

# Service Guide 2022





## Chief Executive's Foreword

Welcome to Age UK Oldham's 2022 Service Guide. What you'll find inside is basic information about all the services, projects and activities we have available for Oldham's older community. They range from information and advice about important issues such as benefits and care options; services which provide assistance in and around the home; help to stay safe and independent; as well as ways to have fun, maintain a place in the community, socialise and generally get the most out of life.

Our staff and volunteers create a friendly, trustworthy atmosphere whilst maintaining professionalism and always look for new ways to benefit our community.

Please contact us for more information about services as we're always happy to talk through any issues or queries you may have. Due to the nature of our organisation as well as changeable Covid 19 rules and guidelines, what we offer is subject to change so please make sure you contact us to check the services or activities you are accessing are running as usual.

**Yvonne Lee**

Chief Executive Officer at Age UK Oldham

## Index



### Information, Advice & Support

Choosing the Right Care & Support Service	4
Dementia Information & Support Service	4
Dementia Specialist Carers Assessment Service	6
General Advice, Money & Benefits	7
Oldham Prevention Alliance	9
Living Well at Home Service	10
Steps to Home	11



### Home & Care

Befriending Service	12
Choosing the Right Care & Support Service	12
Day Care Service	14
Dementia Information & Support Service	15
Dementia Specialist Carers Assessment Service	15
Lunch Clubs	15
Falls Prevention Exercise Scheme	16
General Advice, Money & Benefits	18
HandyVan Service	18
Life Story	19
Major / Minor Adaptations	20
Living Well at Home Service	20
Mobility Aid Service	21
Meal Delivery Service by Sage Kitchen	21
Shopping Delivery & Safe at Home Service	22



### Social Activities

Befriending Service	23
Chadderton Over 60's Centre	24
Lunch Clubs	25
George Street Chapel Events Centre	26
Intergenerational Projects	27
Just4Men	27
Leisure & Social Activities for Over 50's	28
Men in Sheds	29
OLGBT Out & About Group	30
Technology & Us and IT Care Service	31
Volunteering	32



### Buy Wisely

Mobility Aid Service	33
Retail	33

**Head Office:**  
Age UK Oldham,  
10 Church Lane,  
Oldham, OL1 3AN

**Main Telephone:** 0161 633 0213  
**Email:** [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)  
**Web:** [www.ageukoldham.org.uk](http://www.ageukoldham.org.uk)

**f** @ageukoldham  
**🐦** @ageukoldham

Registered Charity No: 1145196



## CHOOSING THE RIGHT CARE & SUPPORT SERVICE

Direct Line(s): **0161 622 9314 / 07808 323 074**

Email: **christine.coupe@ageukoldham.org.uk**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN



See page 12

Telephone access available from: 9.00am - 4.30pm, Monday to Friday.

Home visits or hospital appointments are scheduled between 9.00am – 4.30pm Monday – Friday but can be arranged out of normal working hours where required. We also facilitate on site ward visits at the Royal Oldham Hospital to assist patients and their carers at the earliest intervention. The service is free, independent and here to help you make informed choices about your future care. Please call us on the phone number above to arrange your appointment.

## DEMENTIA INFORMATION & SUPPORT SERVICE

Direct Line(s): **0161 622 9309 / 9312**

Email: **alison.nickson@ageukoldham.org.uk**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

Telephone lines open from 9.00am – 4.30pm, Monday to Friday.

Home visits and scheduled appointments from 9.00am – 4.30pm, Monday to Friday.

Having memory problems or being diagnosed with dementia has an overwhelming effect and most people have many questions and feel uncertain about what their future holds.

Age UK Oldham has joined with Pennine Care NHS Foundation Trust and Oldham Council to form the enhanced Oldham Memory Service Partnership in Oldham. Our role within this partnership is to offer one-to-one practical and emotional support for people living with dementia and their carers alongside the mental health practitioners.

We have co-developed a guide specific to Oldham: Living Well with Dementia which is a useful handbook for dementia related local services and activities.

Copies can be obtained by contacting our Dementia Service on 0161 622 9309/9312 or by visiting **www.ageukoldham.org.uk** or **www.oldham.gov.uk** to download a copy.

Everybody wants to receive information at the time that is right for them and our experienced staff will listen to individual circumstances and offer practical solutions and support.

### We can help you with the following:-

- ✓ Pathways to diagnosis
- ✓ What happens when you visit the GP surgery
- ✓ What happens at the Memory Clinic
- ✓ Types of dementia
- ✓ Coping strategies for carers
- ✓ Practical guides to make your home dementia friendly
- ✓ Finding care and support that is right for you and those you care for
- ✓ Peer support groups
- ✓ Equipment
- ✓ Planning for the future e.g. Lasting Power of Attorney.
- ✓ Continuing to live well / keeping active
- ✓ Holidays for people with memory problems and their carers
- ✓ Financial support / benefits available
- ✓ Useful contacts
- ✓ Detailed resources



"We are so grateful for the help and advice from the Dementia Information and Support Service. We know we can always get in touch if we need further advice should it be needed in the future. The staff were kind and helpful when we were in need."



## DEMENTIA SPECIALIST CARERS ASSESSMENT SERVICE

Direct Line(s): **0161 622 9309 / 9312**

Email: **alison.nickson@ageukoldham.org.uk**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

Telephone lines open from 9.00am – 4.30pm, Monday to Friday.

Home visit appointments made from 9.00am – 4.30pm, Monday to Friday.

Caring for someone can cover many different aspects of daily life, such as helping with their washing, dressing or eating, accompanying the person to regular appointments and offering support when they feel anxious etc. In Oldham it is estimated that there are around 23,000 people providing this unpaid care and support to another adult (carers who are in receipt of Carers Allowance are still regarded as unpaid carers).

As a carer you are entitled to a Carers Assessment to help you understand what support is available for you and to help you to carry on with your caring role whilst making sure you are looking after your own health. You are still eligible for this assessment whether or not the person you care for is receiving help or support from social services.

