

# Wellbeing 21

News, information and advice for Oldham residents

This year's winner of the Housing 21 Annual Garden Competition under the category of Best Communal Garden is Millgate.



## WHAT'S INSIDE?

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## AROUND THE SCHEMES



On 22nd July, **Violet Hill Court** hosted their summer fair! They had a variety of different activities available to get involved with including a cake walk, luck bucket, face painting and lucky dip as well as fantastic prizes to be won on the raffle and tombola. They had an excellent turn out with Chaddy the Owl, Oldham Athletic Football Club mascot, also in attendance! In total, the festivities raised a very impressive £764 for Violet Hill's social fund!

At **School House Flats**, every year the residents choose a different charity to raise money for. This year they have chosen to raise money for the Alzheimer's society. So far, they have done a 'Name the Penguin' and 2 football name cards and are now in the process of planning a quiz night and raffle. Well done to all involved in the fundraising at School House Flats and we look forward to hearing any future updates!

**Cloughgate House** has been the venue for two birthday parties recently; Mrs Nolan celebrated her 90th birthday in style as the residents and LHM met in the communal lounge to enjoy a delicious buffet and slice of cake!

Mr Quinn also enjoyed his 95th birthday at Cloughgate despite not actually living in the scheme. Mr Quinn is the uncle of our LHM and regularly joins in on weekly activities so it is only right that his birthday was marked with a celebration!



In June, residents at **Throstle Court** had a great time attending their Summer Craft fair!

**Old Mill House** recently received a £1,000 grant from Action Together which enabled them to add a water feature to their communal garden. This addition to the garden has meant that residents can even enjoy the garden from the comfort of their own flat, with the sound of flowing water being a particular highlight.

The building of the fountain was a joint effort between residents of Old Mill House and their families who ensured that the feature was in the best position for all to enjoy. Residents are even able to enjoy the water fountain at night when the feature lights up!



# Terry's Story

## OVER TO YOU



Terence Bates was born in July 1934 to parents Eileen and Leonard, and was later joined by a younger brother Leon. In 1955, he married his lovely wife May in a double wedding where the bridesmaid and best man also tied the knot!

Despite living in Shaw his whole life, Terry has worked and holidayed across many different areas of the country and has numerous interesting stories from his travels. For 5 years, Terry worked in the RAF where he looked after Officer's houses and assisted with the catering during night time

functions. On one occasion, Terry was put on crash guard after a RAF plane flew into electrical wiring and crashed. The plane was flying over a field where people were picking potatoes below, the pilot got distracted and unfortunately the result of this was fatal. Terry was asked to guard the wreckage overnight and only in the morning was he told that one of the Officers in the crash was a close working friend of his.

Although he enjoyed his time in the RAF, Terry turned down a promotion when offered because he felt that he wasn't seeing enough of May and their two daughters. He then became a Dock Officer in Strangeways prison where one of his main roles was to escort prisoners to the Crown Court. He was once put on duty in the cell of a prisoner who was due to be executed the following day. The prisoner spent the whole night pacing around his cell and didn't speak a word to Terry. On the morning of the execution, the prisoner was instead sentenced to 14 years and his life was spared; An experience which no doubt Terry, or the prisoner, ever forgot!

After leaving the prison service, Terry became a brewers drayman for a local brewery. In each pub that he would deliver beer to, the barman would tip him with a pint of beer. In the end, May handed his notice in for him as she had enough of him finishing work drunk!

He then had a number of other jobs, including making dodgem cars for a fairground, before reaching a well-deserved retirement. In retirement, Terry and May went to Benidorm for a month every winter! They also enjoyed many campervan holidays to a variety of destinations, the most frequent being Cornwall. While in Cornwall, they went shark fishing on a boat where Terry caught a 106lb shark!

Around 4 years ago, May became ill and so her and Terry moved into Hopwood Court for a bit of extra support. In 2022, May very sadly passed away after a very happy 67 years with Terry and leaving behind a loving family of children, grandchildren, and great-grandchildren.

Of course, Terry misses May every day but has found comfort in the community who both live and work in Hopwood Court. His family visit regularly to spend time with him, and Terry has also made some great friends who are living in the scheme. Every week, Terry attends coffee mornings with his neighbours where they enjoy a delicious bacon sandwich and is also predominant member of the Hopwood Court Choir! Overall, Terry has found Hopwood Court to be a "wonderful place" where he is very "well cared for".

Thank you to Terry for sharing your story with us!





