



ambition
for
ageing
oldham

Community Newsletter

March 2018

Ambition for Ageing

Welcome to our newsletter for Ambition for Ageing, working towards 'age-friendly' communities in Alexandra, Crompton and Failsworth West.



Hosting Andy Burnham and Councillor Jean Stretton at Fatima Women's Association last August

The Age UK Singers perform at St Andrew's Methodist Church in High Crompton



Since October 2015 we have funded 99 small projects, investing a total of £111,172. That's only the story so far...we are funded until March 2020 so we can continue to support you to bring your ideas to life!



Meet the team!

Nicola Shore

Engagement & Wellbeing Service Manager

nicola.shore@ageukoldham.org.uk

0161 622 9257



Teresa Griffiths

Engagement & Wellbeing Co-ordinator

Crompton & Alexandra

teresa.griffiths@ageukoldham.org.uk

0161 622 9267



Sophie Smith

Project Support & Administration

sophie.smith@ageukoldham.org.uk

0161 622 9272



Welcome!

We welcome Martin Morris & Becky Kershaw to join our team...

Martin Morris

Ambition for Ageing Officer

Failsworth West & Alexandra

martin.morris@actiontogether.org.uk

0161 339 2345



Rebecca Kershaw

Service Coordinator Ambition for Ageing

Tameside & Oldham

rebecca.kershaw@actiontogether.org.uk

0161 339 2345



Photographs

All our good photos are taken by our fabulous volunteer, Jean Friend, who also sits on the Ambition for Ageing Equalities Board. We are so grateful for her talents! Any photos that are a bit blurry are taken by the rest of our team!

What is Ambition for Ageing?

A quick reminder!

Ambition for Ageing is a Big Lottery funded project working in 8 out of the 10 local authority areas in Greater Manchester. In Oldham Age UK Oldham and Action Together are working in partnership in Alexandra, Crompton & Failsworth West.

Our aim is to improve the lives of people aged 50+, talking to people to come up with ideas to make our communities more age-friendly. We are investing together in good ideas to increase social connections.

The best ideas are designed and run by you and we can support you along the way.

This is creating new activities and opportunities to meet up, become more active and make practical improvements to our surroundings that help us as we get older. It



could be as simple as decorative planters like these funded at Hopwood Court in Crompton!

Women at Work

As 2018 is the Year of the Woman we have funded a 'Women at Work' project. The project aims to recognise and celebrate the huge contribution of women to the workforce in Oldham between 1918 and 2018.



We are looking for local stories, personal memories and photographs about women's experience of work. These will be put together as a travelling exhibition which you will be able to visit at different locations in the Ambition for Ageing ward areas and in Oldham Town Centre.

The exhibition will be available to community centres, historical societies, schools and churches so that these stories of women at work can be shared with a larger audience.

If you would like to share your stories or if your group or centre would be interested in hosting the exhibition, please contact Maggie Hurley for more details on 0161 622 9252 or email maggie.hurley@ageukoldham.org.uk

Failsworth updates

Failsworth What's on Guide

Our first full-colour 'What's on in Failsworth' Guide has been distributed. Funding for this was kindly offered by Councillor Sean Fielding and was delivered by volunteers to all the households in Failsworth West. We have also taken copies to community venues around Failsworth. If you haven't seen a copy and would like us to send one to you, please get in touch with Martin Morris.

Failsworth Friends over Fifties

A friendly group who get together once a fortnight on a Wednesday 11am - 1pm at Failsworth Town Hall. We plan a variety of activities and outings.

If you would like more information or to join the 'Failsworth Friends over Fifties' group please contact Martin Morris for more information on 0161 339 2345 or email martin.morris@actiontogether.org.uk

Ambition For Ageing Oldham is working with people from all communities within the Failsworth West Ward to improve the lives of people aged over 50.

ambition for ageing oldham

WHAT'S ON IN FAILSWORTH

Welcome to our first what's on guide for Failsworth

Aged 50 or over and looking for interesting and social activities? Here's a guide to what's on in Failsworth.