If you are caring for someone with memory loss or dementia, whether they have received a formal diagnosis or not, Age UK Oldham have been contracted by the Local Authority and the Clinical Commissioning Group, now known as Oldham Cares, to carry out Carers Assessments and to help you to develop your own care and support plan and, where applicable, make an application for a Carers Personal Budget on your behalf. A Carers Personal Budget is an amount of money awarded to you as a carer to provide you with a break from your everyday caring role. This personal budget is not means-tested and can be used to access leisure activities, short breaks, classes / hobbies or purchase household items which would make the caring role easier.

A Carers Assessment is a way of providing you with information and one-to-one emotional and practical support to help you continue with your caring role and linking you to other services which be beneficial for you.

**"Your service is  
second to none."**



## GENERAL ADVICE, MONEY & BENEFITS

Direct Line(s): **0161 622 9333 / 9311 / 9312**

Email: **laura.maguire@ageukoldham.org.uk**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

Telephone lines open: Monday to Friday 9.00am – 4.30pm

We also offer scheduled office and home visits. Please call on the telephone number above to arrange appointments.

This services provides free, independent information and advice for people over 50 and their carers.

### We can help with: -

- ✓ Pension aged benefits
- ✓ Benefit checks
- ✓ Form filling e.g. Attendance Allowance / Blue Badge Applications
- ✓ General advice
- ✓ Local services
- ✓ Understanding documents
- ✓ Providing fact sheets / information guides

### We provide: -

- ✓ Telephone advice / consultations
- ✓ Office appointments (arranged by telephone)
- ✓ Home or hospital visits (arranged by telephone)

### Signposting

We can help with general information such as housing enquiries, local services and if any specialist help is needed as well as connecting you with other organisations who can support you.





### Form Completion

We complete benefit claim forms **by appointment only**. Age UK Oldham's advisers have obtained 'Alternative Office' status from the Department of Work and Pensions. This speeds up the claims process as we can complete paperwork and check important identification documents without sending them through the post.

### Benefit Awareness

We provide outreach benefit awareness events to dispel myths around who is entitled to claim benefits. As benefits rates change annually as do people's finances and individual circumstances, it's worth checking your eligibility. It's really easy for us to check if you are eligible and the additional weekly income can make a big difference to your life.



### OLDHAM PREVENTION ALLIANCE

Head office: **0161 633 0213** • Direct Line: **0161 622 6257**

Email: [nicola.shore@ageukoldham.org.uk](mailto:nicola.shore@ageukoldham.org.uk)

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

Oldham Prevention Alliance is a network of local projects, services and organisations who work with the over 50's. It is made up of voluntary and community groups, health and social care services, private sector organisations and individuals who have an interest in keeping up to date with developments to help people to 'age well'.

Members are invited to attend informal information-sharing meetings every two months and to be part of an informative email network. New members are always welcome.

Please telephone for more information or to become a member.







## LIVING WELL AT HOME SERVICE (previously Promoting Independent People Service)

Direct Line(s): **0161 633 0213** • Direct Line: **0161 622 9288**

Email: [natalie.leach@ageukoldham.org.uk](mailto:natalie.leach@ageukoldham.org.uk)

Age UK Oldham's Community Support Service is known as Living Well at Home Service. We provide a service for older people who are feeling anxious about their health issues or who may find it difficult to manage their long term health conditions. Clients may have experienced a life-changing event which has left them feeling lonely and isolated.

Our clients will have been identified by a care professional as needing support to regain confidence and help them live the life they want by managing their health condition or social situation and to re-engage with their communities.

The service aims to improve the quality of life for older people in Oldham by helping them identify ways to build their self-confidence and self-reliance to help improve wellbeing and independence.

An advisor is based in each of the Integrated Health & Social Care Clusters in Oldham.

Our staff carry out home visits to assess clients in a holistic manner in their own home environment. The advisor will act as the key link, building up a relationship, listening to the older person's needs and aspirations. Together, the advisor and client will draw up a tailored support plan to assist the client's reconnection with their own identified interests and local community. As well as social activities, our advisor will refer to appropriate external and internal services should our clients need further support to remain independent in their own homes.

A Living Well at Home service advisor also works on the Integrated Crisis Enablement Team (formally known as ORCAT) to provide an Age UK service to patients who have been recently discharged from hospital, or to support those at home to prevent a unnecessary hospital admission. Together with our partners in MioCare Group and Northern Care Alliance, we work as part of a multi-disciplinary team to provide support to people at a time of a health crisis in order to facilitate a patient to remain living at home at an independent level with appropriate levels of support.

This service is part of the Oldham Cares Social Prescribing Network Consortium. Action Together is the Service Consortium Lead and the model has brought together key local charities: Age UK Oldham, Positive Steps, Tameside, Oldham & Glossop Mind (TOG Mind). Together, these partners work in collaboration to deliver support earlier in the care and support pathway. We also work as one to develop the social prescribing pathways which aim to better link people into their localities and community assets.



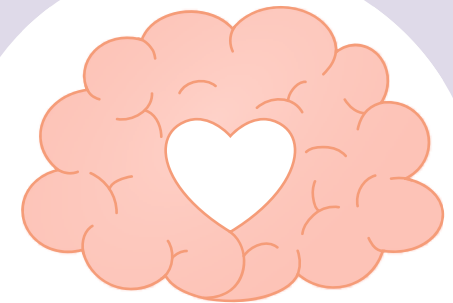
## STEPS TO HOME

Direct Line(s): **0161 633 0213**

Email: [christine.coupe@ageukoldham.org.uk](mailto:christine.coupe@ageukoldham.org.uk)

The Steps to Home Service is delivered in partnership with TOGMIND and Positive Steps. Funded by Oldham CCG and Pennine Care NHS Foundation Trust, we offer a support service to adults being discharged from the mental health wards from The Royal Oldham Hospital. The partnership provides an all-age adult service to hospitalised mental health patients.

