

Wellbeing 21

News, information and advice for Oldham residents

THROSTLE COURT FUNDRAISE FOR ALZHEIMER'S



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AROUND THE COURTS

IT Clubs at Springlees Court and Lido House

Oldham Council's Saddleworth & Lees District Partnership donated desktop PCs to residents at Springlees/Dunsford Courts and Lido House, to enable them to run IT clubs, using the recently installed communal Wi-Fi.

Residents at Springlees Court enjoyed their first IT class recently, with Councillor Steve Hewitt, giving a talk on internet security, helped by volunteer Tim. The classes will continue every week and take place on a Thursday afternoon at 2.30 pm.

The Lido House club will start shortly – watch this space! Rita from Springlees Court would like to learn how to shop online so that she can get better value for money.



Memory Café at Lido House



The monthly Memory Café at Lido House in Grotton will celebrate its first anniversary in June.

The café is for local people who are worried about their memory, or living with dementia and their family and friends. It takes place on the first Tuesday of each month, 2 till 4 pm and the entrance fee of £1.50 covers refreshments and entertainment – there's something different every month!

Lido House also held a Mental Health Awareness Day in May. The event was intended to raise awareness about the help available for people who feel they might be suffering from mental health issues and was open to residents and local people. The entry fee of £1.50 covered refreshments, a quiz and a prize raffle.

Rock'n'Roll at St Herbert's Court!

Residents enjoyed a fun rock'n'roll afternoon in April at St Herbert's Court, when they were entertained by Glen's Girls.

In May they also enjoyed afternoon tea and raised a glass to celebrate the Royal Wedding.



Violet Hill Court Garden

One of the residents at Violet Hill Court, John O'Neill has made great efforts to turn the garden area around and filled it with spectacular colours!



Reading Friends at Lees House

Lees House is taking part in the Reading Friends Programme with Oldham Library.

Recently they had a workshop based on the history of Punch and Judy and also looking at old pictures of the seaside and sharing their stories. They also had the opportunity to make their own puppets!

Residents at Lees House held 'Time for a Cuppa' in the lounge and raised £317.56 for Dementia UK specialist Admiral Nurses.



Animal Therapy at Holland Close!



Residents at Holland Close have benefitted from therapy sessions organised through Noah's A.R.T., a progressive, innovative and therapeutic service developed by an experienced mental health nurse. They offer a selection of therapy animals (dogs, cats, rats, rabbits and guinea pigs) – most of the rabbits and guinea pigs have been rescued!

Throstle Court fundraiser for Alzheimer's



£210.50 has been fundraised for Alzheimer's Society by residents through their knit and natter group that meet on Monday afternoons. Residents have made all sorts of knitted items from clowns to lions to twiddlemuffs.

Chatty Café Playgroup starts at Charles Morris House



At the first session six toddlers and their parents arrived at Charles Morris House to meet residents. The group played games, read stories and made

musical instruments out of dried pasta and empty bottles. Everyone enjoyed themselves and the group have already formed a lovely bond.

Brownedge fundraiser for Guide Dogs



Residents at Holts Village raised a staggering amount of money for their charity of the year, Guide Dogs. The £1542.61 was raised from jumble sales, raffle tickets,

Easter and Christmas hampers and a number of other fundraisers. Well done to all involved!

Tandle View Community Safety coffee morning



PCSO Vicky Foden and Eve from Oldham Council attended the Friday coffee morning to talk to residents about community safety, they also gave out information and answered any questions.

Age UK Singers at Millgate

Residents had a great afternoon listening to the group from Age UK, joining in by singing and dancing along!



Lynmouth residents get creative

The 2 o'clock Club based on Fitton Hill met residents at Lynmouth Avenue and chatted about their memories through creative writing. The group are planning some further meet ups over the summer.



Helping you to maintain your independence Support Plans

housing&care21

When you first move in, your Court Manager will meet with you to agree and provide you with your personal housing related support plan.

This provides all the information needed to ensure the level of support provided is just right for you to retain your independence. Reviewed every 6 months it includes:

- Information about you.
- Your medical needs and medication.
- Details about next of kin, carers, advocates, key holders, doctors etc.
- Support services you receive.
- Services you would like to know more about, e.g. shopping, befriending etc.
- The frequency and method of Court Manager contact e.g. daily, weekly, visit, intercom.

