

# news



housing&care21

Summer 2017 edition

News, information and advice for Oldham PFI residents

## WELCOME TO THE SUMMER 2017 EDITION OF NEWS 21

### LAUNCH OF MEMORY CAFÉ, LIDO HOUSE



#### WHAT'S INSIDE?

- Around the courts
- Staying safe
- What's on

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## AROUND THE COURTS

### Fundraising Event for Dementia UK at Lees House

Tenants at Lees House held a 'Time For A Cuppa' fundraising event in March.

They bought tea, coffee and cakes on sale and held a tombola stall and a raffle. They managed to raise £280 on the day for the charity.



### Millgate - Joint Valentines and Birthday Party

Residents enjoyed a party in the lounge at Cloughgate House, with food, drink and entertainment, to celebrate Valentine's day and also the birthday of Mrs Flo Chadwick, who turned 95 this time.

Mrs Chadwick used to live in Westgate House prior to the refurbishments. She moved out to a bungalow during the works, but then returned to her current home in Highgate House, which she loves and where she feels more secure. Flo was presented with a lovely bouquet of flowers to celebrate her special birthday.



### May Day Coronation at Tandle View Court!

The tenants and friends of Tandle View Court celebrated May Day with an event including a buffet and entertainment from a singer, Tony Sinclair.

At the end of the event, each table was asked to vote for the May King and Queen of Tandle. The winning royalty were Joyce Crabtree and Frank Ashton, who are pictured with their crowns and prizes. All the tenants had a thoroughly good afternoon.

### Anniversary Celebrations at Springlees/Dunsford Courts!

Residents of Springlees and Dunsford Courts enjoyed a party to celebrate the 5th anniversary of the re-opening of the scheme after its refurbishment.



### Fundraising for Dementia Action Week

Throstle Court residents enjoyed a buffet lunch and entertainment from Glenn's Girls.



## Lido House – launch of monthly Memory Café

There was a packed house in the communal lounge at Lido House, Grotton on Tuesday, 2nd April for the launch of the new monthly Memory Café, which will be held on the first Tuesday afternoon of every month, between 2.00 and 4.00 pm – all are welcome!

The café aims to bring together anyone in need of help, advice or support in dealing with dementia – whether they are residents, friends, relatives or carers.

This initiative was set up by Vicky Shaw, the Court Manager at Lido House, with the help of Sue Wagstaffe, who is a qualified nurse and has previously worked for the Alzheimer's Society. Sue's parents are also residents of Lido House. Sue described the Alzheimer's Society's 'New Deal on Dementia 2017 – 2022', which aims to bring about changes to help create dementia friendly activities, so that people with dementia can be accepted in community activities.

Vicky and Sue were supported by Kay and Jim McArdle of the Good Deeds Trust. The Trust is a registered charity, is not-for-profit and aims to keep people safe and independent. Kay and Jim



## AROUND THE COURTS

wish to raise awareness of the Dementia Buddy Guardian Angels scheme. Under this scheme, for a £5 fee, people can acquire a small, portable device (badge, keyring, wristband, or bag/zip tag).

The device stores the wearer's name and an emergency contact number, which are displayed when a smartphone is placed over the device, offering a degree of reassurance in the event of someone becoming lost or wandering.

The launch event offered free tea, coffee, cakes and entertainment from Glenn's Girls, who had people singing along to popular rock'n'roll songs. Future events will involve fund raising (including raffles and a small charge for refreshments) to help pay for the events.

## Holland Close Pet Therapy

**At Holland Close, residents extended their Guide Dog support to other local animal charities.**

The tenants have been collecting their charitable donations for a local animal charity Pennine Pen. A pick up service collects the items for them to sell and raise funds for their shelter.

Pet Therapy was linked with the free session on Mental Health at a recent coffee morning, with several tenants' family pets and a resident's dog coming into the community room to help meet the tenant's needs.

Tenants have experienced better health, more socialisation, with a calming effect on tenants with dementia. In addition, some people with mobility needs have become more active and mobile due to having to walk to meet in the community room. There are also plans to have an animal 'Talk and Handle' experience, where small animals like a tortoise, owl, and reptiles can be brought to us and tenants will be able to hold, stroke or just observe.