Our Age UK Oldham staff work with the multi-disciplinary ward health and social care teams to identify older adults who may benefit from additional support in the community upon discharge from hospital. By linking patients and their families to community support both within Age UK Oldham and external agencies, the aim of the service is to facilitate timely and successful hospital discharges and help to prevent readmissions. This service supports older people with mental health issues and/or those living with a dementia to navigate the offer of community services by ensuring the most appropriate support is available to patients and families upon their return to home following a period of hospitalisation.





## BEFRIENDING SERVICE

**0161 633 0213** • Direct Line: **0161 622 9252**  
Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.  
9am - 4.30pm, Monday - Friday

 **See page 23**

## CHOOSING THE RIGHT CARE & SUPPORT SERVICE

Direct Line(s): **0161 622 9314 / 07808 323 074**  
Email: **christine.coupe@ageukoldham.org.uk**  
Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN  
Telephone access available from: 9.00am - 4.30pm, Monday to Friday.  
Please call us with all enquiries and to make an appointment.

Home visits or hospital appointments are scheduled between 9.00am – 4.30pm  
Monday – Friday but can be arranged out of normal working hours where required.  
We also facilitate on site ward visits at the Royal Oldham Hospital to assist patients  
and their carers at the earliest intervention.

This is an independent information and practical support service to help you to find the right care and support and where possible to stay living independently in your own home for as long as is possible.

For some people where this is not an option and a care home placement is required, either for a short stay or on a permanent basis, our experienced staff, who visit all care homes in Oldham on a regular basis, can help you to work your way through this very important decision.



## Age UK Oldham can:-

- ✓ Provide a useful information pack and written guides
- ✓ Liaise with your social worker and care homes on your behalf
- ✓ Give full details about care homes in Oldham and other support services
- ✓ Provide current care home bed vacancies
- ✓ Arrange transport for you to view local care homes /services
- ✓ Help you to understand the options available to you
- ✓ Help with questions like – 'What happens to your own home if you move into a care home?'
- ✓ Provide you with all costs involved for care services and explain how these costs are worked out
- ✓ Make sure you are claiming all the benefits you are entitled to when moving into care or paying for services
- ✓ Provide you or your family with practical one-to-one emotional support
- ✓ Arrange transport and accompanied visits to view care homes /services before making this important decision

**The service is free, independent and here to help you make informed choices about your future care.**

"An amazing service, I was given so much information about what services are available to help keep my mum safe and well in her own home, which is what she really wants, thank you."

"The information and support from Age UK Oldham was wonderful it gave me a better understanding of the financial implications and the options available when choosing a care home for my husband."

"It was an ordeal when faced with the prospect of putting my mum in care, but the staff showed great empathy and understanding to help us navigate the pathway, ensuring my mum was safe and happy."

**DAY CARE SERVICE**

Head office: **0161 633 0213** • Direct Line: **0161 622 9261**

**Bluebells Day Care:** 789 Ripponden Road, Moorside, Oldham OL1 4SQ  
0161 678 0802 | Open Monday to Thursday

**Selina House Day Care:** Franklin Street, Oldham, OL1 2DP  
0161 678 1598 | Open Monday to Friday

Working together with Oldham Council, our Day Care provides five days of service from two sites. Across the borough, the service ensures positive outlooks for older people who are in need of regular and valued time away from home, also providing respite for carers.

Day Care is provided to older people with an assessed need. We specialise in caring for people living with dementia and other disabilities. We are passionate about what matters to the individual and have a person centred approach that is the core of the service we provide. Enjoyment and stimulation in a friendly fun setting which is enhanced through a full range of entertainment and activities to suit the needs of individual and the group as a whole.

All staff have received a high level of training and are Dementia Champions. One to one support and care is provided tailored to individual needs

Meals which are freshly prepared by AUKO staff and include light breakfast, a three course lunch, afternoon tea and other refreshments including tea and coffee.

Fully adapted and escorted transport is available within a 3.5-mile radius.

Places are available by referral from a social worker alternatively privately funded places are available. Contact Sharron Jones **0161 678 0802** for places at Bluebells.

Contact Angela Holder **0161 678 1598** for places at Selina House.

**DEMENTIA INFORMATION & SUPPORT SERVICE**

Direct Line(s): **0161 622 9309 / 9312**

Email: [alison.nickson@ageukoldham.org.uk](mailto:alison.nickson@ageukoldham.org.uk)  
Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

 See page 4

Telephone lines open from 9.00am – 4.30pm, Monday to Friday.

Home visits and scheduled appointments from 9.00am – 4.30pm, Monday to Friday.

To make an appointment, or email [alison.nickson@ageukoldham.org.uk](mailto:alison.nickson@ageukoldham.org.uk) or contact us on 0161 622 9309. If you are unable to use the phone or communicate by email to make an appointment, you can call in to our head office Monday to Friday 9am – 12.30pm

**DEMENTIA SPECIALIST CARERS ASSESSMENT SERVICE**

Direct Line(s): **0161 622 9309 / 9312**

Email: [alison.nickson@ageukoldham.org.uk](mailto:alison.nickson@ageukoldham.org.uk)  
Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN

 See page 6

Telephone lines open from 9.00am – 4.30pm, Monday to Friday.

Home visits appointments made from 9.00am – 4.30pm, Monday to Friday.

**LUNCH CLUBS**

Head office: **0161 633 0213** • Direct Line: **0161 622 9268**

Email: [kryshia.winkler@ageukoldham.org.uk](mailto:kryshia.winkler@ageukoldham.org.uk)

 See page 25





**FALLS PREVENTION EXERCISE SCHEME**

Head office: **0161 633 0213** • Direct Line: **0161 622 9257 / 9267**

Email: **nicola.shore@ageukoldham.org.uk / teresa.griffiths@ageukoldham.org.uk**

**Classes:-**

Age UK Oldham provides tailored, evidence-based exercise classes to help people who have experienced falls. The classes are funded by CCG (Clinical Commissioning Group). We work in partnership with Salford Royal NHS Foundation Trust and Oldham Community Leisure.