If you are looking after small grandchildren, there's a special section about play groups and pre-school sessions.

The Failsworth West Ambition for Ageing Steering Group would like to express our sincerest gratitude to Jean Betteridge, Nayan Joshi and to all the contributors without whom this guide would not have been possible.

Publication date: September 2017

action together

BIG LOTTERY FUND NATIONAL LOTTERY FUNDED

Oldham ageUK

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Free!

Failsworth's Got Talent Event Saturday 10th March, 11am—2pm

Free!

Failsworth Town Hall



Presents...



Failsworth's Got

TALENT

Watercolours Arts & Crafts

Skills Pyrography Sewing Knitting

Hand Made Photography

Jewellery History Talent

Saturday 10th March 11.00am – 2.00pm

Failsworth Town Hall (Upstairs)

Come and be amazed at the talents displayed by your local friends and neighbours aged 50+

From jewellery making to sewing, pyrography to photography!
Plus... See an Arts and Crafts display designed by Failsworth School.

Added entertainment provided by Failsworth Band, and the Failsworth Historical Society

Free Entry

Free Entry

For more information contact Martin Morris on 0161 339 2345 Email: martin.morris@actiontogether.org.uk

Slimmin' without Women

Run by men for men who want to lose weight, become more active and improve their health and wellbeing.

Lots of interesting speakers on a range of health topics and practical advice on losing weight and getting active.

11.30am - 12.30pm, Fridays at Hope Methodist Church, Oldham Road, Failsworth, M35 9AN.

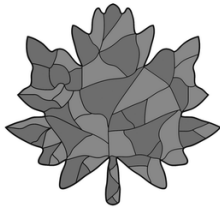
For more information contact Phil Brooke on 07832 365 759.

Ridgefield Street Indoor Kurling Group

Ridgefield Street community centre are planning some indoor kurling activity. If you are interested in having a go and want more information, please contact Martin Morris on 0161 339 2345.

Walton House Garden and community group

The award-winning edible garden at Walton House will be enhanced by a replacement greenhouse and new patio area to enable people to sit out and enjoy their surroundings thanks to a successful application to Ambition for Ageing. If you or your group are interested in getting involved in any of the growing activities or social events there, please get in touch with Martin Morris on 0161 339 2345.



Kindred Theatre

Stories, Memories & Moments

For Spring 2018 Ambition for Ageing Oldham, Kindred Theatre and Oldham Library have arranged two social get-togethers for the talkative, the curious and the downright noseey.

Stories, Memories and Moments is an opportunity for a group of people, young and old, to come together to find out what inspires their true stories from their own lives and to share them with one another.

In a relaxed cafe environment, with plenty of complimentary tea, coffee and cake, you can participate in various social activities using objects, smells and sounds to discover and share your life-affirming, beautiful, everyday and simple stories. What inspires us all may be very different, this get-together lets us see what we all have in common.

Does a certain picture remind you of a particular time? Does an object raise thoughts of someone very special? Does a piece of music take you to a happy place? Then come along and talk about it.

We are arranging two dates, one for Oldham Library and another in Failsworth (dates and times to be confirmed).

For more information visit www.kindredtheatre.co.uk or speak to Nicola or Teresa at Age UK Oldham to book a place.



Zest for Life

We have funded an exciting new project called 'Zest for Life' which is designed to help people consider their options as they are thinking about and approaching retirement. Retirement is very different nowadays and there are lots of different things to consider. If you live or work in one of our Ambition for Ageing wards you are eligible for a free place.