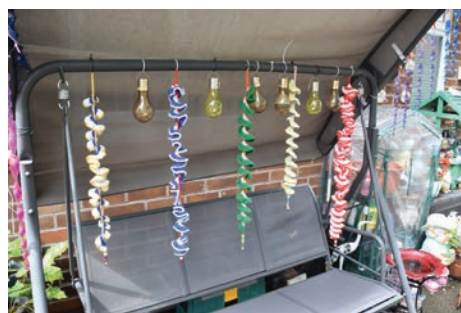
# Annual Garden Competition 2023

Thank you to everybody who entered the annual Garden Competition this year, it was lovely to see the effort that so many have gone to in their gardens!

The judges, Alan Price from Lees Hub and Caroline Lawson from Veg in the Park, were tasked with picking a winner and runner up from each category.



Category	Winner	Runner Up
Best Communal Garden	Millgate	Trinity House
Best Garden	Ruth Armstrong, Cypress Avenue	Janet Fagan, Wildmoor Avenue
Best Pot/Hanging Basket	Kevin Wilson & Tracey Prestwich, Iris Street	Brenda Ogden, Limeditch Road
Best Grow Your Own	David Kynaston, Violet Hill Court	Royton Robins, Tandle View Court



We would also like to recognise Mrs A Cooper at Cypress Avenue for her garden which demonstrated the **Best Creative Expression!**

The winners will each receive a certificate and a £30 gift voucher; with those who came runner up also receiving a certificate, plus a £20 gift voucher.

Additionally, there were three entrants who have been **highly commended** for their efforts in the garden this year:

- Christine Sherrington & Sheila Dixon who entered under the category of Best Communal Garden at Old Mill House.
- Raymond Robinson who entered under the category of Best Garden at Lido House.
- June Fern & Harry Cooper who entered under the category of Best Pot/Hanging Basket at Old Mill House.

Those who were recognised as highly commended will receive a £15 gift voucher.

# Return of the Annual Bowling Competition

Back in July, we held the annual bowling competition at St Georges Square in Chadderton. There was a great turnout and everybody had a fantastic day bowling in the sunshine! In between games, refreshments and cakes were on offer for all to enjoy.

The event was sponsored by our contractors; Dynamic, Howard's Domestics and DRL. Thank you to them for their contributions in helping to make the day possible!

The winning pairs were as follows:

**1st Place** – Betty Hooley, St Georges Square, and Jack Chapman, Tandle View Court.

**2nd Place** – Nicola Smith & Andy Marshall.

**3rd Place** – John Harratt, Tandle View Court, and Mel Duffy, LHM at Throstle Court.



## Polite Notice about Grounds Maintenance

Leaf Collection is due to start in October and will continue through until the end of December.

There will be a 2-weekly attendance to each neighbourhood to collect leaves however during heavy leaf fall, paths may become covered after a visit. If you are able to, please sweep leaves to one side on grassed areas and they will be cleared on the next visit.



## Housing 21

### Suggestions, Comments and Complaints April 2023 – June 2023

Over the last quarter, we received four complaints. Two were repair related, two were related to grounds maintenance and all were resolved at the first stage.

In the same time period, we received four compliments. All four of these compliments were about repairs contractors.



# Ring the Changes!



Some of our employees have had an opportunity to step up into new roles, here are some of the changes that have taken place in recent weeks:

Issie Howard, Partnerships Manager, has recently gone onto maternity leave and Laura Francis, formerly Neighbourhood Services Manager, was successful in applying for this role for 12 months.

Dave Davenport, formerly Extra Care Local Housing Manager at Charles Morris House, was successful in applying for the role of Neighbourhood Services Manager for 12 months.

Gemma Mosoph, previously Local Housing Manager at Coronation Road, is now in post as Extra Care Local Housing Manager at Charles Morris House, again successfully applied for role for 12 months.

Following Asif Aslam's secondment to the Housing 21 national team, Sue Sanderson is now in post as the Contracts Manager.

Denise Davenport, formerly Property Services Administrator, was successful in her application for the role of Repairs Team Leader.

Luke Dearden, formerly Customer Service Advisor in the Repairs Team, has been successful in his application for the role of Property Services Administrator.

Olivia Miley has now joined the Repairs Team as a Customer Service Advisor for a period of 3 months.

**We would like to wish everybody congratulations and good luck in their new roles!**

## Sponsored 'Making Ends Meet' Walk

In June, several members of the Oldham team took part in a sponsored walk across the High Peak area in support of the Glossopdale Furniture Project charity. The charity supports people across High Peak with basic furniture and household essentials to assist with the setting up of a new home. The walk was split into different sections for volunteers to complete and finished in Whaley Bridge on the Sunday afternoon.