To attend the falls prevention classes a GP will complete a referral form for the Falls Team physiotherapists. The physiotherapists complete a full assessment and start people on a programme of exercises at home (called OTAGO). They will then refer appropriate people to our weekly falls exercise prevention classes.

We have classes at different community venues across Oldham and people can also join in using a laptop or tablet via Zoom. The weekly one hour supervised group sessions are delivered by qualified Postural Stability Instructors (PSI). They are free for a period of up to 9 months.

The aim is to prevent falls by improving the gait, balance, co-ordination, muscular strength, flexibility and confidence of those who have had a recent fall or been identified as being at high risk of having a fall.

Door-to-door accessible transport can be arranged if required. Transport is free of charge for the first 8 weeks.

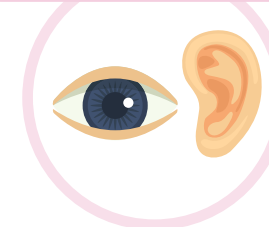
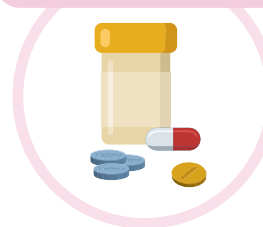
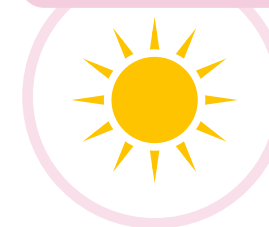
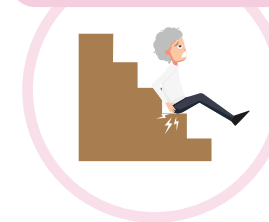
A DVD has been produced of the classes which can be viewed on YouTube by the following link [www.youtube.com/watch?v=DbryEpxEm2g](https://www.youtube.com/watch?v=DbryEpxEm2g)

"The fitness classes give me something to look forward to so I thank you for that. It makes my week to be able to do these exercises. I'm too late now for the London Marathon but my fitness levels have certainly increased thanks to you. The zoom classes are the best thing you have ever devised! It is three times a week and keeps you more mobile and not getting caught in the rain is a bonus."

– Falls Prevention class participant

**Falls Awareness:-**

Our annual falls awareness-raising activities aim to let people know about what to do to help stay steady on your feet.

**Exercise Regularly****Check your eyes and hearing****Ask about your medicines****Get enough vitamin D****Look after your feet****Check for home hazards****Eat a diet rich in calcium****If you have had a fall or are worried about falling tell your G.P.**

**GENERAL ADVICE, MONEY & BENEFITS**

Direct Line(s): **0161 622 9333 / 9311 / 9312**  
 Email: **[laura.maguire@ageukoldham.org.uk](mailto:laura.maguire@ageukoldham.org.uk)**  
 Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN  
 Telephone lines open: Monday to Friday 9.00am – 4.30pm.



We also offer scheduled office and home visits which can be organised via telephone.

**HANDYVAN SERVICE**

Head Office: **0161 633 0213**, Direct Line: **0161 622 9277**  
 Email: **[sue.hay@ageukoldham.org.uk](mailto:sue.hay@ageukoldham.org.uk)**  
 5 Barn Street, Oldham OL1 1LP  
 Open 8.30am - 4.00pm, Monday to Friday.



The aim of the service is to undertake tasks which provide preventative and practical support in the home, enabling older people to live independently and safely.

Our handy persons carry out the small tasks older people feel they are no longer able to undertake themselves, such as fixing curtain rails, moving furniture, putting up pictures, tidying gardens and pressure washing patios etc. We also install home security measures, fit key safes and carry out small joinery repairs.

It is clear that people also want help with jobs that require a tradesman and need someone they can trust. Age UK Oldham continues to work with a range of trusted general builders, plumbers, electricians and gas engineers.

We also help people who need to de-clutter and provide a deep cleaning service. All the contractors are interviewed, DBS checked and have public liability insurance. Customers receive a free, no obligation quote and are encouraged to obtain a second quote for more costly work. On completion and satisfaction of the job, Age UK Oldham pay the contractor and invoice the customer. When jobs requested are more complex we will help people who we feel are vulnerable to obtain quotes, assist them throughout the process and work with families and social workers as required to ensure the person is getting the best options and value for money.

**LIFE STORY**

Head Office: **0161 633 0213**  
 Email: **[lifestory@ageukoldham.org.uk](mailto:lifestory@ageukoldham.org.uk)**  
 Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN

Volunteers for our Life Story project spend time helping people to reminisce and put together a printed book about their life and experiences, using photos and images of places people have lived, worked and visited. We work with people living in care homes, sheltered housing and in their own homes. This is done by home visit or by telephone or video call.

This is an enjoyable and worthwhile activity for everyone involved and is particularly valuable for people living with dementia and their families and carers. It is cherished by the person and their family as an heirloom and is used by care staff to get to know the person they are caring for and provide care which is more personal to them. It also informs staff about likes and dislikes, interests and aspirations.

The life story book is presented with family and friends, volunteers and care staff invited to attend.

Everyone should have a life story book! We can provide you with a life story template to fill in if you would like to make a start on your own life story or maybe you would like to create a life story for a friend or family member. If you need help to do this, get in touch and we can arrange for one of our volunteers to help you.

*"My life story book was first rate! It was a very pleasant experience that took me back in time and made me realise I have had a full life with no regrets."*  
 – Life Story participant

*"The life story helps to calm people when they are upset or to divert them if they become agitated. It gives us knowledge to help to understand our residents better."*  
 – Care worker



**MAJOR / MINOR ADAPTATIONS**Tel: **0161 622 9266**Email: **alan.brooks@ageukoldham.org.uk**

5 Barn Street (access via Jacksons Pit), Oldham OL1 1LP

Please call for opening times.

