

Wellbeing 21

News, information and advice for Oldham residents

HOLTS RESIDENTS RAISE FUNDS FOR DR. KERSHAW'S HOSPICE



WHAT'S INSIDE?

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AROUND THE COURTS

Howell House (Brownedge Rd, Holts) is A Hive of Activity!

Holts residents and Court Manager Yvonne are pictured on the front cover, handing over a cheque for £1,200.00 to Dr. Kershaw's Hospice, after a series of fund raising events, holding table top sales and holding tea/coffee mornings, with cakes and pies donated by residents.

Residents also hold regular monthly police meetings, which are very well attended. They also enjoyed a fantastic Halloween and fireworks evening, with homemade potato hash, corned beef hash, parkin and treacle toffee. There were also lots of children in fancy dress and a very enjoyable night was had by all!



Irene's 85th Birthday Party at Chew Vale!

A birthday party in the communal lounge at Chew Vale celebrated resident Irene Mayall's 85th Birthday at Chew Vale with a buffet and Bingo. Friends from FCHO also came to help in the celebration.



Fundraising for MacMillan

Fundraising events took place across the Borough in late September, to raise money for the MacMillan cancer support charity.

At Recreation Rd, Failsworth, residents Sheila Galliford and Ann Thorley organised another garden party, using the communal garden behind the bungalows and both their bungalows for the event. Fortunately, the sun was shining, but gazebos offered cover for the dozens of guests, who enjoyed homemade food and drinks and joined in the raffle.

They raised a total of £1,583.00 for the charity. Well done Sheila and Ann (pictured with Rose from MacMillan).



The residents at School House Flats, Hollinwood, also held a MacMillan Coffee Morning. They raised a **fantastic £433.35 at their coffee morning** on the 29th September, participating in the World's biggest coffee morning to raise money for Macmillan.

Residents from Walkers Rd and the local community also joined in the event, enjoying lots of cups of tea and of course, cake! Residents generously donated a total of 60 prizes for the raffle and many items for the 'new to you' stall. 'A good time was had by all!'. Court Manager Karen Camm said: 'I'm so proud of the residents. This event means so much to them. They give so generously and they always work really hard to make this event a success. **Thank you to everyone for all your contributions and hard work.**'

Charles Morris House, Failsworth, also raised £251.74 from bric-a-brac, tombola, cakes stalls and name cards.

They all had a great time raising the money for the charity.



The National Citizen Service ‘The Challenge’, a government-funded opportunity for young people to engage in community projects, came to Oldham this year!

At Trinity House, the youngsters initially met and chatted with residents informally. They then followed up with a discussion around what they would do for residents, deciding on more planting and a raised bed for herbs. The next meeting was the day of the event and everyone had a job to do. Everyone pitched in and residents were around to offer advice. **Everyone had a great day and there’s now a raised bed which is full of herbs.**

At St Herbert’s Court, Chadderton, over the course of 3 visits each, 2 teams of young people liaised with tenants and residents to find out how they could help improve health and wellbeing within the court. The first group of young people agreed with tenants and residents that they would complete some work in the garden area, tidying up, making raised planters, painting benches and providing solar lights and plants.

The second team agreed to host a garden party, providing cakes and refreshments and music for entertainment. Both groups raised their own funds to provide all the equipment required. **Tenants really enjoyed working alongside the young people.**



The Challenge group at Tandle View Court, Royton, painted our raised planter in the Courtyard and the shed. They also created a sensory garden area, assisted by some of the tenants. Afterwards, they made cups of tea and coffee and brought in some cakes for all the tenants.

The plan is to run ‘The Challenge’ again next year, so watch this space!

Tandle View Court weekly ‘Men’s Club’

Tandle View Court is also the venue for a weekly ‘Men’s Club’, when the male residents get together to play games (pool, cards, dominoes) and enjoy each other’s company!