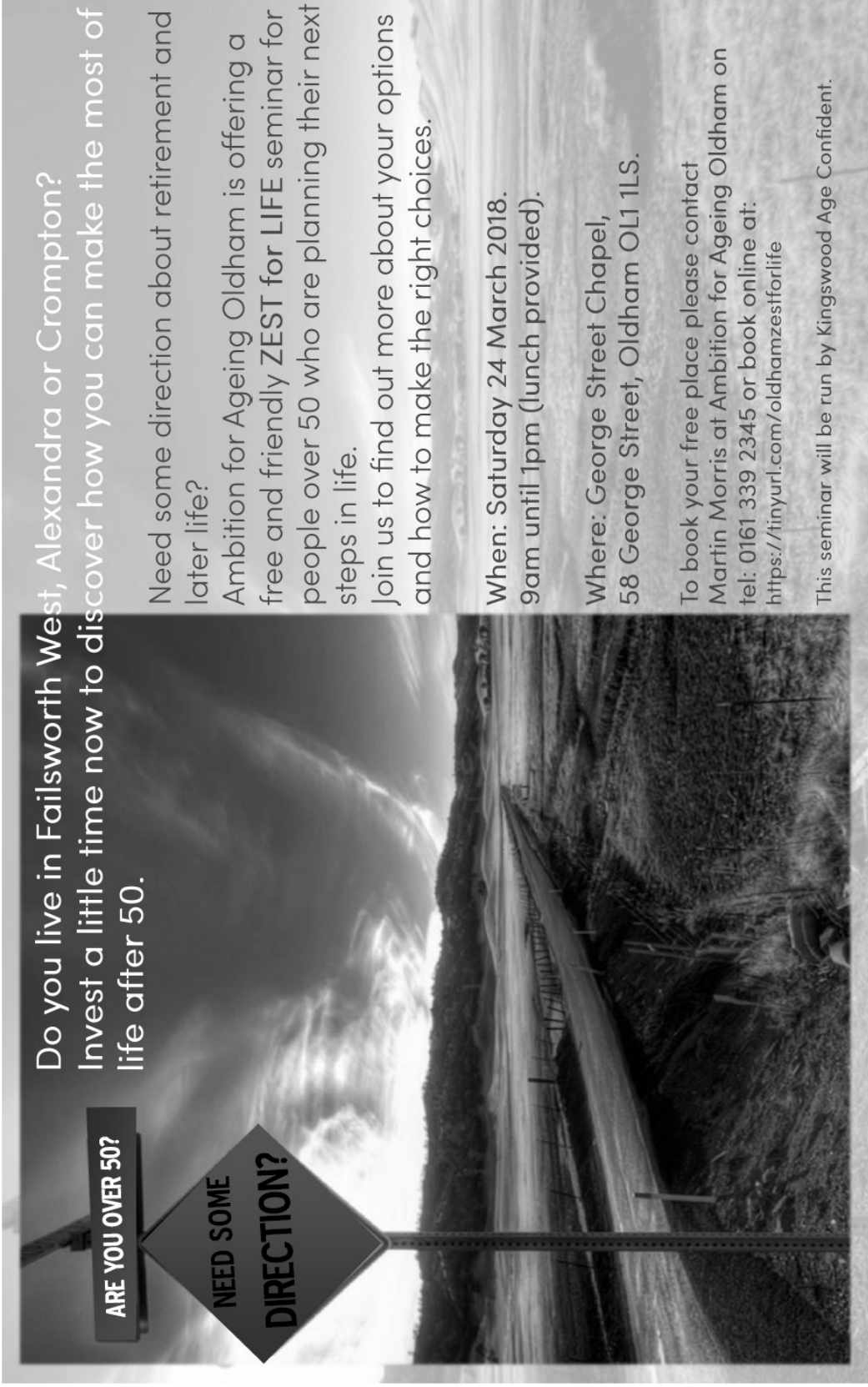
The informative and interactive session will be run by Kingswood Age Confident who have a wealth of experience in this area.

If you have already retired then maybe you have a friend or family member who might be interested. Please pass on the message to others.

Saturday 24th March 2018, 9am - 1pm

George Street Chapel, 58 George Street, Oldham, OL1 1LS.

Take a look at our poster on the next page for full details and how to book.



Do you live in Failsworth West, Alexandra or Crompton?
Invest a little time now to discover how you can make the most of
life after 50.