We undertake adaptations which have been assessed by an appropriate health care professional such as an Occupational Therapist, Re-enablement team and Stroke/Falls prevention team.

The work carried out is necessary to support service users to maintain a safe home environment. This equipment is often used to assist people who are frail, at risk of falls or have or are being discharged from hospital. People can also self-refer or family / carers can request an assessment via the Occupational Therapist Team at the Link Centre.

This is a free service provided by Oldham Council. Age UK Oldham supplies and fits minor/major adaptations for both adults and children. This can include items such as outside rails, steps, paths, ramps and grab rails, thresholds, shower seats, floor to ceiling poles etc. The equipment is installed by an Age UK Oldham Trusted Assessor. Some elements of more substantial adaptations are commissioned from our AUKO approved contractors. This work includes bespoke hand rails, doors, windows, locks, bespoke joinery, electrical, plumbing, and Bio bidets etc. The work is undertaken for free if equipment is prescribed by a health care professional.

**LIVING WELL AT HOME SERVICE**Direct Line(s): **0161 633 0213** Direct Line: **0161 622 9288**Email: **natalie.leach@ageukoldham.org.uk**
 **See page 10**
**MOBILITY AID SERVICE**Tel: **0161 622 9266**Email: **sue.hay@ageukoldham.org.uk**

Address: Media Chambers, 5 Barn Street, Oldham, OL1 1LP

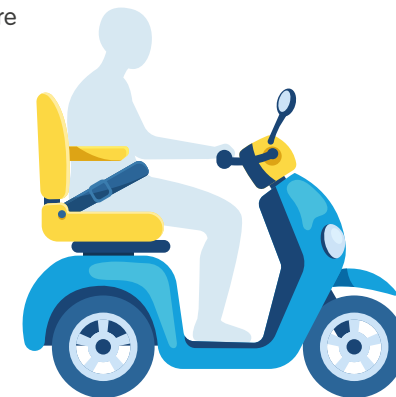
Open: Call for opening times

Mobility Equipment new and preloved for sale and for hire

We have a small mobility shop at "Jacksons Pit" where customers can purchase new and pre-owned mobility equipment. We have a stock of gadgets and aids that help people remain independent and we can source items that we don't stock for the individual.

We stock a selection of wheelchairs and rollators, both new and pre-loved.

We also offer a wheelchair hire service offering a range of wheelchairs from £10 per week.

**MEAL DELIVERY SERVICE BY SAGE KITCHEN**Tel: **0161 622 9358**Email: **kryshia.winkler@ageukoldham.org.uk**

Age UK Oldham create a delicious frozen meal pack delivered to your doorstep.

All our meals are freshly made with no added preservatives from Age UK Oldham's catering kitchen based at the Link Centre. The meals are prepared, chilled down and frozen daily, then delivered to your doorstep on a weekly, fortnightly or ad hoc basis. Menus are devised weekly ensuring there is a good variety and choice available. Vegetarian options and dietary requirements are catered for.

The freshly frozen meal packs consist of 6 varied meals at a low cost, plus a small delivery charge. You can purchase extra main meals, soups and desserts of your choice. This gives you the option to make your pack bespoke.

**SHOPPING DELIVERY & SAFE AT HOME SERVICE****0161 633 0213 • Direct Line: 0161 665 0283**

Based at Lees Cooperative Store, Owl Mill Site, Lees, Oldham, OL4 3BP

Delivering across the borough Wednesday, Thursday and Friday, between 9.00am - 4.00pm.

The service is based at the Co-operative supermarket in Lees and is available to older, housebound and disabled people who find it difficult to shop for themselves. We telephone customers for shopping orders and deliver to their home putting provisions away if necessary.

The service is also available on a short term basis after discharge from hospital, during an illness or in bad weather conditions. All potential customers have a holistic assessment of their needs and situation which is completed by the service co-ordinator.

Other major benefits include linking to other services and referring on if necessary. This makes it potentially the “eyes and ears” of other services and staff work closely with families, care staff and case workers to help guarantee customers’ wellbeing.

There is a charge for this service.

**BEFRIENDING SERVICE**Head office: **0161 633 0213 • Direct Line: 0161 622 9252**Email: [maggie.hurley@ageukoldham.org.uk](mailto:maggie.hurley@ageukoldham.org.uk)

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN.

9am - 4.30pm, Monday - Friday

People can become isolated for a variety of reasons – ill health, disability or social disadvantage, but here at Age UK Oldham we passionately believe that no one should have no one. Regular contact either face to face or by telephone with one of our volunteer befrienders often fills a big gap and combats feelings of loneliness and isolation.

Our scheme offers friendship and companionship with a registered, DBS checked volunteer befriender who is matched to the older person and visits or phones each week. Together they can chat, enjoy a cup of tea, take a walk or visit shops, the theatre or local events when they have a face to face visit. The results can be significant as befriending often provides people with a new direction in life, opens up a range of activities leading to increased self-esteem and self-confidence.

As things have changed recently we have continued to offer a telephone befriending service providing a call a couple of times week. This friendly call and chat will never replace a face to face visit but during times of uncertainty knowing there is someone at the end of a phone for you means so much. Our phone calls are a start to a wonderful friendship with lots of laughs along the way too.

Joining one of our activity groups is a great way to meet new friends, develop a new interest or revive an old one. Don't worry about coming along on your first day, everyone is friendly and welcoming and have all had their own 'first day' too. Newcomers will be met by staff or volunteers and introduced to everyone and quickly start settling in with a welcome cup of tea.

**Befriending  
Christmas Party**



## CHADDERTON OVER 60'S CENTRE

Head Office: 0161 633 0213

Email: [maggie.hurley@ageukoldham.org.uk](mailto:maggie.hurley@ageukoldham.org.uk)

298a Broadway, Chadderton, Oldham, OL9 9QU

No day is ever the same at Chadderton Over 60's centre where we offer a wide range of Age UK Oldham's activities, including computer classes, lunch clubs, social groups, a weekly arts & craft group and men's only activity group, Just4men. These all give older people the opportunity to meet new friends, learn a new skill, share and discuss ideas and enjoy a meal together.

