

Issue 1 Published October 2020

# **LIFE, LOVE & MEMORIES**



# **MEMORY LANE**

**PUBLISHED BY AGE UK OLDHAM**

# **Age UK Oldham Life Story Project Newsletter**

Hello and welcome to our first newsletter from the Life Story team at Age UK Oldham.

If you are not already aware of our project we are based at the Age UK Oldham head office and work alongside our valued team of volunteers, to produce Life Story books for residents across the Oldham borough.

Life Story books offer a lovely insight and a valuable look at a person's life and their treasured memories.

Once a referral is made to us, one of our life story volunteers will make contact and over several weeks they will chat and make notes about a person's childhood, school days, working life, family and holidays, etc. Families, friends and care staff are more than welcome to help with dates and information. The notes will then be typed and along with copies of favourite photographs we will print their 'Life Story' book.

The books can then be shared with care staff, family and friends, helping spark conversations, reminisce and share memories. The books are a great asset to learn more about a person and help with care.

For further information or to make a referral please ring 0161 622 9272 or email [sophie.smith@ageukoldham.org.uk](mailto:sophie.smith@ageukoldham.org.uk)

Alternatively, a template can be self-completed with the help of family or carers and passed to our volunteers for typing.

An example of a Life Story book can be found at [www.ageuk.org.uk/oldham/our-services/home-and-care/life-story](http://www.ageuk.org.uk/oldham/our-services/home-and-care/life-story)

*The book is completely free of charge. Additional copies are available but we ask for a donation to help cover our printing costs as we are a funded project.*

# **Celebrating Older People's Day**

## **Virtual Exhibition**

### **1st October 2020**

This month the World Health Organisation launches its Decade for Ageing looking forward from now until 2030. Our role in the project will be to help older people keep as active, both physically and mentally, as they can in later life.

October 1st is International Day of Older Persons (it was passed by the United Nations in 1990).

Age UK Oldham would like to recognise this and celebrate it by holding a virtual exhibition.

Our request is for people to send us anything we could include in the exhibition.

Some of our ideas:

- Achievements done now or in the past
- Something you are proud of
- Pictures of art work, embroidery, stories or poems
- If you have learnt something new - tried a new recipe or something else
- Tell us about your unusual or interesting hobbies

...anything at all really that we could include for an exhibition, visual or recorded.

Please send paper copies to Older People's Day Exhibition, Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

Or email Sophie Smith at [sophie.smith@ageukoldham.org.uk](mailto:sophie.smith@ageukoldham.org.uk)



## A LOOK BACK IN TIME

# Th' owd Market Hall

Lyrics by Bob Tierney Illustration Barry Thornborough

### Chorus

I didn't like up town no a didn't like at all  
I didn't like being dragged round that owd market hall.  
There were me and mi mam four kid's and a pram  
And she'd have stop and root on stall after stall.

Shutters pulled up and sun blinds rolled down  
Cobbles still wet when we reached Curzon ground  
Saturday market began once again.  
And mi mam seemed t'know everyone bi there first name  
Chorus

.Then up to tripe Annie's for some elder and slut  
Two ounces of wessel and a pound o' pig's foot.  
At Totties butcher's she'd get a sheep's head  
And some bone's for dog well that's what she said.

### Chorus

Now and again mi mam for a treat  
Would put us on jockey scales to find out our weight  
Then in Beach's café for a tea and a scone  
And when you'd had that that you'd gained half a stone.

### Chorus

I didn't mind up town no a didn't mind at all  
I didn't mind being dragged round that owd market hall  
For now it's burned down all trace of it's gone.  
And I'm left with a memory of a tea and scone.



Destroyed  
by fire in  
1974



*Read how one of our longest serving volunteers got involved in Life Story:*

I joined the Life Story Project in 2007, having retired from full time teaching in August 2000, I was still doing occasional days on Supply, but the work was dwindling so I decided that a new interest was needed, to help fill the increased leisure time.

My husband suggested I.T. courses would be useful so I signed up for a couple in Shaw. However, still far from confident, I noticed an article in the Oldham Chron about free I.T. courses being offered at Age UK. Upon phoning to enquire, I was told that no courses were running at the moment but my name would be placed on a waiting list.

Shortly afterwards I received a call asking if I would be interested in joining a recently formed Life Story project, where computer skills would be acquired "on the job". I was invited to an induction meeting to learn more about it, and there I met members of the "Tuesday group" which was already up and running. They showed us new ones (about 5 of us), what was involved and we became the "Monday group".

There was a paid member of staff, Dave, who gave us a short weekly lesson and set us a task of writing about ourselves, so that we became familiar with using a computer within the Life Story framework. As soon as he felt we had mastered sufficient skills, we were given our first Life Story script to mould into an attractive book. What a magical moment it was when the first book was completed!