Need some direction about retirement and
later life?
Ambition for Ageing Oldham is offering a
free and friendly ZEST for LIFE seminar for
people over 50 who are planning their next
steps in life.
Join us to find out more about your options
and how to make the right choices.

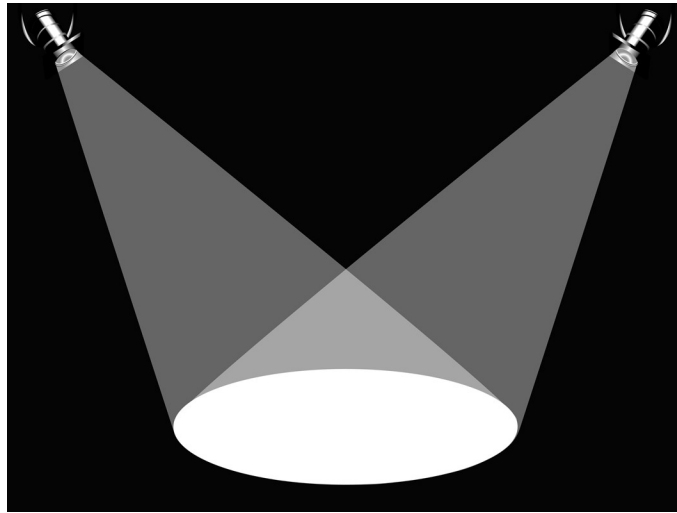
When: Saturday 24 March 2018.
9am until 1pm (lunch provided).

Where: George Street Chapel,
58 George Street, Oldham OL1 1LS.

To book your free place please contact
Martin Morris at Ambition for Ageing Oldham on
tel: 0161 339 2345 or book online at:
<https://tinyurl.com/oldhamzestforlife>

This seminar will be run by Kingswood Age Confident.





Spotlight on Alexandra

‘Altogether’ is a new volunteer team setting up and running a range of activities at Alt Community Centre & Café Alt.

The Ambition for Ageing team have been working with Action Together, First Choice Homes Oldham and Early Help supporting the new volunteers to bring their ideas to life.

They benefited from some Ambition for Ageing funding to run a Halloween event for the whole community, which was a great success and attended by all the Alexandra councillors.



Altogether have also just had an Ambition for Ageing application approved to buy a new toaster and griddle so they can provide breakfasts at Café Alt. They are linking with FareShare to provide meals for the over 50s too.

Go along and support your local community centre. Take part in some of the activities, meet new people over food or get involved and help out! Contact 0161 222 0140 to find out more details and dates of the next meals.

Monday Clubbers

This new friendly group will be meeting up every Monday at St Paul's Court, Ashton Road, Oldham, 2pm - 4pm. The group came together following our work with Henshaws and will aim to be accessible for people with sight loss. Anyone is welcome to join however and there is a small charge of £2 and 50p for a cup of tea or coffee (no charge for carers). The charges help to pay for the room hire and any extra will go back into activities for the group. With some funding from Ambition for Ageing the group members are planning a programme of activities to be held once a month and are interested in organising some IT sessions which will be run by Henshaws and will be aimed at people with sight loss. If you are interested, contact Teresa Griffiths on 0161 622 9267.

Holts Community Centre

Redeeming our Communities is the charity working with the Holts & Lees Community Partnership. As a result of conversations with local people an action group has been formed and they have identified some useful community facilities that would improve the area.

Holts Community Centre is being developed in the former café which has recently closed. Ambition for Ageing funding will provide computer equipment along with a printer, TV, projection system and broadband Wi-Fi hub. This will help to kick-start some new community activities. For more information, please contact Phil Gleave on 0161 393 4511 or email philgleave@roc.uk.com

Boom Project

The residents of Abbey Hey Care Home will benefit from a project run by Greater Manchester Youth Network who will be organising intergenerational activities with care experienced young people and the care home residents. The young people will become Dementia Friends and will help to design and deliver the activities for residents, which could include things like craft, music and animal-assisted therapy. For more information, please contact Emma Gedzielewski on 0161 274 3377.