Here’s what they think of it –

Jim says, **“I look forward to the Men’s Club every week, it’s a very sociable place to be!”**

Mark says, **“I enjoy the Men’s Club as I like to see the look on Stanley’s face when I beat him at dominoes!”**

Jack says, **“Yes, I enjoy it, chatting with the men. I only hope more men join us in the future.”**

Mark, our volunteer says, **“I have met some very interesting and lovely people here at the Men’s Club. It makes a real change, chatting with the gents here. I also enjoy beating Mark at a game of pool!”**



Harrogate Trip for Lido House & Dunsford Court Residents

Residents from Lido House and Dunsford Court, in the Grotton/ Springhead areas, enjoyed a mini bus trip to Harrogate for the day.

They were able to enjoy lunch, sightseeing and a bit of Christmas shopping!

Fred Paints a Picture of Oldham

Fred Stanhope, of Trinity House, is a 'proper' Oldhamer.

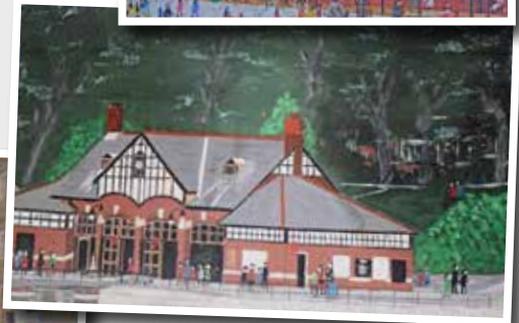
He was born at home on Edge Lane Rd, on Oldham Edge, on 1st December 1931. He went to Higginshaw School, from starting at primary school, until leaving at the age of 14, to go and work in a cotton mill. Fred also worked in the building trade.

But Fred has another talent!

He was always interested in drawing and painting during his childhood and

has been an enthusiastic amateur artist throughout his life. He was still producing paintings up until 3 or 4 years ago. He started out producing pencil drawings and progressed to watercolours. He has painted many a local pub and two of his pieces (a drawing and a painting) are displayed in the Boltmakers Rest in Oldham.

Here is Fred with a selection of some of his artworks.



Staff News

I am Tejinder Birk, interim Partnerships Manager, covering for Issie Howard whilst she is away over the next few months on maternity leave.

Whilst Issie has set the bar very high, I will certainly rise to this exciting challenge and hope to bring a little of my own experience into the role which will complement some of the fantastic work that Issie has been involved in over the past few years.

For the past 22 years, I have worked in tenant and community engagement for housing associations, a local authority as well as a number of charities. A few years ago I worked in West London as a Community Involvement Manager for Airways Housing which was part of British Airways until the 1980's. From there I moved to Bournemouth Borough Council in a

more strategic role in developing a number of community engagement initiatives.

More recently, my focus has been around the charity sector, where I have devoted my working life to the Canal and River Trust. I am also a Trustee and volunteer with men's community health and well being, a 'Men in Sheds' charity in Huddersfield, helping men to become involved in activities to help relieve social isolation and depression.

I look forward to linking up with our Court Voices as well as organisations in and around Oldham and working with you all over the next few months.



Henshaws is Here in Oldham

henshaws
community
services

beyond expectations

Our Enablement Officer Kate is in Oldham offering advice, support, groups and courses, and our Technology Rehabilitation Officer Carrie is in Oldham every Wednesday, offering digital advice, support and assessments.

You can find Kate and Carrie at Medtia Place, 80 Union Street, Oldham OL1 1DJ.

Find out more below:

LIVING WITH SIGHT LOSS COURSE

Our course aims to give you information and advice about living with your sight loss. You'll be able to find out more about your eye condition, talk to other people experiencing the same issues as you, and learn about the procedures at the eye hospital and the benefits of registration.

When? Courses run in six week blocks. Please call **0300 222 5555** to find out the next course date.

Exercise classes at St Pauls Court, Ashton Road, OL8 1UX

Our gentle exercise classes are the perfect chance to get moving at your own pace, and are followed by coffee and a chat.

When? Every Tuesday, 2.30-4pm

SOCIAL GROUPS

Come join us for a chance to chat to local people who've had similar experiences to you, and enjoy a range of different activities.