## Trinity House – heart rate monitoring, colouring and singing!





## OUR PEOPLE

### Mary is our Housing Hero

Mary Beaumont from Throstle Court has been shortlisted for a national Housing Heroes award for Tenant Lifetime Contribution, the only North West nominee.

Mary played a huge role in the forming of the PFI with Oldham Council and Housing & Care 21 and is still involved as a Court Voice today. Congratulations Mary and good luck for the final on 26th June!



### Caroline and Tina Win Housing & Care 21 Outstanding Team Award 2017!

This award is given jointly to 2 members of the Court Manager service who make up a brilliant team.

**Chief Executive Bruce Moore said** - *'This team work non stop to ensure that their tenants and visitors are fully supported and their court runs smoothly, nothing is ever too much trouble. This can mean that sometimes they work through their lunch and can quite often finish late. They will never leave the court without ensuring that everything is OK.'*

*'They run a very large court which they both manage exceptionally well, dealing with the general maintenance and Health and Safety checks, chasing outstanding repairs, dealing with the service providers in the restaurant, chiropody and hairdressers and organising activities so that nothing gets forgotten and the tenants can enjoy a well maintained home with a lively community.'*

*'The team winning this Excellence in Service Award is the team from our Extra Care Scheme at Tandle View Court, Court Manager Caroline Taylor and Assistant Court Manager Tina Milne Well done to you both'*



### John Gets the Job Done!

Mr John O'Neill, of Violet Hill Court, is still helping to get the milk out at the age of 83.

John helps the local milkman with his delivery for an hour a day most days of the week. He is up at 5.00 am every morning, delivering his round between 7.30 and 8.30. He also helps out with the gardening at Violet Hill Court. Pictured is John with Court Manager Anne Jackson.



### Mrs Haslam's Life Story book



Mrs Ann Haslam, of Springles Court, has a collection of poems written many years ago by a lady called Madge, who was an old friend of her Auntie Edna.

Age UK Oldham volunteer Sam Alshafei has helped a delighted Mrs Haslam to create a 'Life Story' book, with the poems and a letter from Madge to Mrs Haslam's aunt.

### Janice celebrates a BIG birthday!

Housing Services Manager, Janice Crompton celebrated a big birthday on 'Stars Wars' day (May 4th). Here she is opening her presents from colleagues around the organisation. **Happy Birthday Janice!**



# AGE UK OLDHAM – SILVER STARS TALENT CONTEST 2017!



**Do you want to be a contestant in  
Age UK Oldham's Silver Stars Talent Contest???**  
**Silver stars is our annual talent show for over 60's - and  
ITS FABULOUS!**

We're looking for talented over 60's to become superstars for the day and show off their showbiz talents in a bid to become the **Oldhams Silver Star 2017**.

Since 2001 Age UK Oldham have hosted Silver Stars and over the years 300+ local older people have showcased their talent live on stage

**Contestants must be over 60 and able to perform for 6 minutes.  
There is a panel of judges who will decide the ultimate winner.**

## SILVER STARS 2017 CONTESTANT SEARCH

**Are you over 60? Talented?**

**Can you sing, dance or croon a tune?**

**Can you entertain a theatre full of people for 6 minutes?**

**YES??? Then the boards of the Coliseum await you....**

It's time for the over 60's to 'glitz up' and 'razzle dazzle' because Age UK Oldham are opening the curtains at the Coliseum Theatre for Oldham's Over 60's Silver Stars Talent Contest and we are looking for local over 60's to take centre stage.

Maggie Hurley at Age UK Oldham invites talented over 60's to become superstars for the day and show off their showbiz talents in a bid to become Oldhams 2017 Super Silver Star!

Again we are on the look out for the top performing over 60's to enter this popular contest and appear on the Coliseum stage on TUESDAY 4th JULY.