Well done to Issie Howard, Jane Howarth, Emma Gemmell, Laura Francis, John Blakeley and Janice Crompton who all took part from the Oldham team along with their family, friends and other volunteers. Congratulations on your fantastic fundraising efforts!



# Preparing for the Colder Months

Central heating programmers allow you to set 'on' and 'off' time periods. The programmer will automatically switch your heating off when you're not at home, or when you don't need it, such as when you're in bed. They will let you set the central heating and domestic hot water to go on and off at different times.

## Here are some useful tips:

- Check that the timer on the programmer is correct before you set your programmes. You may also need to adjust it when the clocks change.
- Ensure that your programmer is set for when you need the heat, this will help you to save money.
- Make sure there are no unnecessary obstructions in front of radiators.
- To prevent frozen pipes, which can cause hundreds of pounds of damage, leave the heating on low during winter, even if you go away for a period of time. The rule of thumb is to keep your heating at a minimum 14 degrees, when you are out rather than switching it off. If you need assistance or help to set your central heating programmer, please ask your Local Housing Manager.



## Did You Know?

**If you live in a bungalow, did you know that there is a telephone socket fitted in your loft?**

If you change your telephone provider, please inform the engineer about this socket so they can ensure the connection to the Helpline service is also completed.

That way the Helpline will be there for you if there is an emergency.

## Did You Know?

**Are you going away on holiday ?**

Your Tenancy Agreement says if you are away from your property for more than 4 weeks you must let us know.

Please inform your Local Housing Manager if you are planning to be away for 4 weeks or longer otherwise it might be considered an abandoned property and action taken accordingly.

## 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 Local Housing Manager.

You can write, telephone, email or speak in person to the Local Housing 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 Local Housing Manager or contacting the Oldham office.

Contact details are on the back page of this newsletter.



# Walking Tips and Advice from Age UK

When you find exercise difficult or aren't sure how to be more active, walking is a great activity.

A daily walk, even if it's just a 15-minute stroll to the shops, is really good for you – A little every day.

Don't feel that you have to take long walks every day. It's better to make walking a part of your everyday routine. If your pace makes you feel a bit out of breath, but you can still hold a conversation, that's ideal. But if that's not manageable for you right now, any kind of activity is better than nothing!

To fit in a little extra walking every day, you could try:

- Walking to the shops instead of driving.
- Using the stairs instead of the lift or escalator.
- When driving, parking at the far end of the car park so you have further to walk.
- Planning a town or country walk at the weekend.
- Joining a walking group – It's fun to walk with other people and you might even make some new friends!

## How walking can improve your health:

### 1. It helps you lose weight

Being active is especially important as we get older and our metabolism slows down, making us more likely to put on weight.

The only way to lose weight is to use up more energy than we take in, and a daily walk can help to burn off some of those calories.

### 2. It keeps your heart strong

Brisk walking can help to keep your heart strong by increasing your heart rate. It can also reduce your risk of heart disease, high blood pressure, and stroke.

### 3. It reduces your risk of cancer

Physical activity can reduce your risk of developing some cancers, including breast, bowel and womb cancer.

### 4. It reduces your risk of Type 2 diabetes

There are 4.7 million people living with diabetes in the UK. Most of these cases are Type 2 diabetes, which is more likely to affect adults and those who are overweight or obese.

However, you can reduce your risk of developing Type 2 diabetes with regular exercise and a healthy diet.

### 5. It strengthens your bones

Walking can help to prevent the onset of osteoporosis, which makes bones brittle and more likely to break.

### 6. It improves your mood and mental wellbeing

Being outside in the fresh air has been linked to better mental wellbeing and reduced stress. Regular exercise can even help to relieve depression.

Walking can also be a social activity when done in a group or with friends, so it can help to tackle feelings of isolation or loneliness.

### 7. It reduces your risk of dementia

Being physically active and leading a healthy lifestyle could reduce your risk of developing dementia.

For people with dementia, regular activity can improve their strength and flexibility,

ensure better sleep, and some studies suggest it may improve memory and slow the progression of the condition.

\* Information taken from <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/walking-tips-advice/>





# Fire Safety – A Bedtime Checklist

A lot of fires start at night, do some checks before you go to bed:



Close all inside doors, ensure doors to the outside are clear, easy to access with keys where everyone can find them.

☐

Unplug items that use electricity, unless they need to remain on (e.g. fridge/freezer). Washers and dryers should be off.

