

Wellbeing 21

News, information and advice for Oldham residents

Aster House residents enjoying afternoon tea at their Easter fundraiser for the Alzheimer's Society!



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AROUND THE SCHEMES

Aster House residents had a great time at their Easter party where they enjoyed a performance from a live singer, a raffle, and an afternoon tea. Local supermarkets very kindly donated easter eggs for the raffle and residents then made up a beautiful selection of baskets. In total, residents raised £200 for the Alzheimer's Society – Well done to all involved!



Violet Hill Court residents had a great time at Easter celebrating in the communal lounge with their grandchildren and families. There was a great turn out from the community, and children enjoyed an Easter egg hunt, Easter bonnet parade, and a variety of Easter sweet treats! The social committee worked really hard organising and assisting on the day, and a total of £520 was raised for their social fund!



Residents at **St Herbert's Court**, and the local community, raised funds to support Anna's Community Café, who were providing meals for nearby children over the Easter school holidays. Anna's Community Café used all of their tips to support the project and staff prepared over 200 meals in the week! Well done to all involved for this incredible effort once again!



Millgate House residents had an Easter party where they raised a very impressive £150 for Dr Kershaw's and £100 for a local cat's home.



At **Victoria Gardens**, the Doll Making Club have been busy crafting paper sculpted heads.

Over the last year, **Housing 21 residents and staff** across Oldham have been collecting their six holder egg boxes once empty and donating them to a very grateful foodbank. The foodbank has a shop attached, where they split out eggs into smaller boxes ready for distribution to those who need them, but have expressed their struggles with purchasing the egg boxes as they can be costly. Housing 21 residents and staff have been donating their boxes rather than binning them and in doing so, have had a really positive impact. Well done to all involved and thank you for supporting this ongoing project!



VE Day Celebrations

Residents at **Springlees** and **Dunsford Court** enjoyed their VE Day celebrations in the communal lounge. Residents would like to especially thank Mary Heywood for her ongoing support with organising events, they would not be possible without Mary's commitment and dedication to arranging the festivities!

Old Mill House and **Hood Square** residents also got into the spirit of the occasion with matching t-shirts, party games, and of course music from the 1940's, with Vera Lynn being a firm favourite!

School House Flats celebrated VE Day with a celebration in their communal lounge!



Fire Safety Advice



**GREATER
MANCHESTER**
FIRE AND RESCUE SERVICE



Your Health
Oldham

*Information taken from Greater Manchester Fire & Rescue Service and Your Health Oldham

Over 40% of accidental fire deaths in Greater Manchester are caused by smoking materials (for example cigarettes). If you smoke, the best way to prevent a smoking related fire in your home is to smoke outside.

If you do smoke, always make sure to follow these tips:

- Put it out, right out. Stub your smoking material out properly and dispose of it carefully.
- Use a proper, heavy, wide-bottomed ashtray, never a waste paper basket.
- Make sure your ashtray won't tip over and is made of a material that won't burn.
- Ensure that contents of ashtrays are cold before they are emptied into a suitable bin outside the home. Putting water on ashes or butts is a good idea.
- Don't leave a lit cigarette, cigar or pipe lying around. They can easily fall over and start a fire.
- Take extra care if you smoke when you're tired. It's easy to fall asleep with a cigarette burning and set furniture, clothes or bedding alight.
- Never smoke in bed.
- Don't smoke if you've taken medication, drugs or alcohol that make you tired or drowsy.
- Never smoke illegally manufactured cigarettes.
- Never smoke or let someone else smoke in the same room as you, when oxygen equipment or an air flow pressure relief mattress is being used.
- If paraffin-based or paraffin-free emollient products, such as creams, get onto fabrics, the dried residue will make

the fabric more flammable. Don't smoke if there is any risk that you, or anyone near you, have clothes, bedding or bandages contaminated with emollient residue.

- Always keep matches and lighters away from children.
- Buy child resistant lighters and matchboxes.

Quitting smoking is one of the best things you can do for your health.

Smoking damages your lungs, heart, and other vital organs, as well as increases your risk of developing serious health conditions such as cancer, stroke, and heart disease.

No matter your age or the length of time you have been a smoker, quitting is always best and the experts at Your Health Oldham can provide you with the tools, support, and guidance you need to kick the habit.

Your Health Oldham offer free, flexible support to help boost your chances of quitting. They have a 12-week quit programme ran by expert advisors who provide a range of tried and tested methods to help you quit.

They provide accurate and up-to-date information as well as 12 weeks of free Nicotine Replacement products. As well as improving your physical health, quitting smoking is proven to boost your mental health and wellbeing by improving mood and relieving stress, anxiety, and depression.