MONEY

When you first sign for your tenancy, the Court Manager will:



- Confirm your rent and other charges and advise on payment methods.
- Advise you how to claim Housing Benefit and other benefits to help maximise your income.
- Explain your responsibility for council tax, water, gas and electricity supply.
- Your Court Manager will:
 - Provide advice if you find yourself in financial difficulties.
 - Assist with applications for welfare benefits.
 - Refer or signpost you to other services.
- If required, help you gain access to more specialist advice and assistance, e.g. Citizens Advice Bureau.

HEALTH

Your health and wellbeing is important to us. Your Court Manager will:



- Encourage you to monitor your own health.
- Support you to gain access to social and specialist care.
- Enquire about your health and wellbeing and if required contact relevant support or health services on your behalf.
- Support and encourage you to establish safe routines that minimise risks and enable you to live safely and confidently in your home.

- Advise you how and when to use the Helpline service.
- Inform you of the emergency or evacuation plan.
- Inform you how to operate your heating system.
- Promote health awareness initiatives and activities.

RELATIONSHIPS

We want you to maintain a successful tenancy. Your Court Manager will be available to:

- Explain the Tenancy Agreement and help you maintain your tenancy.
- Explain and encourage the use of communal facilities and equipment.
- Suggest ideas to enable you to feel part of the local community.
- Help manage tenancy related issues.
- Support tenants to respect the personal boundaries and living arrangements of others, and the professional boundaries of the Court Manager.
- Encourage mutual respect, which is expected at all times.



SOCIAL ACTIVITIES

Social activities are actively encouraged, both on and off Court. It is the role of the Court Manager to support tenants wishing to organise social events or activities.

- The Court Manager will arrange regular meetings open to all tenants, to plan and ascertain what social activities, entertainment, educational and community based activities residents would like. The Court Manager will assist in the start up of activities, following which residents can assume responsibility to maintain the activity, where possible.
- The Court Manager is not permitted to handle monies raised by tenants, but will actively support the formation of a fully constituted social committee.



Please note, the support provided by the Housing & Care21 Court Manager will not include care services such as assistance with washing and bathing, toilet needs, dressing / undressing, going to bed, preparation of meals, administering medication, shopping etc.

If you require any of these, or similar support services, the Court Manager will help you to access them.

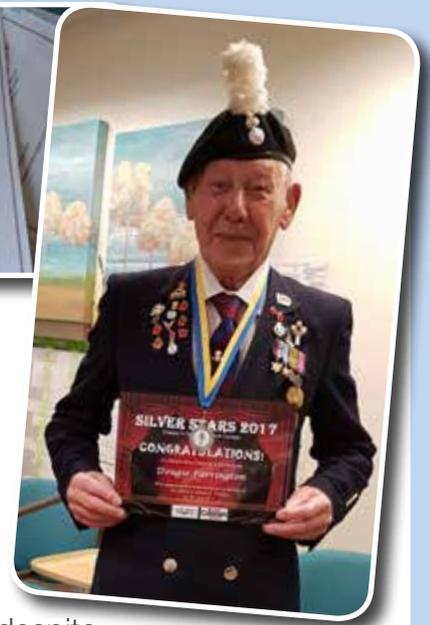
DOUGIE FARRINGTON, War Veteran

92 year old Dougie lives in Chadderton and is a daily visitor to St. Herbert's Court, after being originally introduced by a friend 4 years ago. After attending and enjoying all the social events for a while, he was invited to be a member of the Committee and was duly elected. He now helps to organise social events at the Court, including a recent 1940's themed festival.

This followed a visit by Dougie to the 'Yanks' event in Uppermill during the summer of last year, when he was invited as a Veteran to join in and he sat in a Jeep in the parade. He still found time to call in a few pubs and had a great time! After the event, Dougie had a call to invite him, as a Veteran, to visit the Imperial War Museum North at Salford Quays. Christiana, who he met there is originally from Denmark and a wartime refugee, and in her role at the museum is looking for Veterans to act as volunteers. Dougie was glad to act as a volunteer and as such, he attends the museum, where he speaks to visitors, including school children, about his experiences as a serving soldier during the war.

Dougie joined the army (the Royal Welsh Fusiliers) at the age of 17 in 1943, following his childhood in Manchester. He was born in Miles Platting, attending school at Haigh St, Newton Heath, but his family later moved to Moston. He started work as an apprentice dyer at the age of 13, with his father. Although the school leaving age was actually 14, his family were poor and his Mum was able to get consent from the head teacher for Dougie to leave school early, because he had the apprenticeship, with his Dad.