Our main room is a light and spacious hall suitable for community groups, special interest clubs, and events such as presentations and meetings. Used weekly by a variety of external groups, the main hall is currently home to a number of dance classes and older people's friendship groups - all bringing people together socially. We also have a smaller meeting room for hire.

During the Pandemic we were supported by Wilmot Dixon who helped us transform our outdoor space. Outside at Chadderton over 60s we now have a beautiful garden area, benches and outdoor chairs and parasols so people can enjoy the fresh air when the sun is shining and spend some quality time with friends.

We engage with many other organisations and are always looking for new avenues to explore and fresh services to develop. We endeavour to reflect the local community and respond to its needs with creativity and enthusiasm and we pro-actively support hobby and interest meetings for older people with a reduced community group fee. We welcome over 1,200 people every month and our flexible room spaces are regularly hired out to a range of different organisations, as well as hosting our own programme of activities.

## Craft Group |



## Big Knit |



## LUNCH CLUBS

Head office: 0161 633 0213 • Direct Line: 0161 622 9268

Email: [kryshia.winkler@ageukoldham.org.uk](mailto:kryshia.winkler@ageukoldham.org.uk)

Our lunch clubs are run throughout the Oldham borough. They are run by an Age UK Oldham supervisor with an enthusiastic team of volunteers. Lunch Clubs help to meet the needs of older people who are physically active but experiencing difficulties because of social isolation, illness or bereavement. This service is open to people over the age of 55.

Members are provided with an excellent quality three course meal which is cooked on Age UK Oldham premises. All of the food is fresh from our suppliers and menus are varied. There is a full programme of activities which are planned with the members and the activities co-ordinator. The programme of events includes anything from indoor bowls, craft work, entertainment, tea dances, beetle drive and talks on wellbeing by healthcare agencies.

## Locations and days are listed below:-

**ROYTON** | Monday | 11am-2pm  
St Paul's Downey House, Church Street, Royton, OL2 5JS

**GREENACRES** | Tuesday | 11am-2pm  
Trevarrick Court, Greenwood Street, Greenacres, Oldham, OL4 2BB

**LEES** | Wednesday | 11am-2pm  
Springlees Court, Oldham Road, Springhead, OL4 5TP

**CHADDERTON** | Wednesday | 11am-2pm  
The Over 60's Club, Broadway, Chadderton, OL9 9QU

**CHADDERTON** | Thursday | 12.00pm-3.00pm  
Friendship group, The Over 60's Club, Broadway, Chadderton, OL9 9QU

**HATHERSHAW** | Thursday | 11am-2pm  
St Paul's Court, Ashton Road, Hathershaw, OL8 1UX

**SHAW** | Friday | 11am-2pm  
Hope Church Shaw, 30 Eastway, Shaw, OL2 8AD

**FAILSWORTH** | Sunday | 11am-2pm  
Ena Hughes centre, 2 Ellesmere Street, Failsworth, M35 9AD

**SADDLEWORTH** | Tuesday | 10am-noon  
Brunch Club at King William IV, Chew Valley Road, Greenfield



"The lunch club is my lifeline, I have no family, and the staff have become like family members to me"

"This service has made such a difference to my mum, she was very lonely, I had to encourage her to come at first but she now loves it and attends 3 different clubs now!"



**GEORGE STREET CHAPEL EVENTS CENTRE**Head Office: **0161 633 0213** • Direct Line: **0161 622 9264**Email: [info@georgestreetchapel.com](mailto:info@georgestreetchapel.com)

58 George Street, Oldham, OL1 1LS

[www.georgestreetchapel.com](http://www.georgestreetchapel.com)

@georgestreetchapel



@GeorgeStChapel

This awe-inspiring grade II\* listed George Street Chapel is a unique multifunctional events venue nestled in the centre of Oldham. Its charming characteristics and decor, which stem from formerly being an Independent Methodist Chapel built 200 years ago, were revived and refreshed during professional renovations when Age UK Oldham secured funding to rescue this truly hidden gem. The three storey events venue is now a user-friendly, flexible space thanks to the installation of up-to-date AV equipment as well as disability access and facilities.

The chapel is now popularly regarded as one of the top local venues to host stunning weddings, various celebrations including birthdays, anniversaries, awards and wakes, meetings, training and small conferences among other social and business events. Feedback from delighted customers has continually been amazing and backs up our ethos to provide fabulous customer service and experience... as well as many happy moments and memories for them to enjoy!

We run regular interesting and entertaining heritage tours for members of the public, groups and school children, with costumed actors taking participants back in time on a well-researched journey to learn and explore how local Victorians lived, learnt and worshipped within the chapel walls and the cellar dwellings beneath.

If you or someone you know are looking for a very special, charismatic venue to impress family, friends or colleagues and to make your day or event one to remember, please give us a call. We are well-known to provide excellent customer service and flexibility at a surprisingly affordable price, enjoying many returning customers for both business and social occasions.

Come and see for yourself!

**INTERGENERATIONAL PROJECTS**Head office: **0161 633 0213**Email: [maggie.hurley@ageukoldham.org.uk](mailto:maggie.hurley@ageukoldham.org.uk)

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN



Our intergenerational work here at Age UK Oldham has a direct impact on everyone involved. Older people feel increased self-esteem from being able to share their life stories with younger people, as well as being a positive role model to the younger generation. Both younger and older generations benefit from engaging with each other on equal terms, breaking down barriers and challenging negative stereotypes.

Schools commission this project over a three to ten week period and we deliver as an after school activity. Students are offered the opportunity to participate in one of our intergenerational projects and enjoy the interaction of working alongside older people on a variety of learning and social activities.

We also work alongside local colleges and youth groups, bringing older and younger people together so each can enrich and share their life experiences with each other. We work on a variety of projects from music, filming, interviews and consultations bringing students together with older people.