Crompton Needs You!

Are you interested in creative writing?

Story-sharing circle



Are you interested in creative writing? Mary Shadbolt believes that everyone has a story to tell and wants to set up a story-writing circle. Contact Mary on 01706 557 452 or 07508 171 993.

Art group

A new accessible art group will be starting up at Dovetales Christian Centre on Beal Lane in Shaw. Contact Janet Heap on 07758 192 540 if you would like more information.



Age Friendly Crompton!

Come along to one of our local steering group meetings. Contact Teresa on 0161 622 9257 if you would like to join us. If you want to come to a meeting but need help to get there, please let Teresa know.

Crompton Needs You!

Fellowship Saturday launch!



Come and join Royton & Crompton over 60s group for Fellowship Saturday. The group will meet once a month at Dovetales Christian Centre, 5-7 Beal Lane, Shaw, Oldham, OL2 8UY, starting with lunch at 1pm followed by an afternoon of Fellowship & Fun till 3.30pm. If you know someone who would benefit from joining, please invite and bring them along. There will be a small charge to cover the cost of the food. Contact Janet on 07758 192 540 for more information or to book your place. Don't be on your own, come and join us! Future dates for the meetings are:

7th April, 12th May, 9th June, 7th July, 11th August, 15th September, 13th October, 17th November,

Calling all men!

14 men joined us for our age-friendly conversations at the Conservative Club in High Crompton recently and have lots of good ideas to explore. If anyone is interested in getting involved, contact Martin Morris on 0161 339 2345.

Crompton Circle

Getting Older in Crompton just got interesting!

As part of the Ambition for Ageing programme in Oldham we are excited to announce a pilot project based in and around the Crompton ward.

The 'Crompton Circle' will see a series of events and activities all based on suggestions and ideas of older people from the area. This helps people make new friends, and meet new people, along with getting out more and living the life they want to lead. Working with the successful HMR Circle, the events will range from simply meeting up for a coffee, going out for meals or to shows, walks, talks, quizzes, anything and everything the Members of Crompton Circle suggest - we've even hot-air ballooned across the Lake District!

Thanks to the support of the Ambition for Ageing project in Oldham we can offer up to 40 **FREE** Memberships of the Crompton Circle on a first come, first served basis. The standard membership of the Crompton Circle will be £20 for the year as an online member or £30 a year for a postal member.

If you want to be one of these early Crompton Circle pioneers call Circle on 01706 751165 or email hello@hmrcircle.org.uk to claim your free membership.

Mark Wynn, from HMR Circle said, 'We are really excited at the prospect of the Crompton Circle and we are looking forward to the ideas and suggestions that will come from the members.'

Mark added 'we already have some exciting ideas in the pipeline and we have a big welcome event planned on 2pm Friday the 20th of April at De Niro's Restaurant, Heyside'.

**Getting older
in Crompton
just got interesting!**

**STRAIGHT
OUTTA
CROMPTON**

www.hmrcircle.org.uk
0800 112 3440
01706 751 165



ambition
for
ageing
oldham



HMR
Circle

Wellbeing at Victoria Gardens, Shaw

New equipment, games & exercise sessions have been funded for the community group at Victoria Gardens, which meets every Friday afternoon to take part in activities and enjoy each other's company. The funding will pay for an indoor kurling set and indoor skittles among other games. The group will also benefit from 12 one-hour exercise sessions led by a qualified instructor from Oldham Community Leisure. They hope to attract some new members to join them. For info contact Janet Campbell, Housing & Care 21, on 0370 192 4361.

Reiki for Life at Hopwood Court

A new Reiki project run by Wendy Cooper from Oldham Reiki Network will be starting soon. This project will:

- Run regular Reiki taster sessions to learn about Reiki and experience Reiki firsthand with taster treatments.
- Train people how to use Reiki for their own health and wellbeing at 4 Reiki training sessions taking place at Hopwood Court.