After joining the army, Dougie was sent for Infantry training to the Brecon Beacons, in Wales. He did 10 weeks elementary and 6 weeks advanced training, before being sent to Wrexham Barracks. He was posted to the 7th Battalion, the Royal Welsh Fusiliers and was then transferred to Kent (West Kent Barracks). At that time, all his colleagues were embarking on ships for France, but because Dougie was still only 17 years of age, he was sent to Penrith, to help build a rifle range training facility. He was very disappointed at the time, because the reasons had not been



explained to him. However, after a discussion with the Commanding Officer, he received a posting to France, boarding at Harwich and landing at Gold Beach in Normandy, despite still being officially too young at 17!

Dougie joined his regiment and they moved through Normandy, Holland and into Germany, before Dougie was wounded in the Ardennes, at the Battle of the Bulge, on the Belgium/Germany border. He was shot by a German paratrooper through the leg. He was then transported via a DUCK to a local railway station, was patched up and taken to hospital in Brussels. He was then sent to a rehabilitation centre and was due to be transferred back to the front, when the war ended.

After the war, Dougie left the army and returned home, doing another apprenticeship (7 years) in engineering, as a Capstan Operator. He spent the rest of his working life in engineering, retiring at 65 from Dynamic Controls in Royton, where he was introduced to Randolph Churchill, son of Sir Winston, with whom he was able to discuss his wartime experiences!

Dougie married Alice, who was from Chadderton, when he was 22 and she was 19 in 1947. They had 2 daughters (Anne and Fay) and 1 son (Melvyn). Sadly, Alice passed away at the age of 85, after 66 years of happy marriage.

But Dougie's story as a wartime Veteran continues! Following his work as a volunteer at the Museum, Christiana has organised a trip back to Normandy for the anniversary of the D-Day landings on 6th June this year and from there, Dougie will be going to Holland.

In recognition of his part in helping to liberate their country, the Dutch government has presented Dougie with 'The Canadian and Allied Forces Liberator's Medal'!

Court Voice Sheila enjoys the delights of India!

Sheila Galliford, from Failsworth, is pictured on an elephant during her recent holiday in India!



Tips to Stay Active from Court Voice, Brian

Ways to keep your brain active – variety is the spice of life!

- **Keep learning new things** (for example jobs, hobbies, new skills, languages, volunteering)
- **Read more – and different – things.** Reading a wide range of fiction and non-fiction will be more stimulating.
- **Play games** – chess, draughts, cards, any will do, but the ones you play with someone else are best.
- **Be socially active** – get out more. Join a club, go for walks, visit a theatre, museum or art gallery.
- **Try some creative writing** – writing is great exercise for the mind.
- **Healthy debate is good for you** – a lively discussion can be great fun. Just keep it friendly and try to have an open mind.
- **Puzzles are great, but try to vary them.** Don't do the same type all the time.

These tips from Brian remind us why it's important to keep learning, stay active and get out and meet people.

And here is an excellent example of creative writing, a poem from Mrs Mary Shadbolt, of Shaw about her daughter who recently ran in the London Marathon.

While you sit by your window with your early cup of tea, why not spare a thought for all those dedicated long-distance runners – the penguins, teddy-bears, spider-women, unicorns and best of all the organic carrots (complete with headdress of tall green feathers).

Just now my daughter Amy is practising for the London marathon and I am very proud to think that I could soon become the mother of the fastest organic carrot in the world!

In your imagination you can join the London crowds chanting along the roadsides, "Run carrot, run carrot, run run run there goes the linesman with his gun gun gun. You'll flash by in the twinkle of an eye so run carrot, run carrot, run run run!"

So soon the practise runs will be over and on Sunday April 22nd the fastest organic carrot in the world will cross over the finishing Line and into the Guinness Book of Records, her ferny emerald Plumage rippling in the early summer breeze.

But even human carrots have to work! Amy will be up early the next day to collect and deliver delicious fresh produce from local growers.

Bon Appetit!

ACTION- HEALTH- OUTDOORS

Saturday 30th June Alexandra Park, Oldham 10am - 3pm

Fun, free, healthy activities for the whole family to enjoy!