Braille Group at Life Long Learning Centre, Oldham Library, Greaves Street, Oldham OL1 1AL

When? Every Tuesday, 9am-12.00pm

RoyShaw Vale Group at Downy House, Church Street, Royton OL2 5JS

When? Every Tuesday, 10.15am-12.15pm

Pennine Vale Group at Sacred Heart Centre, 31 High Steet, Uppermill OL3 6HS

When? Third Friday of the month, 10.30-12.30pm

Chadderton Group at St Herberts Court, Wellington

Street, Chadderton, Oldham OL9 0JD

When? Second Wednesday of the month, 10.00am-12.00pm

Tech Talk at Medtia Place, 80 Union Street, Oldham OL1 1DJ

When? Second Thursday of the month, 10.30am-12.30pm

DIGITAL ASSESSMENTS AND TRAINING

Carrie will be offering 'Digital Assessments' at Medtia Place and delivering one to one training sessions.

When? Flexible, get in touch to book an appointment.

If you need any more information or support, please get in touch with our First Step team on 0300 222 5555 or email manchester@henshaws.org.uk.

Getting ready 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.
- Bleed your radiators to get rid of air locks to ensure water circulates properly.
- 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 Court Manager.

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.

The Annie Kenney Project

Annie Kenney was born in Springhead, the fifth of 12 children. She started work in Leesbrook Mill part time aged 10 and by 13 was a full time cardroom hand.

She was active in the trade union and was well known for teaching some of her workmates to read. She became friends with Christabel Pankhurst and rose through the Suffragette movement to become the only working class member of the committee of the Women's Social and Political Union (WSPU) headed by Emmeline Pankhurst. She was one of the first women to be jailed for speaking out at the Free Trade Hall and was imprisoned and endured hunger strikes many times for the cause.



When war was declared however Annie travelled the country supporting the war effort. A project was established to erect a statue in Annie's honour almost 2 years ago. The statue has been paid for wholly by local people and on December the 14th, the hundred year anniversary of the first time women in England were allowed to actually vote – a statue to Annie will be unveiled in Parliament Square in the centre of Oldham, next to the Town Hall.

Everyone is invited to meet at Gallery Oldham at 12.30 pm for light refreshments. There will be a procession to the town hall at 1.30 pm, organised by Oldham Theatre workshop. Actors Amy Gavin and Maxine Peake have agreed to attend, as have relatives of Annie. The unveiling will take place at 2.15, you are welcome to attend!!

New Class starting September 2018

Aqua 4 Health is a 45 minute pool based circuit class; working out in the water is one of the most therapeutic forms of exercise.

This class is ideal for those who are new to exercise or those who are returning to exercise after a small break. The water acts as a mild form of resistance so that muscles and joints can tone and be strengthened in a supportive environment.

When are the classes - The class will start from the week of the 10th September:

Mondays - Oldham 3pm-3.45pm

Wednesdays - Chadderton 3pm-3.45pm

Fridays - Saddleworth 3pm-3.45pm

Book your Space by calling 0161 207 7000 or via the website www.oclactive.co.uk



New Sensory Garden at Hopwood Court

Before...



...and after



Extensive refurbishment works to the communal garden at the rear of Hopwood Court, High Crompton, have now been completed.

The new sensory garden has been funded by Oldham Council and follows lobbying and enthusiastic input from residents, who wanted to have a better outside area to enjoy. Particular thanks go to our two Hopwood Court Voices, Pat Brown and Pauline Miller, who first raised the issue on behalf of their friends and neighbours and continued to press to successfully see the project through to completion!

Oddly, the long, hot, dry summer actually caused a few issues in finishing the new garden, as the ground during the construction period was too

hard to allow for planting. The cooler, wetter weather over recent weeks, however, has now enabled the planting to be completed. The official opening, which took place on the 6th September, celebrated the new look garden with planters, pagoda and high quality artificial lawn.

Jane Howarth, Neighbourhood Services Manager for Extra Care says, "The residents have remained so positive throughout all the planning and construction of the garden and have worked through all the detail with our teams to produce a top quality garden and a great outdoor space".

The opening event was attended by Housing & Care 21 and Council staff and former Project Manager and Commissioner of Adult Services, Jane Bellwood, who was instrumental in getting the Council's support for the project.