By then we had mastered the skill of finding decorative borders for each page and the front cover, locating appropriate pictures with which to illustrate the book, as well as including photographs of the subject. Dave or Diane (the Co-ordinator at the time) were available to lend assistance whenever we ran into difficulty, which happened a lot in those early days!

During my 13 years I have completed well over 50 books, some long and some short, attended numerous presentations where books are handed over to the recipients, plus enjoyable 'get togethers' of the volunteers. In addition to typing the stories, for quite a lengthy period I also visited clients in Care Homes, in order to glean details of their lives.

I am so pleased that I was given the opportunity to join the Life Story project. It has enabled me to make many new friends, and as a real bonus I find that working for the project itself, very rewarding and fulfilling.

Volunteers come and go over time. I am the only one left of the original “Monday group” but they are replaced by others just as nice.

It is a real privilege to have a glimpse into so many interesting lives, and it is so true that contrary to what some people believe, **everyone** has a story to tell.



Rosemary Bailey

### HOW TO FIND US:

As you look at the photo our office is on the right, you can just see a car parked outside. It's just behind the man walking down the street. Church Lane is at the bottom of Lord Street, at the back of Barclays Bank. You can see the back of the bank nearest to you on the right. It is an old cobbled street, memories of years gone by.



# Do you know what these T.V. ADVERTS were for:

1



2



3



4



5



6



**Turn Page round  
for Answers**

1. Cadbury Smash, 2. PG Tips, 3. Hovis, 4. Coco Cola, 5. Bisto, 6. Andrex

*The following two poems will resonate with anyone who has ever  
experienced a knee replacement*

## THE NEW KNEE

We've heard you've got a new knee  
Who is your new best friend  
He's helping you to walk again  
He's learning how to bend.

You've waited for a long time  
In pain from day to day  
But now he is a part of you  
And he is here stay.

We know we'll never see him  
Which really is a shame  
But even so we know he's there  
And he deserves a name.

We thought and thought — rejected lots  
But none did seem ideal  
Then suddenly we saw the light  
We're going to name him  
NEIL!

*Composed by Sue Livesey*



## A BROTHER FOR 'NEIL'

So now you have knee number two  
Another new 'best mate'  
The worst is now behind you  
It's time to celebrate

This time, for sure, you'll know the score  
And just what to expect  
Very soon you will become  
All upright and erect

Your life will change and you will see  
It's all been for the best  
Try not to rush and do too much  
You'll still need lots of rest

So welcome to your new knee  
A lovely little fella  
'Neil' now has a brother  
And we've christened him  
PATELLA!

## **LIFE, LOVE, MEMORIES**



This signifies life with memory loss. If we cannot store it, roll it up like a piece of paper and make room for the special memories we cannot forget.

*By Life Story Visitor, Trevor Bowskill*

*Pat White is one of our Life Story visitor volunteers and here she shares with us an insight into her fascinating passion for Ancestry and how it has helped with her work for Age UK Oldham together with how she has managed to find unknown facts about her own history.*

For my own personal use I have helped find lost contacts and helped others with their research.

I have been working on family history for 20 years and it's a real passion of mine. I enjoy seeing the censuses of families. The last one showing was 1911 and the next for 1921 will be released in January 2022. I have quite a collection of obituaries although they are mostly from America. They are a wonderful source for putting families together as sometimes female relatives are hard to find especially when they marry. I also look at electoral newspaper cuttings. The 1939 register is interesting as it can reveal where people lived, occupations, often maiden names for females, dates of birth and you can even look at who occupied the house that you now live in. It's a look at how things were before the onset of war.

I have recently completed stories of two ladies both born in Germany and it's been fascinating to put their stories together and see how their life was affected by the Second World War. I was also involved with a lady who was 108 and the oldest lady in Lancashire.

*For my research:*

I use ancestry, find my past which require subscriptions but can be done monthly. There are free sites such as freebmd and lancsbmd and also the [gro.gov.uk](http://gro.gov.uk) website which has added maiden names to births before 1911. Also [familysearch.org](http://familysearch.org) is another free site.

*Pat's own family research:*

Whilst searching my own family history I found an interesting fact: My extended family had always said that my great grandmother had five daughters but during my search I found a son, who sadly died as an infant.

I have had DNA done for myself and youngest daughter and through this was able to confirm that she has Jewish ancestry, solving a mystery for us. Her DNA revealed a cousin of hers and we were able to put him in touch with his brothers and sister, although sadly his father had died.

I was able to find my great aunt who eloped to Australia in the 1850's before moving to California. She didn't remarry but there was a name change although we don't know why. The family had difficulty researching from America because of this. Another lady in Ohio I put in touch with a lost relative in California. Unfortunately since then resources were closed. There were many websites but many were taken over by ancestry.



Never think you haven't anything to tell, we all have our own history, whether we have travelled the world or if we have remained in the place we were born.