**Application forms are available from Age UK Oldham 10 ,Church Lane, Oldham  
(first come first served basis places are limited) or call 0161 633 0213.**

## Award winning partnership

Boomtown Gals, which was written and performed by Joyce Branagh has won 'Best Fringe Performance' at the Manchester Theatre Awards 2017, along with other winners Julie Hesmondhalgh (Hayley from Coronation Street) and Manchester's Royal Exchange Theatre.

Boomtown Gals was performed at six of our Courts last September and proved hugely popular with you all and we think Joyce is a very deserving winner. **HUGE WELL DONE!**

## Have you got a passion for social history and searching archives?

In 2018 there will be an opportunity to work with Joyce Branagh again in creating a new play about Dame Sarah Lees (the first female Mayor of Oldham).

**If you'd like to be involved in the social research get in touch with Issie Howard.**

## STAYING SAFE



**Following a previous event in Failsworth, community safety events were held in Chadderton and at Walkers Rd, Hollinwood in the last few weeks.**

The Chadderton event took place at St Herbert's Court and representatives from the Police and Fire services, Oldham Credit Union, Home Instead Senior Care and Oldham Council offered advice on:



- Neighbourhood policing and how to stay safe in the home
- Fire safety in the home, including 'Safe & Well' visits
- Loan sharks, high rate lending and Credit Union services
- Scams, including online and telephone
- Local community activities via the Council, OCL and others

Residents responded enthusiastically to each speaker and collected leaflets, timer switches, window and personal alarms, purse bells and other free materials, to deter criminal activity and improve home safety.

**In a similar vein, the bungalow residents at Walkers Rd were invited to attend an event at the adjacent Tenants' Hall.**

In addition to Housing and Care 21 tenants, a couple of older residents from the nearby terraced houses also attended. Expert advice was offered by the local Police, Fire Service volunteers, Oldham Credit Union, Home Instead Senior Care and the Council's Community Safety Officer for the area.



## Rapid ROCA winners

**Three different groups of residents received funding from the FIRST CHOICE HOMES INITIATIVE, they were:**

**Aster House to create a sensory room**



**Trinity House to continue their exercise and sing sessions**



**Wood Square for their new craft club, the 'Wooden Tops'**





# BE CAREFUL WHAT YOU FLUSH!!

No matter what it says on the packaging about most of our personal healthcare and beauty products, they must never be disposed of down the toilet.

Many of these products don't break down like toilet paper. Instead they collect in our sewers to form blockages. The results are often costly maintenance, repairs, flooding and environmental pollution. Most products should be treated as solid waste, which goes in the bin and not as flushable waste.

Domestic drainage pipes are typically 10cm (4") in diameter and are simply not designed to carry this type of waste, so they can easily become blocked. The main sewers also suffer blockages as waste builds up under ground. Smaller items that are flushed, such as cotton buds, can escape through wastewater filters at the treatment plant and reach our rivers and beaches when the 'cleaned' water is returned to the environment. Many other dangerous and unsuitable items are also incorrectly disposed through the toilet into the sewage system, such as razor blades, healthcare waste and medicine.

So what if unsuitable products are flushed? Items marketed as 'flushable' or 'biodegradable' may disappear when you flush, but they do not break down in the sewers - and can take years to disintegrate. More than three-quarters (80%) of sewer flooding is due to blockages in sewers.

Some products may be labelled as 'flushable' by the manufacturer, but this label is no guarantee that the item can be flushed into the drainage system without causing problems. Such

products cause or contribute to blockages in drains and smaller sewers, leading to flooding and pollution. They may also be discharged into the environment via storm overflows at times of very heavy rainfall.

At the sewage treatment works they add to the volume of solid matter which has to be carefully removed for landfill. Even dental floss is unsuitable for flushing - it can collect in filters during the treatment process and cause machinery to break down.

Every year there are 28,000 blockages in sewers across the North West - many of these are avoidable.

These blockages can cause untreated sewage to run into homes, gardens, streets and even end up in rivers, the sea and on beaches.

The nationwide cost of unblocking the sewers maintained by the water and sewerage companies already runs to £88 million a year.