- Fun run
- Canoeing
- Climbing tower
- Forest school
- Orienteering
- Health walks
- Cycling for all

...and find ways to get healthier together:

- Health stalls
- Guest speakers
- Health checks
- Diabetes screening
- Growing your own food
- Relax and breathe sessions
- Healthy cooking workshops
- Reiki
- **And lots more!**

You can book your place via:

Call: 0161 622 5700 Email: Gaynor.keane@healthwatcholdham.co.uk

Website: www.healthwatcholdham.co.uk Twitter: @HWOldham

Facebook: facebook.com/HealthwatchOldham

BOWLING'S BACK!

Now in its fourth year, our annual crown green bowling competition, sponsored by Cruden Property



Services will take place on **Wednesday 11th July at 1pm** at St George's Square Bowling Club.

If you'd like to register your interest in taking part, please speak to your Court Manager.

The Great Green Garden competition returns

The competition is open to all Housing & Care 21 residents.

Categories for this year:

- Best Front Garden
- Best Back Garden
- Best Communal Garden
- Best Edible Garden
- Most Creative Use of Space
- Best First Time Entrant (this is for first time entrants ONLY)



Entry forms are available from your Court Manager and the deadline is Friday 29th June.

Judging will take place on 16th and 17th July, come rain or shine!

ROC "n" ROLLS CAFE- Holts Community Centre is open for business!



On 1st May the cafe opened its doors for breakfast for the first time as a ROC Centre.

Kaylee, the Centre Manager reported that there had been good customer numbers for the first week and good feedback about the food. Updates about opening times, menu items and special offers, competitions etc. are posted daily on the Holts & Lees Community Team Facebook page.

Everyone welcome to pop in for food, a chat with friends and to find out about everything going on in the centre!





Approvals have been given to make significant improvements to a bungalow, to enable suitable adaptations for the new resident, and to the communal

gardens at Hopwood Court, High Crompton, thanks to funding from Oldham Council.

The bungalow has been extensively refurbished to create a spacious, modernised home, ideally suited to the needs of the new resident. The work undertaken involved forming ramped access to the front and a

wider wheel chair accessible front door. Internally the floor plan has been remodelled by removing the chimney breast and stack to form a spacious lounge, the bedroom access now benefits from a double door set to provide easier wheel chair access. The bathroom has also been refurbished with a level access bathing area and double door set, the kitchen has been renewed. The property has been completed to a high standard and will be a wonderful home for the new resident.



At Hopwood Court, work has started on the communal garden, watch out for updates in the next newsletter.

SPRINGBOARD

OLDHAM DEMENTIA CARERS GROUP



A weekly social meeting place where people living with dementia and related conditions, their carers, family and friends can seek helpful support in a friendly informal environment. A range of activities, support and advice take place each week where you can have as little or as much involvement as you like.

- **Tuesdays 9.30am - 11.30am at St Herbert's Court, Wellington Street, Chadderton. OL9 0JD**
- **Thursdays 1:00pm - 3.00pm at Downey House, St Paul's Church, Church Street, Royton.**

Contact Springboard for more information 07541 705 009

VOLUNTEER WANTED

The Honeywell Centre Café in Hathershaw is looking for a volunteer to help serve food and drinks in the café one day a week.

If you're interested contact Issie Howard at Housing & Care 21 on 0345 6044447.

IMPORTANT NOTICE

If you complete any alterations which cause damage to your property, you will be charged for the cost of any subsequent repairs.

There has been a recent example of a tenant drilling the wall and hitting a concealed cable; the charge for making good the damage was around £400 and this was passed back to the tenant.

Another example of damage resulting from alterations being made in the home is mounting a television on the wall above a fire. This not only constitutes a health and safety risk but also the cost of removing the television and re-siting it will be passed back to the tenant; a recent charge was made in excess of £30 to rectify a situation like this.

Before completing any alterations on your home, therefore, you must speak to a member of Housing & Care 21 to check whether you need written permission.

Most tenant improvements that we approve do require a professional tradesperson with the relevant insurance cover to complete the work.

If you require any further information or clarification, please contact Oldham Customer Services on 0345 6044447.

live@thelibrary

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



Oldham
Council

Louise Jordan presents No Petticoats Here - Monday 18 June, 7pm - Tickets £5

Award-winning singer, songwriter and musician Louise Jordan tells the stories of inspirational women who challenged expectations. From the woman who dressed as a soldier on the Western Front to the women football players banned by the FA, the ambulance drivers running the gauntlet of enemy fire in Flanders and the so-called 'surplus million' single women. Inspirational women, working in a time of conflict, leaving a legacy.