If you would like more information or are interested in the taster sessions or training, please contact Wendy on 07722 783 279 or email mail@westwindproductions.co.uk

VOLUNTEER OPPORTUNITIES

We need everyone's help to make our communities more age friendly.

Can you spare a little time and share your skills? You can be involved as little or as much as you like.

We are looking for volunteers to join our Ambition for Ageing team!

Community Researchers – to talk to people at events, community venues and or at different places in your communities to find out what activities are already going on and what people would like to see happen.

Community Ambassadors – to advertise events and activities and be a link to local groups & organisations.

Community Organisers – to help plan and run some small local projects or join our Age Friendly ward groups to make things happen and decide how money is spent.

Drivers & Buddies - to take people to activities.

Administration - help us with newsletters, mailouts and general admin.

Or tell us what your interested in and we will work with you to design your own role. We will provide training, expenses and fun! Contact Teresa Griffiths on 0161 622 9267 or Martin Morris on 0161 339 2345 for more info.

Other useful information...



Lunch & laughs!

What could be better than enjoying a lovely lunch or laughing with friends?!

Doing both at the same time!

An opportunity to meet up over a light lunch, socialise and have some fun - all for just £3.60! We will be offering a range of activities such as

- Afternoon tea
- Arts and crafts
- Card making
- Flower arranging
- Cake decorating
- Cinema afternoons
- Musical events
- choirs
- Singers
- Historical talks
- Chapel tour
- Activity classes
- Tai chi
- Line dancing
- Light exercises

Thursdays 11.30am - 2.30pm at George Street Chapel,
George Street, Oldham OL1 1LS

To secure a place, call Kryshia Winkler on 0161 633 0213



Home-Start: Can you spare just a couple of hour each week to improve the life chances of children living in Oldham?

When parents can't cope children suffer, the impact of which can last a lifetime.

There are so many reasons for this, poor mental health, poverty, lack of support networks... and this is where Home-Start steps in.



The charity supports families across Oldham, Stockport and Tameside and recruits and trains local parent volunteers to offer emotional and practical support to families in their own homes. Parent to parent support, a simple idea that really works.

Whilst Home-Start volunteers come from a variety of backgrounds, a core age group of volunteers Home-Start recruits are the over 50s. Men and women who share their life experiences with local mums and dads, empowering them to be the best possible parents they can be for their children.

Home-Start volunteers give their time freely for a whole range of reasons, some of our volunteers have retired early and want to 'feel useful' again. Others have come from professional backgrounds such as teachers, social workers and health visitors and want to use their knowledge and experiences to help support young families.

Overwhelmingly the majority of volunteers who are over 50 say that Home-Start has 'increased their confidence', 'reduced their loneliness and isolation', or made them feel as though they are 'giving back to the local community'. To find out more about Home-Start (Oldham, Stockport and Tameside), please visit www.home-starthost.org.uk



POSITIVE STEPS

EARLY HELP FREE HELP FOR YOU AND YOUR FAMILY



Do you or a family member need practical help to support you to take control of your life?

Do you and your family have difficulties such as housing, money, parenting, confidence, looking for work or want to improve an area of your life?

We can provide you with an allocated Engagement Worker to help you develop the skills to help yourself. There are different levels of support available depending on what you want to work on- and it's all free!

FOR AN EARLY HELP REFERRAL RING 0161 770 7777

The Oldham Early Help programme is delivered by the Oldham Together partnership of Positive Steps, Oldham Council, Threshold Housing, Hope Citadel CIC and Associate Partners



POSITIVE STEPS

EARLY HELP

FREE HELP TO STOP SMOKING!

A smoker is 4 times more likely to quit successfully with support from an advisor!

We provide a free service to anyone who would like to stop smoking within Oldham!

Stopping smoking can be a life changing experience. There are lots of products available to help with the nicotine addiction such as patches, gum and inhalators.

Our advisors can explain how each product works so that you can decide what will be best for you.

CALL 0800 288 9008 AND BOOK YOUR APPOINTMENT!

FREE NHS HEALTH CHECKS!