## POLITE REMINDERS

### OUTSIDE SPACES AND GARDENS

We love to hear of residents gardening and we actively encourage people to brighten up their gardens and outside spaces. However, we must remind everyone that communal gardens are for all residents and anything that you'd like to add or change in an individual or communal garden requires permission.

**Please speak to your Court Manager or contact our property team on 0370 192 4444 if you're thinking of making alterations to outside spaces or gardens.**

### ALTERATIONS TO PROPERTY

We have had a number of instances recently where residents are going ahead with alterations to their property without gaining the necessary permissions from Housing & Care 21. This is costly to residents, raises health and safety concerns as well as not meeting the terms of the tenancy agreement.

**Please can we remind everyone to speak to your Court Manager before going ahead with buying items or making any alterations. Many thanks for your co-operation.**

# Healthwatch Oldham Forum: Type 2 Diabetes Prevention and Awareness

Join our interactive Forum with health stalls, physical activity taster sessions, healthy cooking demonstrations, NHS Health Checks and a presentation on Type 2 Diabetes. The event will help you understand what Type 2 Diabetes is, how to manage the condition better and reduce your risk of developing it.

**Wednesday 12 July 2017**

**Pakistani Community Centre, Glodwick**

**11:00am Start | 1:30pm Finish**

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**Presentation by (Will be delivered in Urdu):**

**Oldham Community Diabetes Team**

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**Health stalls and demonstrations by:**

- |                           |                               |
|---------------------------|-------------------------------|
| • WIFI North West         | • Let's go for a Walk Project |
| • Early Help Team         | • NHS Health Checks           |
| • Chai Ladies             | • Oldham Community Leisure    |
| • Stroke Association      | • Macmillan Cancer Support    |
| • Healthy Minds           | • Oldham Reiki Network        |
| • Age UK Oldham           | • Oldham Council's Get        |
| • Community Diabetes Team | Oldham Growing                |
| • Tameside, Oldham and    | • Pennine Care Health and     |
| Glossop Mind              | Wellbeing College             |
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**For more information:**

**Call: 0161 622 5700 or email**

**[gaynor.keane@healthwatcholdham.co.uk](mailto:gaynor.keane@healthwatcholdham.co.uk)**



# JOIN OUR MEMBERSHIP SCHEME

**WE ARE KEEN TO ENGAGE AND HAVE A DIVERSE GOVERNANCE OF BOARD AND MEMBERS.**

Please join us by contacting the membership office either by email [ftmembership.penninecare@nhs.net](mailto:ftmembership.penninecare@nhs.net) or by telephone 0161 716 3374.

Pennine Care provides a wide range of health and wellbeing, treatment and therapeutic services for more than one million people in the Bury, Oldham, Rochdale, Stockport, Trafford, Tameside and Glossop areas.

Our priority is to provide high quality health and social care that improves an individual's health and wellbeing. The Trust aims to provide opportunities for social inclusion and recovery. In partnership with the wider community, our care will improve health and wellbeing across all areas.

## Membership

### WHY BECOME A MEMBER?

Membership is free and means you can:

- enjoy the benefits of online NHS staff discounts (save money on bills, travel, supermarkets, mobile phones and much more!)
- become actively involved in the work of the Trust and shape our future plans
- get a better understanding of the health services provided by the Trust
- help improve health and wellbeing across all areas
- elect governors
- stand for election as a governor
- make sure your views and those of your community are heard
- receive information about the Trust and how it is performing

It is up to you how involved you wish to be. You may just want to be kept informed of our progress, or you may like to be much more involved in our development.

**Please note:** Trust members have the same access to NHS services as anyone who chooses not to become a member. Being a member is a voluntary role and there are no financial benefits or costs.

## We're looking for health champions!

At the last Court Voice Forum in March, there was a talk about bowel cancer screening.

**Would you like to be an advocate for promoting the screening amongst residents in Oldham?** You will receive training from Pennine Care to support you with this role. If you're interested contact Issie Howard.