If you do decide to have your Life Story done, it would be completely free and we would do our best to make it as individual as you are. The only cost would be for any additional books for family or friends.

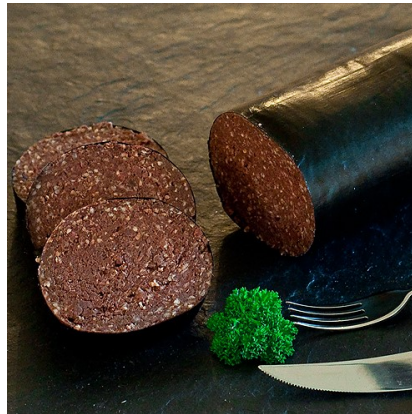
**If you are interested contact:**

0161 633 0213

# BRAIN TEASER

Put the objects with the places:

Whitby, Kendal, Bury, Birmingham,  
Stoke, Nottingham, Llandudno, Bakewell



Turn page round for Answers:

Whitby: Fish & Chips, Birmingham: Jewellery,  
Stoke: Pottery, Nottingham: Lace, Llandudno: Bara Brith, Bakewell: Bakewell Tart,

*This is an old recipe that Jean one of our volunteers has supplied from one of her family's old cook books. Looking at the ingredients you will see that either fresh or dried eggs can be used. Dried eggs were a substitute for fresh eggs used during wartime when fresh eggs weren't available. Thankfully, we don't have to use them today but for anyone who lived through the war years I'm sure it will bring back memories of the struggles endured trying to put food on the table during the many months of rationing.*



### **Condensed Milk Cake**

3ozs margarine

8ozs S R flour or 8ozs plain flour and 4 teaspoons baking powder.

1oz sugar

3oz sultanas or raisins

1 tablespoon marmalade

3 tablespoon condensed milk made up to 1/4 pint with water.

2 beaten eggs, fresh or dried.

#### Method

Rub margarine into the flour, add baking powder if used, sugar and dried fruit. Mix to a soft consistency with the marmalade, milk and beaten eggs. Turn into a greased 6 inch cake tin and bake in moderate oven for 45 mins.

*Provided By Jean Ryder*

# SPORTING GREATS



## **SARAH VIRGINIA WADE OBE**

Was born in Bournemouth on the 10th July 1945 and brought up in South Africa where she learned to play tennis. Her father was Archdeacon of Durban. When Virginia was 15 the family moved back to England and in 1961 she joined the tennis team at Wimbledon County Girls Grammar School. She graduated from Sussex University and became a professional tennis player in 1968.

### **Achievements:**

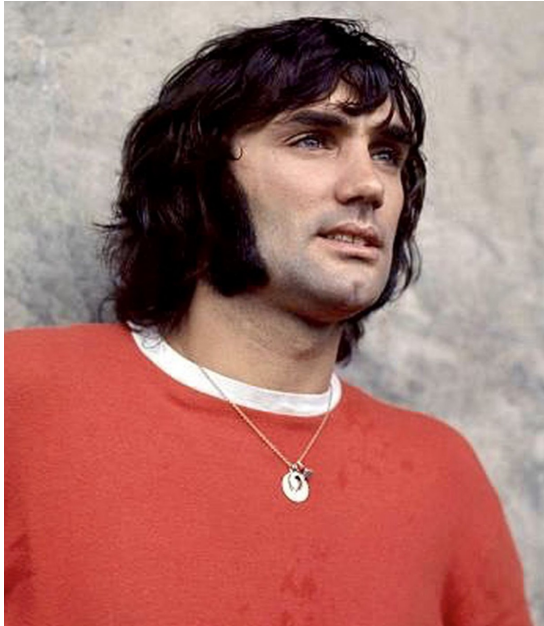
British No.1 for ten years.

3 Grand Slam Singles Championships

4 Grand Slam Doubles Championships

She is the only British woman in history to have won all four Grand Slam Tournaments

# GEORGE BEST



Born in Belfast on 22nd May 1946.  
Died on the 25th November 2005.

George Best was a Northern Irish professional footballer who played as a winger, spending most of his club career at Manchester United. A highly skilful dribbler, One of the premier forwards in the game's history and a fashionable playboy off the field. The stylish Best became one of the iconic figures of "Swinging London" during the 1960s.

## **Achievements:**

Won the Ballon d'Or in 1968 after receiving more votes than Bobby Charlton, Dragan Džajić and Franz Beckenbauer. This meant that he had **won** the three major honours in club football at the age of just 22 (the league title, European Cup, and European Player of the Year award).

George Best won many medals and is regarded as one of the greatest players of all time.



**PUBLISHED BY AGE UK OLDHAM  
LIFE STORY VOLUNTEERS  
EDITOR  
JOAN HOLMES**



# Life Story

Every life has a story...