Get a FREE NHS Health Check which gives you a Personal Health MOT ... in less than an hour!

- Includes a weight, height, blood pressure and cholesterol test.
- Find out your risk of developing heart problems.
- Get advice and support to live a healthier lifestyle
- Aged 40-74 then come and find out if you qualify now.

In the appointment you will have a cholesterol, weight, and blood pressure check as well as looking at your lifestyle and family history. From this we can give you a score of how at risk you are from developing heart problems in the next 10 years.

We can also advise you on what you can do to look after your health and help you start to make changes.

CALL 0800 288 9008 TO BOOK YOUR FREE 30 MINUTE HEALTH CHECK

FREE CHILDCARE FOR 2 YEAR OLDS!

If you have a two year old child and would like to check whether you are eligible for free childcare

CALL 0800 288 9008 TO BOOK YOUR APPOINTMENT.



POSITIVE STEPS

EARLY HELP FREE HELP FOR YOU AND YOUR FAMILY



Do you or a family member need practical help to support you to take control of your life?

Do you and your family have difficulties such as housing, money, parenting, confidence, looking for work or want to improve an area of your life?

We can provide you with an allocated Engagement Worker to help you develop the skills to help yourself. There are different levels of support available depending on what you want to work on- and it's all free!

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Positive Steps is a trading name of Positive Steps Oldham. A company limited by guarantee (registered in England with company number 2503384). Registered office address: 46 New Street, Oldham, Lancashire, UK. OLS 100. Registered Charity Number: 1037247

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EARLY HELP

AGE FRIENDLY INVESTMENTS

Ambition for Ageing has small pots of money of up to £2,000 to invest in good ideas to help make our communities more age friendly places to grow older in. We have a local steering group in each area which decides on applications of up to £500.

If you would like to help us decide how money should be spent in your area we would love you to get in touch and get involved.

Over the last year, we have invested in...

ALL WARDS

Zest for Life - pre-retirement workshop (£1980)

Chatter & Natter Tables (£1443.34)

Fun Palaces (£945)

Stories, Memories & Moments (£944)

Women at Work (£1600)

ALEXANDRA

Open Day & Trip for Fatima Women's Association members (£500)

Failsworth Friends Fun & Flowers (£210)

Gentle Exercise classes for the Caribbean Group (£500)

Greenhill Community over 50s luncheon group (£1970)

50+ Walkacise (£2,000)

ALEXANDRA CONTINUED...

Urdu & Punjabi Poetry & Literature event (£500)

Stroke Survivor Engagement Event (£0)

Abbey Hey Dementia Training (£1500)

Dining Altogether (£1811.16)

Altogether for Halloween (£1175)

IT training for Holts village (£1494)

Holts Christmas Lantern Parade and associated activities (£500)

Christmas meal for Anglo-West Indian Group (£500)

Celebrate Diversity Event for the Indian Association (£1000)

Boom Project (£1000)

Holts Community Centre IT equipment (£2000)

The Monday Clubbers (£750)

CROMPTON

Quilting & Mixed Media Class for over 50s (£1550)

Neighbours Day and Planters for Victoria Gardens (£1747)

Wellbeing at Victoria Gardens (£909.70)

CROMPTON CONTINUED...

Crompton Circle (£1975)

Reiki for Life at Hopwood Court (£1750)

Fellowship Saturday (£500)

FAILSWORTH WEST

Healthy Living Healthy Life (£2,000)

Earls Lodge Theatre Group (£620.50)

Hope Methodist Indoor Bowling Group (£1379)

Colourful Creations (£400)

Music to combat isolation (£1953.31)

**What's on in Failsworth Guide (kindly funded by
Councillor Sean Fielding)**

Women in Sheds (£1300)

Slimmin' without Women support group (£470)

Ridgefield Street Kurling Group (£296.98)

**Walton House Garden and community group
(£1804.70)**

Stroke Survivor Engagement Event (£0)

**If you would like any information about any of
these projects, or if you would like an
application form to put forward your idea please
get in touch with our team.**