## WHAT'S ON

Visit Oldham Council Libraries and go on a journey with:

# live@thelibrary

### SELECTED UPCOMING PRESENTATIONS:

*Advanced booking essential*

#### INTO THE WOODS

*Tuesday June 27 - 2:30pm - Free*

Into the Woods takes the stories of the Brothers Grimm and gives them a dark and humorous twist. The popular tales of Red Riding Hood, Jack (of Beanstalk fame), Cinderella and Rapunzel are interwoven with that of a baker and his wife. The spellbinding re-telling goes beyond 'happily ever after' as the characters find themselves in unfamiliar circumstances.

#### PRIVATE LIVES

*Tuesday July 25 - 2:30 pm - Free*

Toby Stephens and Anna Chancellor star as glamorous divorcees Elyot and Amanda whose love for one another is unexpectedly rekindled when they take adjoining suites of a French hotel while honeymooning with their new spouses five years after their divorce.

#### KISSING FROGS

*Thursday 29th June from 7.00 pm - £4/£5*

Meet Jessica Ramsbottom, Jess to her friends. She's just turned 30, has no children, is stuck in a dead-end job and is still single. Featuring classic hits from the 80's Kissing Frogs is a hugely funny journey of love, loss and self-discovery.

#### DARK SATANIC

*Wednesday/Thursday 5/6th July from 7.00 pm - £4/£5*

Set in 1823. Helen manages her small farm alone whilst her husband works in a factory. As the onset of winter begins to bite Helen starts to understand that her world is changing forever. Dark Satanic explores the challenges faced by working women during the industrialisation of the 19th Century.

#### HYPOCHONDRIA ON THE SICK

*Wednesday 26th July from 7.00 pm - £4/£5*

Written and performed by actress and comedian Susan Swanton, this one-woman comedy is about self-pity, crying wolf, cancer, a freak accident and all the diseases and ailments that should probably have killed her by now.

**To book any of these shows, please ask at your library, visit our website: [www.oldham.gov.uk/liveatthelibrary](http://www.oldham.gov.uk/liveatthelibrary), or call 0161 770 8000.**



**Oldham**  
Council



## BOWLING'S BACK!

Now in its third year, our annual crown green bowling competition, sponsored by Cruden Property Services will take place on Wednesday 26th 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**  
*(for first time entrants ONLY)*

Entry forms are available from your Court Manager and the deadline is Friday 30th June.

**Judging will take place on 10th and 20th July, come rain or shine!**



# COMPETITION TIME!

## ODEON CINEMA VOUCHERS TO BE WON!



Enter our quiz for a chance to win vouchers to the value of £15 for the new Odeon cinema, in the old Town Hall, in Oldham town centre.

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 30th June 2017.

***DON'T FORGET THE STAMP!***

1. How much does a 'stitch in time' save?
2. How many pennies were there in an old style English pound?
3. In which Scottish lake is a monster said to live?
4. How many people would normally make up a jury in England and Wales?
5. What were commuters urged to go to work on in the 1960's?
6. What is the RAF's famous aerobatic display team called?
7. What is the world's best selling perfume?
8. In a hit song of 1939, where was the washing going to be hung out?
9. Which of Henry VIII's wives was mother of Queen Elizabeth 1?
10. Dietary deficiency of vitamin C gives rise to which disease?
11. What is the most mentioned animal in the Bible?
12. What was the nickname of the German Field Marshall Erwin Rommel?
13. A cricket umpire holds both arms straight up to indicate what?
14. How many men did the 'Grand Old Duke of York' have?
15. Who or what is 'the old lady of Threadneedle Street'?
16. Who was known as 'the lady of the lamp'?
17. Who first broadcast 'A Letter From America' in 1946?
18. What was the name of Queen Elizabeth when she married the Duke of York in 1923?
19. Whose birthday is celebrated throughout the world on January 25th?
20. Who wrote the opera 'The Marriage of Figaro'?

**GOOD LUCK!**

Our contact details:

Housing and Care 21

Units 403/404

Chambers Business Centre

Chapel Road

Oldham

OL8 4QQ

Email: [OldhamEnquiries@housingandcare21.co.uk](mailto: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](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

### 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)