



ambition
for
ageing
oldham

Community Newsletter - April 2017

Ambition for Ageing update

Welcome to our April newsletter for
Ambition for Ageing.



Project Celebration Event



Christmas Get Together at the
Pakistani Community Centre

What is Ambition for Ageing?

A quick reminder!

Ambition for Ageing is a Big Lottery funded project that is working across a number of targeted wards in Greater Manchester - in Oldham these are Alexandra, Crompton and Failsworth West.

Our aim is to improve the lives of people aged 50+ by talking to people, finding out what is already good about where they live, finding out what can be improved and investing together in ideas coming from these discussions. This is creating activities and opportunities to reduce social isolation and making improvements to our surroundings.

Calling all men!

Only a quarter of all the people we have been in touch with through Ambition for Ageing so far are men so we are making a plea for ideas of activities or events that you would like to get involved with. Contact Nicola on 0161 622 9257 or email nicola.shore@ageukoldham.org.uk



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 join one of our steering groups.

Since our last newsletter, we have invested in...

ALEXANDRA

- An event for people with sight loss and their carers run by Henshaws

CROMPTON

- Chat & Craft classes at High Crompton Conservative Club
- Exercise classes hosted by Moorside View sheltered housing scheme
- Shaw Pride walk, for the whole community, to mark the 50 year anniversary of the decriminalisation of homosexuality, July 14th at 6pm in Dunwood Park
- Action on Hearing Loss training for the local community

- A whole host of projects at our voting event in High Crompton (see Spotlight on Crompton on page 18).



PA system for the Shaw Wednesday Club, in action at their bingo session

FAILSWORTH WEST

- A new music system for the Tiller Girls dance group at Holy Family Church
- Wifi extenders for the IT and social media classes at Earls Lodge
- A PA system and matching ties and scarves for the Age UK Oldham Singers
- Equipment for the Earls Lodge Sunday Brunch

Dementia-friendly performance at Oldham Coliseum

Oldham Coliseum Theatre launches its first ever Dementia Friendly performance with ***Spring And Port Wine*** on Thursday 27 April, 2.30pm.

Tickets: £14.50 - Companions go free

Spring and Port Wine is a classic comedy in the vein of the Lancashire comedies like *Hobson's Choice* or *Hindle Wakes*.

Please note that pastoral care is not provided at this event. A friend, family member or carer must also attend.

- **What to expect on the day:**

A warm and friendly welcome.

Trained staff and volunteers.

Clear signage to toilets and other facilities.

A special information pack about this Dementia Friendly performance of ***Spring And Port Wine***, plus information about the theatre.

Space to move around – people may want to move around the auditorium during the performance.

People may want to leave the auditorium during the play, we have a Relay Screen in the Stalls Bar. **See next page for booking information.**

Dementia-friendly performance at Oldham Coliseum

Booking Your Seats

Please book in person or by telephone on **0161 624 2829** or by emailing **access@coliseum.org.uk** rather than booking online. We'll give you the best possible information about seating and wheelchair spaces. We'll also ask for your address / email so we can send you a special information pack before the event.

There's up to date information about the Coliseum's access facilities here:

<http://www.coliseum.org.uk/about-us/access/>

Alexandra Ward update - Jacqui Greenfield

Steering Group - we are looking at lots of ways of making Alexandra Ward more Age Friendly, sharing information about what is going on and suggesting new ideas that Ambition for Ageing could fund.

We are really pleased to say that our newly established Steering Group has now met a total of three times, once at Fatima Women's Association at the Launch Pad on the first floor of the Pakistani Community Centre, once at the Café Alt on Cherry Avenue and at Café Holt (the Doris Johnson Café) near Birches Parade on Holt.

One of the ideas agreed at the first meeting was to arrange (at short notice) an Ambition for Ageing Christmas Party at the Pakistani Community Centre on 20 December 2016. This was a great success with over 60 people attending including elders (men and women) from the Pakistani Community Centre, women from Fatima women's group, a local group for people with additional needs, a group from a local residential care home, a number of people from the Ambition for Ageing Core Organising Group and Equalities group.



The Pakistani Community Centre had arranged for the Oldham Play Action group to come in and arrange a couple of activities for us all to get involved in - the bingo session proved particularly lively. There was a very good atmosphere, great food and we were able to talk to people at the beginning about Ambition for Ageing and what we are trying to do in the ward.