For more support and advice, contact Your Health Oldham on 0161 960 0255.

Disrepair Claims

You may have seen, heard or been approached directly by a claims management company about making a disrepair claim against your landlord.

These adverts feature regularly on social media and radio at the moment.

Claims management companies target tenants, particularly those in social housing, and encourage them to make a claim for disrepair.

A housing disrepair claim is a type of legal case that involves a tenant taking legal action against their landlord for either failing to fix repairs to their home in a reasonable time frame or failing to complete them at all.

If you agree to pursue this, the claims management company will sell your claim to a solicitor who will act as an intermediary between you and your landlord (us) and handle your claim, at a cost.



The downsides of disrepair claims

Although the sales pitch from these companies may sound good, there can be many downsides to pursuing this, including:

1. Hidden costs – You may be asked to pay for an insurance policy, and may be responsible for solicitors fees and legal costs if your claim is not successful, and under some other circumstances.
2. Fees if you change your mind – If you want to stop the process, you'll usually have to pay for all the costs incurred up to that point.
3. Time taken and distress caused – Some cases can take years to resolve and you may have to appear in court which can be very stressful.
4. Breach of your tenancy agreement – If you pursue a disrepair claim these companies will usually advise you not to allow access to your landlord during that time. This would put you in breach of your tenancy agreement.

We want to keep your home safe and in good repair, for both your benefit and ours, so we strongly encourage you to cooperate with us so we can achieve that together.

Talk to us

If you are considering a disrepair claim, please talk to us first, contact our repairs team on 0800 032 1215 (24 hours).

You can also read about our complaints process and policy.

Seek independent advice

If you would prefer to speak to an independent person or organisation, we recommend the following:

Citizens Advice
Housing Ombudsman
Shelter

You Said...We're Doing

Scheme/ Community	You Said	We're Doing
All Schemes	Residents had expressed their difficulties in applying for external funding for activities, especially in situations where no scheme bank account was set up.	The Oldham Community Fund was launched earlier this year to provide residents with the opportunity to apply for funding with, or without, a scheme bank account. Thank you to Oldham PFI contractors who have supported this project.
Throstle Court	Residents wanted a concrete edging to be removed from the communal garden so they could lay artificial grass.	A member of the Property Team attended to check if this was possible and the edging has now been removed. Residents are really happy with the overall look of the garden.
Violet Hill Court	Residents reported that some areas of the scheme needed jet washing.	The gardens, front entrance, and paths at Violet Hill Court have all now been jet washed.
Old Mill House and Hood Square	Residents were dissatisfied with the litter at the bus stop on Oldham Road and asked if the bin, which was there previously, could be returned.	Diane and Michelle, Local Housing Managers, liaised with the Local Councillor on the issue and the Council agreed to relocate the bin nearer to the bus stop.

2025 Bowling Competition Housing 21

St George's Bowling Club, Chadderton
Starting from 1pm on Wednesday 16th July



Open to all Housing 21 residents to watch and/or play with light refreshments served at the interval. Please let your Local Housing Manager know if you'd like to take part by Monday 7th July. Teams will be arranged on the day with mixed abilities



Housing 21

2025 Garden Competition Entry Form

Please choose one of the below categories
to enter under:

- ☐ Best communal garden
- ☐ Best garden
- ☐ Best pot, box or hanging basket
- ☐ Best grow your own fruit and/or veg

Name:

Address:

Telephone Number:

Please hand your entry forms to your Local Housing Manager
by Friday 27th June for judging to take place on Monday 7th &
14th of July. For more information please contact Niamh
Johnston on 0345 604 4447

Prizes and certificates for the winner and highly commended
in each category!

A Reminder for Communal Gardens

We all look forward to being outdoors in summer and enjoy relaxing in our gardens.

Our communal gardens are often used by residents, their visitors and family members too. Residents' grandchildren may also be visiting and playing in the communal gardens.

We remind residents to be mindful that excessive noise and activity may disturb neighbours, and we ask residents to be considerate and keep noise to a minimum.

This will ensure all residents can enjoy the communal gardens together and have a great summer.



The Importance of Hydration in Warmer Months

*Information taken from ABL Health

It is vital to ensure we stay hydrated throughout the summer months, in particular as we age, as our sense of thirst decreases. Medications like diuretics can increase water loss and kidneys can also become less efficient at conserving water. Overall, we should aim to drink between 6–8 glasses of fluid each day.