☐

Check that the cooker is off.

☐

Extinguish candles and cigarettes.

☐

Turn off heaters unless essential. Electric blankets should also be switched off.

☐

Have access to a phone.

☐

## Age UK Friendship Clubs

Every Thursday from 12pm–3pm, Age UK hold a friendship club at Chadderton Over 60's Centre, 298A Broadway, Chadderton, OL9 9QU.

Each week, the group enjoys a light lunch as well as a range of fun activities like a prize bingo, quizzes and even a raffle!

Entry to the group is £5.20 per person but includes the cost of the lunch and entry to the bingo.

Similarly, The Gables on Kershaw Street, Shaw, OL2 7AJ also holds a Friendship Club from 12:30–3pm.

For more information on these events or to book a place, please contact Kryshia on **0161 622 9268** or via email at **kryshia.winkler@ageukoldham.org.uk**.



## Men in Sheds

Age UK Oldham have launched an initiative to reduce social isolation amongst men over the age of 55. The Men in Sheds initiative offers workshop space, tools and equipment to men to help them learn new skills, develop existing skills, and enjoy the benefits of socialising over a cup of tea.

The Men in Sheds group encourages activities such as:

- Refurbishing furniture.
- Framing pictures / photographs.
- Wooden toy making.
- Making bird tables and window boxes.
- Assembling hanging baskets / tubs, etc.

All with the added benefit of establishing new friendships!

Sessions are ran on Tuesdays and Wednesdays from 9am–4pm at Charles House, Albert Street West, Failsworth, M35 0JN or Thursdays and Fridays from 9am–4pm at Tanners Waterside Mill, Chew Valley Road, Greenfield, Oldham. OL3 7NH.

There is a charge of £3 per session, for more information please contact John Scholes on **0161 682 4747** or via email at **meninsheds@ageukoldham.org.uk**.





# COMPETITION TIME!

ENTER OUR AUTUMN WORDSEARCH COMPETITION TO WIN  
A £25 ONE4ALL GIFT CARD.

Simply enter your contact details below and post your answers to –  
Niamh Johnston, Housing 21, 2.06F Hollinwood Business Centre, Albert Street,  
Hollinwood, Oldham OL8 3QL

The closing date for entries is Friday 13th October 2023\*

NAME: .....

ADDRESS: .....

TELEPHONE: .....

## AN AUTUMN WORDSEARCH

R	T	R	S	M	T	N	D	A	O	B	P	S	A	O	L	U	U	G	C
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AUTUMN  
BROWN  
CHANGE  
CHILLY  
COLD  
CRUNCHY  
DECIDUOUS  
FIRES  
GUSTY  
HARVEST  
LEAF  
NOVEMBER  
ORANGE  
PUMPKIN  
RAIN  
RED  
SCARECROW  
SEASON  
SQUASH  
WINDY

*\*Only Housing 21 residents can submit entries for the competition*

WELL DONE TO MARIAN FROM BRIERLEY AVENUE  
WHO WON THE PREVIOUS COMPETITION!



Our office address:

Housing 21  
2.06F Hollinwood Business Centre  
Albert Street  
Hollinwood  
Oldham  
OL8 3QL

Email: [OldhamEnquiries@housing21.org.uk](mailto: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  
[www.oldham.gov.uk](http://www.oldham.gov.uk)

**Council Tax**  
0161 770 6622  
[council.tax@oldham.gov.uk](mailto:council.tax@oldham.gov.uk)

**Environmental Health**  
0161 770 2244  
[environmentalhealth@oldham.gov.uk](mailto:environmentalhealth@oldham.gov.uk)

**Housing Benefits and Council Tax Reduction Scheme**  
0161 770 6633  
[benefits@oldham.gov.uk](mailto: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](mailto:waste@oldham.gov.uk)

**Age UK Oldham**  
0161 633 0213  
[info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)

**Ring & Ride**  
0161 200 6001

**Dial-a-ride**  
0161 633 0097

**Citizens Advice Bureau**  
0300 330 9073  
(Adviceline)

**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

**Greater Manchester Fire & Rescue Service**  
Book a free Home Fire Safety Assessment  
0800 555 815  
[www.manchesterfire.gov.uk/your-safety/hfsa/](http://www.manchesterfire.gov.uk/your-safety/hfsa/)

**MioCare Group**  
0161 770 8777  
[info@miocare.co.uk](mailto:info@miocare.co.uk)  
[www.miocare.co.uk](http://www.miocare.co.uk)