked to provide feedback on grounds maintenance services to other residents, Housing 21 and the Grounds Maintenance Contractor, Greenfingers, as needed. This may be through joining our inspections, generally keeping an eye out for how the area is looking, and/or joining in discussions about how to make improvements.

Having a keen interest and passion for either horticulture, public green spaces or nature, you would join us in walking around the local schemes periodically to inspect the grounds maintenance work.

You would provide updates from these inspections to the residents within your scheme or neighbourhood and be able to provide Housing 21 and the Grounds Maintenance Contractor with constructive feedback from residents.

If you are interested in becoming a **Green Inspector** or would like to hear more, please let your Court Manager know and provide your name and contact details. We will then contact you to arrange more detailed information and arrange training for the role.

Residents Survey 2022

Look out for the Residents Survey 2022 over early summer. We'll have three separate surveys for Extra Care, retirement living and bungalow residents this year, so look out for it in the post and give us your feedback on services, activities and the neighbourhoods where you live.



Suggestions, Comments and Complaints

There were 2 informal complaints during the quarter and both were resolved effectively.

There was also one compliment, about the work that contractor Dynamic had done for a tenant.



How to tell us what you think about the services we provide in Oldham.

We genuinely welcome any feedback about our employees and services. In the first instance if you have feedback about our housing or care services you should contact your Court Manager.

You can write, telephone, email or speak in person to the Court Manager; there is no requirement to fill in a form.

More information on providing feedback and our complaints procedure is available by either speaking to your Court Manager or contacting the Oldham office.

Contact details are on the back page.



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

0161 339 2345

Oldham Library

Greaves St

0161 770 8000

Making Space

Tandle View, Royton

0161 633 2403

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/](https://www.manchesterfire.gov.uk/staying-safe/what-we-do/safe-and-well-visit)

[staying-safe/what-we-do/safe-and-well-visit](https://www.manchesterfire.gov.uk/staying-safe/what-we-do/safe-and-well-visit)