**JUST4MEN**Head office: **0161 633 0213**Email: [maggie.hurley@ageukoldham.org.uk](mailto:maggie.hurley@ageukoldham.org.uk)

Chadderton Over 60's centre, 298a Broadway, Chadderton OL99QU

Open Friday 12.30pm – 3.00pm

£3.00 per session



Just4Men is exactly what it says on the tin. This project is co-ordinated, promoted and delivered by men and aims to bring local men together as a community to share experiences and support each other.

Just4men is a MEN ONLY activity group enabling older men to meet socially and enjoy a range of fun activities from pool, table tennis, archery, curling to dominos, darts and crib. Not only do you get to meet new friends and partake in the activities, you also enjoy a light lunchtime snack.

Forming new friendships is paramount in later years and this project enables men to make new pals and enjoy laughs and companionship with their peers.

**LEISURE & SOCIAL ACTIVITIES FOR OVER 50'S**

Head office: **0161 633 0213**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN

Contact **Oldham Community Leisure** for details of classes on **0161 207 7000**

We all know that exercise is good for us, but some people think that with each passing year they should try to do less and take it easy... they are so wrong!

Working in partnership with Oldham Community Leisure we have ensured that sports centres throughout Oldham deliver a full programme of activities suitable for older people.

Our social activities, keep you full of life. Staying active in older age has many benefits including improved mobility, co-ordination, reduced risk from falls and improved general health and wellbeing, as well as reducing the risk of a stroke, heart disease and high blood pressure.

So exercise combined with friendship is simply the best tonic for everyone.

We are again able to enjoy our monthly waltz around the dancefloor at the QE Hall. Dates vary so call to check when we're on. Pay just £5 on the door, this includes tea/coffee and biscuits.

**MEN IN SHEDS**

Head Office: **0161 633 0213**

Failsworth Shed: Charles House, Albert Street West, Failsworth M35 0JN

Tel: **0161 682 4747** | Morning / Afternoon costs = £3.00 per session (3 hours)

Open 9:00am - 4:00pm, Tuesday and Wednesday

Greenfield Shed: Unit 10, Tanners Waterside Mill, Chew Valley Road, Greenfield, Oldham, OL3 7NH

Tel: **07921 246 158** | Morning / Afternoon costs = £3.00 per session (3 hours)

Open 9:00am - 4:00pm, Thursday and Friday

Our Men in Sheds projects have a distinct community development philosophy and positively impact the health and wellbeing of men who attend. The project targets men over the age of 50 who have become socially isolated due to life changing circumstances or long term acute health conditions. The emphasis of the shed is the social connection, company having a laugh with like-minded men. Many of the Men meet up socially outside of the shed and have formed lasting friendships.

Many of the projects undertaken are geared up around men sharing their skills and knowledge, men can dip in and out of projects there is an activity for everyone.

We place great emphasis on addressing social isolation whilst aiming to promote health related activities and lifestyle changes. Older men tend to be slower at visiting their GP with problems which may then turn out to be serious, subsequently lowering chances of early detection. Research shows that men who are better socially connected take more and earlier steps to improve their own health and lifestyle outside of the shed.

We continue highlighting to funders that not all men will be ready for discharge after 6 months and therefore for some men the length of stay has been increased. It is apparent that a placement within the project is an alternative to traditional services and offers a missing preventative element for men of an earlier age.

The staff work hard to address individual needs for men who have varying levels of capabilities. Independently of the Shed, men are organising social group activities and outings to places of interest. We have a small allotment at Greenfield which creates an outdoor space that men can visit at any time.



We have successfully forged good links with schools, community projects and council schemes. We also undertake renovations for members of the public such as repairing small items of furniture and make bird tables, bird boxes etc. This all means the project has really become part of the local community.

We take referrals from health care professionals and self-referrals. Age UK Oldham Stay Well at Home Advisors also make referrals from the 5 GP clusters across the borough.

**Charges apply.**

**There are two sessions per day.**



### OLGBT OUT & ABOUT GROUP

Head office: **0161 633 0213** • Direct Line: **0161 622 9252**

Email: [maggie.hurley@ageukoldham.org.uk](mailto:maggie.hurley@ageukoldham.org.uk)

Over 60's Centre, 298a Broadway, Chadderton OL9 9QU

Weekly Drop-In Friday 12.00pm – 2.00pm.



Our OLGBT group is true to its name 'Out & About' as this informal social group brings older lesbian, gay, bisexual and transgender people together. Not only do we meet every month for our group meeting we also enjoy many social activities such as meals out, trips, theatre visits and walks.

The group is professionally led by Age UK Oldham but with an emphasis on members supporting each other. Age UK Oldham is committed to creating a safe and inclusive space that welcomes diversity and supports everyone. We realise that walking into a meeting for the first time can be intimidating, so we are happy to meet with people in advance too.

Age UK Oldham is committed to creating a safe and inclusive space that welcomes diversity and supports everyone. Older LGBT people want all of the same things in later life as heterosexual older people. This includes staying in their own homes for as long as possible and being treated with respect and dignity when they access health and care services.

### 'TECHNOLOGY & US' AND IT CARE SERVICE

Head office: **0161 633 0213**

Chadderton Over 60's Centre, 298a Broadway, Chadderton, Oldham, OL9 9QU

Open Friday 9.30am - 11.30am

For older people, using computers, iPads, tablets and the internet is not only for accessing information but for keeping in touch with family and friends. Technology is definitely not just a thing for the younger generation but can be crucial for people who have problems with mobility and keeping in touch with the world.

Our 'Technology & Us' classes provide older people with much needed support and tuition with computers, iPads, tablets, smartphones and digital cameras. We have a range of devices to practise with but also have the unique ability to teach people on their own personal equipment either in our centre or in the comfort of their own home.

During the pandemic people relied so much on technology from keeping in touch with friends and relatives over zoom or skype to shopping for essential food supplies. Age UK Oldham can help you gain the skills to embrace technology and enjoy the benefits too. Tuition is £6 per 2 hour session.