Books and Brunch with Phaedra Patrick – Saturday 30 June, 11.00 am – Tickets £5

The bestselling author of award-winning *The Curious Charms of Arthur Pepper* returns with a warm, poignant new novel about family, forgiveness and finding your own way to shine... Join us for the launch of *Wishes Under The Willow Tree* for a tasty brunch with a fantastic author! Includes Brunch

BAPS Theatre Presents North West Wonders

Saturday 7 July, 2pm - Tickets £5

A selection of brand new writing showcasing the best of the North West's emerging theatre talent, featuring 'Someone's Got To Do It' by Clarke McWilliam a story of John, a lavatory attendant whose obsession with hygiene is beginning to encroach on his personal life; and Sophie Toland's new adaptation of Anne Brontë's classic novel *Agnes Grey*.

Ode@Oldham – Tuesday 10 July, 7pm - Free

Ode is one of Manchester's most compelling open mic events combining live performance poetry with musicians delivering provocative passionate poetry. Featuring special guest Reece Williams performing material from his latest EP, Ode is for those craving a creatively curated blend of spoken word, live literature, emcee culture and live music under the same roof.

Little Pixie presents Operatastic! - The Accessible Guide to Opera - Wednesday 18 July, 7pm Tickets £5

Are you wowed by Wagner or puzzled by Puccini? Let Little Pixie Productions take you on an informal but informative trip through the music of Opera. Featuring soprano Helena Leonard, pianist Carl Penlington-Williams and actress Rebecca Little, this is a fabulous show for opera new-comers or aficionados alike.

Saddleworth Show Sunday 1st July 11.59am

At Well-i-Hole Farm, OL3 7HY, Greenfield The annual Saddleworth Show returns in 2018 with fun for all the family. Attractions: Circus, Clara's Search, Falconry, Donkey Rides, Stone Carving, Coconut Shy, Childrens Trampolines and Inflatables, Duck Race, Dog Show, Woodland Activities, Childrens fairground, Climbing Tower, Mahdlo Outdoors and much more.

galleryoldham

EXHIBITONS

ARTIST ROOMS: Richard Long 26 May – 16 September

Sir Richard Long (b.1945) is one of the most influential British artists of his generation. His art is directly connected with the landscape, and from his experience of making solitary walks in remote regions in Britain and all over the world. This exhibition features key works exploring his career of over 40 years. Be sure to look out for all of the amazing activities connected to this exhibition.

The British Wildlife Photography Awards 23 June – 8 September

This stunning exhibition explores the beauty and diversity of British wildlife. It showcases the winning entries to this annual competition celebrating the work of amateur and professional photographers across the UK.

COMPETITION TIME!

ENTER OUR SUMMER QUIZ COMPETITION TO WIN £15 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 **Thursday 29th June 2018.**



- Q.1** What was the venue for the 1968 Summer Olympic Games?
- Q.2** For which opera was the Gershwin song 'Summertime' composed?
- Q.3** Who had a hit record in 1958 with Summertime Blues?
- Q.4** By what name was the singer LaDonna Adrian Gaines better known?
- Q.5** Who played 'Nora Batty' in Last of the Summer Wine?
- Q.6** Which year in the 1960's became known as 'The Summer of Love'?
- Q.7** On what date is the Summer Solstice 2018?
- Q.8** Which cult British film of 1973 was set on the fictional Summer Isle?
- Q.9** In which year was British Summer Time introduced?
- Q.10** Where did Billy Butlin open his first holiday camp in 1936?
- Q.11** Exposure to sunlight is one of the best ways for the human body to get which vitamin?
- Q.12** Which British seaside attraction is 158 metres tall?
- Q.13** What was the name of the holiday camp in Hi-de-Hi?
- Q.14** What name was given to the week's holiday granted to industrial workers, mostly in the North West and midlands, in the 19th and 20th Centuries?
- Q.15** The Great Orme overlooks which Welsh seaside resort?

The winner of our competition in the Spring 2018 newsletter was Mrs Sheila White, of Boston Close, Failsworth, who is pictured with her Love2Shop vouchers!



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)