The residents, with Court Manager Joan and the care team, had a fun-filled afternoon in a real party atmosphere, enjoying food, drink and a sing-a-long with entertainer Tony Sinclair!



St. Herbert's Calendar Girls Bare All for Breast Cancer

A group of ladies from St. Herbert's Court, Chadderton have bared it all for a charity calendar which will raise money for Cancer Research UK.

The calendar was organised by a group of ladies who are part of the St Herbert's community and was launched on Wear it Pink Day - Friday 19 October. The ladies, who became friends after meeting at St Herbert's Court, hope the calendar will help break down the stereotype faced by the older community and also help find a cure for breast cancer.

The ladies photographed in the calendar have all lived through different experiences of breast cancer – Pauline Bate, 68, is currently going through radiotherapy while another lady involved, Megan Skibinski, 69, has had a mastectomy after battling the disease herself. The other ladies photographed in the calendar have supported family and friends who have suffered in the past.



“Over the years I have been through a variety of different health conditions,” commented Megan Skibinski. “So to be part of a great project like this where we can contribute to the search for a cure... well, it just means the world to me. We are all aged between 60 and 90 years old. It really just shows that age knows no bounds and to me – that is absolutely marvelous!”

If you would like to purchase a calendar, please contact your Court Manager!

Funding Success at St. Herbert's Court!

Tara Harrop, Court Manager at St Herbert's Court, has had great results in bringing in funding, to support the growing list of communal activities at the busy Chadderton scheme.

Tara applied for a 'Fast Grant', via Action Together, to help with two projects, both of which were successful! As a result of a £150 award, residents will be able to take part in a free Christmas Craft Club every Thursday, between 10am and 12 pm, from 15th November to 13th December. Residents can learn how to put their own personal touch on Christmas, by making use of easy, fun crafts! The same fund has also awarded £350 to enable 12 free chair-based exercises, led by experts from Oldham Community Leisure, taking place every Wednesday at 2 pm, from mid-November.

Other successes include a £1,000 contribution from GMP, a significant contribution towards a residents' trip to Ryecroft; a contribution of £140.12 from the NCS for community activities; and a £100 contribution from the Council's District Partnership, to the St. Herbert's Calendar Girls Bare All project. Well done Tara!

live@thelibrary

Visit Oldham Council Libraries - www.oldham.gov.uk/liveatthelibrary or phone 0161 770 8000 (booking essential).



Oldham
Council

From 15th to 29th December (Multiple times/dates)- at Oldham Library - £8

Hansel and Gretel – After the huge success of last year's 'Peter Pan', Oldham Theatre Workshop's professional company are back with one of the world's best loved fairy tales (ages 4+). Let us enchant you this Christmas through inventive storytelling, song and laughter and make sure you don't miss out on this irresistible treat of a show.

Oldham Coliseum Theatre, Fairbottom St, Oldham OL1 3SW
Box Office 0161 624 2829 www.coliseum.org.uk

Multiple Dates to 12th January – Adults from £17.50, Concs from £15.50

Cinderella - Annual traditional Christmas pantomime. Festive fun for all ages. Music, songs and slapstick, plus a sprinkling of fairy dust for the perfect Christmas celebration!

Tuesday 11 December, 7.30pm – Tickets £15

Get into the festive spirit with an evening of classic Christmas songs - Following their appearance in 2016's Brass'd Off, The Oldham Band (Lees), current First Section Champions of Great Britain, return to the Coliseum for this one-off spectacular.

Enjoy a wonderful winter evening of music, the perfect way to begin the festive season.

OTHER EVENTS

Saddleworth Musical Society Christmas Concert
– Sunday 16 Dec 7.00 pm Uppermill Civic Hall, Lee St, Uppermill, OL3 6AE

Annual traditional Christmas Carol Concert, featuring the full orchestra and the fabulous children from Diggle school choir. Entry fee: £3 Children. £6 Adults Contact: Ian Ball 0161 465 4512 <http://www.saddleworthmusicalsociety.co.uk>

Lyceum Theatre 95 Union Street, Oldham, OL1 1QG - 01 February 2019 - 09 February 2019 7.30 pm

Mom's Gift by Phil Olson - Set in Minnesota, USA, in the living room of a Scandinavian style house, this quirky comedy, with a 'ghostly' element has a celebratory birthday theme. Kat has been ordered home by her therapist, for her father's 60th birthday.