The IT Care Service can assist older people who may be experiencing problems with their computers, laptops and printers and provide customers with the latest techniques to solve connection problems. Our qualified technician has over 15 years' experience and is fully certified in hardware, software and network security.

#### What we can do:-

- ✓ Replace damaged hardware
- ✓ Upgrade hard drives
- ✓ Memory upgrade
- ✓ Broadband and internet connection problems
- ✓ Broken laptop screens
- ✓ Virus and spyware removal
- ✓ Computer optimisation and clean-up (remove corrupt files which will slow down the performance of your computer)
- ✓ Printer and peripheral problems
- ✓ Data loss and recovery



So if you need some technical support give us a call. If it can be fixed we will do it, but if it can't then you won't be ripped off with empty promises or a sales pitch for a new laptop or iPad.

We will also tell you how much your repair or upgrade will be before we start so you always have a choice if you want us to go ahead and fix it for you.



**VOLUNTEERING SERVICE**

Head office: **0161 633 0213** • Direct Line: **0161 622 9252**

Age UK Oldham, 10 Church Lane, Oldham, OL1 3AN

Open 9am - 4.30pm, Monday to Friday

Volunteers support each of our services enabling us to reach a greater number of older people. As well as a way to give back to their community, it is also a great way of meeting new people.

All our volunteers have valuable life experiences that assist the work we do in Oldham and help extend our team across the whole borough. We like to think that volunteering here at Age UK Oldham can enrich the lives of the volunteers, as well as them helping to enrich our community in return.

Join our ever-growing friendly team of volunteers, meet new friends and gain new skills by helping at anything from activity groups, computer classes, calling an older person for a chat or writing someone's life story; to serving meals at lunch club, helping out at day care or helping organise our falls exercise class; there are so many roles to choose from.

Our shops are an inviting and friendly place for people of all ages to grow in confidence and keep active. From working on the shop floor in a customer-facing role, to sorting through the generous donations we receive in the back, we can be sure to find something to suit you.

Volunteering makes a huge difference to everyone and is the best thing you can do to help us at Age UK Oldham

Retail Volunteering contact:

**Kathryn Hamer** on **07803 006 512**

Service or project volunteering contact:

**Maggie Hurley** on **0161 622 9252**

**MOBILITY AID SERVICE**

Direct Line: **0161 622 9266**

Email: [sue.hay@ageukoldham.org.uk](mailto:sue.hay@ageukoldham.org.uk)

Medtia Chambers, 5 Barn Street, Oldham, OL1 1LP

Open 9am – 4pm, Monday to Friday

 **See page 21**

**RETAIL**

We have 8 charity shops throughout the borough of Oldham. Our shops are kept well stocked thanks to the very generous donations of Oldham residents. We sell a wide range of goods from clothing for all the family to toys, media, antiques, collectables, jewellery, furniture and so much more.

We offer a free collection service for good quality donated furniture and an inexpensive delivery service for sold furniture within the local area. Every penny we raise in the shops goes back into the charity to support our numerous projects and services.

Age UK Oldham also have an eBay shop to help raise funds. This is an online auction site that allows anyone from anywhere in the world to bid for an item they see on our eBay website. You can visit our online eBay shop at [www.stores.ebay.co.uk/ageukoldham](http://www.stores.ebay.co.uk/ageukoldham)

We are always looking for extra help in our charity shops. Just three hours a week of your time could help to make a huge difference to Age UK Oldham. Our excellent team of managers spend quality time inducting all of our new volunteers to ensure they feel confident working in all areas of our shops.

The role is varied and requires bags of energy to help keep our busy shops stocked up with fresh goods. We welcome those of you with a creative flair to help dress our windows, or if you fancy yourself as more of a people person, meet and greet our customers at the till and help promote our Gift Aid scheme.

Call **Kathryn Hamer** on **07803006512** to find out more information on how you can help out in our shops.

Retail Manager **07803 006512** | Furniture deliveries and pick-ups: **0161 633 0213**

**Lord Street £1 Shop:**

0161 622 9273

3 Lord Street, Oldham OL1 3HB  
Mon – Sat 10:00am – 4:00pm

**Failsworth Precinct:**

0161 683 4074

Unit 7, Failsworth Shopping Precinct,  
Failsworth M35 0FF  
Mon – Sun 10:00am – 4:00pm

**Failsworth Lord Lane:**

0161 682 6182

Lord Lane, Failsworth M35 0RZ  
Mon – Sat 9:30am – 4:00pm

**Hill Stores:**

0161 633 4598

Hill Stores, 104a, Huddersfield Road,  
Oldham OL4 2AH  
Mon – Sat 9:30am – 4:00pm  
Sun - 10:00am – 4:00pm

**Lees:**

0161 620 0230

High Street, Lees OL4 4LR  
Mon – Sat 9:30am – 4:00pm

**Shaw:**

01706 845327

76 Market Street, Shaw OL2 8NP  
Mon – Sat 9:30am – 4:00pm

**Uppermill:**

01457 872745

37 High Street, Uppermill OL3 6HS  
Mon - Fri – 10:00am – 4:00pm  
Sat & Sun 10:00am – 4:30pm

**George Street Boutique:**

0161 626 7293

46 - 48 George Street, Oldham OL1 1LS  
Mon – Sat 9.30am – 4.00pm

Our opening times can change throughout the year due to unforeseen circumstances.  
Please always check up-to-date times.

**NOTES**

Retail staff at  
2019's Yank's  
Weekend







# Volunteering

## Age UK Oldham needs you!

Age UK Oldham needs you! Our volunteers play a vital role in supporting the work we do for older people across Oldham.  
Make your free time worth more!

For more information or to join our team of volunteers  
**please contact us on T: 0161 633 0213 or E: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)**



**Tel:** 0161 633 0213

**Email:** [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)

Registered Charity No: 1145196