Look out for the below signs that may indicate dehydration:

- Dry mouth/lips
- Dark urine
- Headaches
- Confusion or irritability
- Tiredness
- Dizziness

And try following the below tips to stay hydrated:

- Keep water visible and within reach at all times.
- Create a routine e.g. drink a glass of water with each meal. Often, by the time we feel thirsty we are already dehydrated so a routine is imperative.
- Use cups with lids/straws for those with mobility issues.
- Have a variety of drinks available e.g. herbal tea, diluted squash, milk.
- Eat water-rich foods e.g. soups, melons, oranges, jelly.



Social Tariff Broadband

Social tariffs are discounted broadband and mobile deals for people who are receipt of Universal Credit, Housing Benefit, or other similar benefits.

A large number of broadband providers now offer discounted social tariff products which are generally cheaper than typical broadband tariffs and aren't subject to price rises or exit fees.

For more information on social tariffs, please contact your broadband provider or visit <https://www.moneysavingexpert.com/compare-broadband-deals/broadband-social-tariffs/>

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.

All contact details are on the back page.



Activities at the Primrose Centre

9 Magnolia Gardens, Oldham, OL8 1HX

Music in Mind is a **music café** for people living with dementia. It runs every Monday until the end of July, from 12.30 – 2pm. To attend, or for more information, contact gemma.cooper@togmind.org, or ring 07770 263286



Parkinson's UK hold their sessions on the 1st, 3rd and last Wednesday of each month from 2.30 – 5pm. Anyone living with Parkinson's and their carers are welcome to attend. They run a variety of activities including **armchair exercise, games, guest speakers, massage, meetings and loads more.** If anyone is interested, they can contact Les Shelmerdine on 07913 559432 or call in when they are meeting. You can also ring Jan at the Primrose Centre on 0161 624 7202.

Housing

Suggestions, Comments & Complaints (Jan – Mar 2025)

Over the last quarter, we received one formal complaint which was resolved within seven working days.

In the same period, we received thirteen compliments. Nine of these compliments were related to repairs contractors, three relating to members of staff, and one relating to grounds maintenance.

5 REASONS TO CONTACT AGE UK OLDHAM



Age UK Oldham is here to support your independence, wellbeing and social life. Whether you need a trusted hand with small jobs around the house, know somebody who would benefit from some regular respite care, or want to connect with others in a welcoming, inclusive space — there's something for everyone. Here are 5 of our wide range of services you may not know about...

HandyVan Service

01

Our HandyVan Service helps with small repairs and home maintenance to keep you safe, comfortable, and independent. Our trained staff offer quality work at affordable prices.



Day Care



Our day care centres offer a warm, friendly space where older people can enjoy activities, good food, and social connection. With trained staff, including Dementia Champions, we provide personalised support and valuable respite for families and carers.

02

George Street Chapel

03

George Street Chapel in Oldham is a beautifully restored Grade II* listed events venue offering immersive heritage tours that transport visitors back to Victorian times with costumed storytellers. Upcoming tours are on Wednesday 21st May, Tuesday 8th July and Saturday 9th August 2025.



Just4Men Social Group



Just4Men is a men-only social group where older men can connect, share experiences, and enjoy activities like pool, darts, and table tennis. Held every Friday at Chadderton Over 60s Centre, it's a great place for fun, friendship, and a light lunch.

04

OLGBT Out & About

05

This friendly, informal group offers a safe space for older LGBT+ people in Oldham to connect, share support, and enjoy social events together. Run by Age UK Oldham, the group meets every Friday at Chadderton Over 60s Centre for chats, activities, and a light lunch.



0161 633 0213



www.ageukoldham.org.uk



info@ageukoldham.org.uk

COMPETITION TIME!

SUMMER WORDSEARCH

ENTER OUR SPRING COMPETITION FOR A CHANCE TO WIN A £25 ONE FOR ALL 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 25th July 2025*



NAME:

ADDRESS:

TELEPHONE:

I	C	O	S	E	F	S	A	C	S	W	O	A	R
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WORD LIST

Lanes
Grass
Picnic
Fishing
Firewood
Trees
Drive Way
Deer
Birds
Raccoon
Wagons
Lakes
Highway
Animals
Tunnel
Hunting
Bushes
Water
Parks
Camping

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

WELL DONE TO DENISE FROM THROSTLE COURT
WHO WON THE PREVIOUS COMPETITION!

Housing 21

Our office address:

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

Email: OldhamEnquiries@housing21.org.uk

Customer Services Telephone: 0345 604 4447

OTHER USEFUL TELEPHONE NUMBERS:

Repairs Line (24 hours)

0800 032 1215

Oldham Council main switchboard

0161 770 3000

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

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

Greater Manchester Fire & Rescue Service

Book a free Home Fire Safety Assessment

0800 555 815

www.manchesterfire.gov.uk/your-safety/hfsa/

MioCare Group

0161 770 8777

info@miocare.co.uk

www.miocare.co.uk