Her mom has been dead for 11 months, but she appears at the party as a ghost on a mission so she can finally earn her wings. And the only person who can see mom is Kat and between them they have to work out which of the many issues need fixing most. Entry fee: £9.00 per ticket
Contact: Lyceum Theatre Oldham 01616282118
<http://www.lyceumtheatre.org.uk/>

galleryoldham

EXHIBITIONS

Peace and Plenty? Oldham and the First World War

29 September – 12 January

Take a fascinating and moving trip back 100 years to the Oldham of 1918. As the 'Great War' drew to a close what had been the experiences on the home front for the people of Oldham?

A to Z: The First Seven Years by Dave Ball
1 December – 2 March

Dave Ball always wanted to make art about the world. The problem was though, that the world was frustratingly large and complex. Where could he possibly begin? In 2011 Ball embarked upon his project of visualising every word in the Concise Oxford English dictionary in alphabetical order.

William Stott of Oldham: Great Painters Are Rare

26 January – 11 May

Gallery Oldham is thrilled to be a partner on Tate's national tour of this outstanding work of art. Le Passeur (The Ferryman) is the best-known painting by the man who is Oldham's best-known painter. William Stott trained in Oldham, then travelled to Paris, where he quickly achieved recognition from fellow painters, critics and institutions.

Mahtab Hussain: You Get Me?

9 March – 8 June

Mahtab Hussain's photographs explore the critical question of identity among young working-class British Asian men. You Get Me? addresses the contested political terrain of race and representation, respect and cultural difference.

COMPETITION TIME!

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

Simply post your answers, along with your name, address and contact details, to – Vince Sexton, Housing and Care 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 4th January 2019.**



Q. 1 In Dickens' 'A Christmas Carol', what is the name of the character, who is visited by the ghosts of Jacob Marley and those of Christmas Past, Christmas Present and Christmas Yet to Come?

Q. 2 Which European city has donated a Christmas tree, which is displayed in Trafalgar Square, to the people of Britain every year since 1947?

Q. 3 Which famous ballet is traditionally performed around Christmas each year?

Q. 4 What is a female turkey called?

Q. 5 There are two Christmas Islands. In which oceans are they located?

Q. 6 Which group had a Christmas number one in 1968 with 'Lilly the Pink'?

Q. 7 If you were born on Christmas Day, what would your star sign be?

Q. 8 Who wrote Bing Crosby's famous Christmas song 'White Christmas'?

Q. 9 Which famous football manager suffered a career-ending injury, as a player, on Boxing day 1962?

Q. 10 What is the name of the period leading up to Christmas?

Q. 11 In which town was Jesus born?

Q. 12 What's traditionally lucky to find in a Christmas pudding?

Q. 13 Which liqueur is used in making a 'snowball' cocktail?

Q. 14 How many kings 'of Orient are'?

Q. 15 At Christmas, it is customary to kiss beneath a sprig of which plant?

Q. 16 Which famous scientist born on Christmas day was the first scientist to be buried in Westminster Abbey in London?

Q. 17 Which British Monarch gave the first royal Christmas broadcast to his empire on Christmas Day in 1932?

Q. 18 The song 'Mary's Boy Child' has reached number one in the UK charts in two different years (in 1957 & 1978). Who sang on each occasion?

Q. 19 In which year of the 1960s did the UK Post office first introduce Christmas stamps for postage?

Q. 20 What was formally dissolved on Boxing day 1991?

THE WINNER OF OUR AUTUMN WORDSEARCH WAS MRS TERESA BURGOYNE, OF HIGHGATE HOUSE



housing&care21

Our contact details:

Housing & Care 21
Units 403/404
Chambers Business Centre
Chapel Road
Oldham
OL8 4QQ

Email: OldhamEnquiries@housingandcare21.co.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)