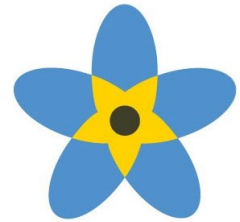
Some of the new members of the Alexandra Steering group also attended and some great introductions were made with potential for some smaller local events in the future – watch this space as we will be organising more events in the future and it is a great way for us all to get together and celebrate where we live and meet new friends.



Pakistani Community Centre - Christmas Get-Together



Dementia Awareness – we have been able to run some Dementia Friends sessions for community groups talking to people about Dementia Awareness – these are for anyone who wants to find out more about Dementia and is run by people trained as ‘Dementia Friends Champions’ – lots of us know or have cared for people with dementia and it really helps to find out more and talk to others. We will be running more so if you are interested please ring Nicola Shore on 0161 622 9257.



Hathershaw – I have now met the residents group at St Paul’s Sheltered Housing on Ashton Road. I was delighted to be able to tell them about Ambition for Ageing and together we will be looking at investment ideas and inviting them to future Ambition for Ageing events.

Ambition for Ageing projects

Holt Ageing Guitar Lessons - we have had one group of people learning guitar with John Faraday and we are now able to offer people a place on a second group. Interested?? Ring John.faraday@sky.com on 0161 759 2908.



Alt Community Challenge Team – monthly Sunday lunches continue with regular activities at Café Alt on 50 Cherry Avenue, OL8 2HS. Come and meet other people who live in the area. Please contact Steph or Red if you are interested – 0161 222 0140 or email steph.acct@yahoo.co.uk

Fatima Women's Association (FWA) – are still running Ambition for Ageing projects for women aged 50 plus. There are regular Forums aimed at women who are new to FWA and to introduce them to activities and services in the area. For more information ring Fauzia on 0161 627 3109.

Pakistani Community Centre - the regular weekly lunch club is running a project to involve more elders from Alexandra ward and a group of older men are looking at running a weekly drop in. For more information contact Alyas - 0161 628 4800 or manager@pccoldham.org.uk

Knit & Natter and Walk & Talk at Alexandra Park - this is a weekly informal group which meets every Thursday 10.30am - 12.30pm in the Boathouse Café to do some simple crafts such as knitting and crochet, share skills with one another and a gentle stroll for those who fancy it.

Chai Women's event – Najma Khalid and the Chai Women's Project held a mother and daughter event on 22nd March 2017 at the Pakistani Community Centre. This was a way of meeting more people to talk about ways of making Alexandra ward more age friendly. For more information contact Jacqui Greenfield on 0161 339 2345.

Other things we have found out about:

Café Holt – Near Birches Parade, Holt, OI4 5PZ ('Doris Johnson' is over the top of the door)
Luncheon Club from 1.00pm. All welcome. Lunch is £4.00. Thursday 4 May 2017- May Day theme

Other activities on Holt – there are a lot of community activities that are being organised by members of the new Holt Hub based next to Café Holt.

Community Reporters – are you interested in joining a new team of community reporters who are finding about people's life stories who live on Holt and in Lees – find out more from Susanne Knapper, Stronger Communities Officer, First Choice Homes Oldham 0161 393 5498.

Community Walks on Holt – anyone can join in starting from St. Agnes School at 9am every Monday – the walk is about 40 minutes long. For more details ring Susanne Knapper – 0161 393 5498. There are plans in the future to organise an afternoon session so watch this space.

Failsworth West update & activities - Nayan Joshi

She Sheds

Men have the 'Men in Sheds' project in Failsworth and now some of the women in Failsworth West are interested in having their own version of this brilliant project. Nayan is arranging a visit to an existing project in Springhead so that a group of us can see how it works so that we can look at setting a group up locally.

Contact Nayan on 0161 339 2345 if you would like more information.

Gentle exercises:

Fridays 12:30pm - weekly

Hope Methodist Church, Oldham Road, Failsworth
M35 9AQ

£2.00 per session

Gentle exercises:

Earls Lodge, Albert Street West, Failsworth, M35 0JB

Chair based exercises with a qualified instructor

2.30 - 3.15 pm

£2.50 per session - local community welcome.

Social dancing:

Social dancing including sequence, ballroom and line dancing.

Monday afternoon 2-4pm

Failsworth Home Guard, Poplar Street, Failsworth
M35 0HY

Contact Cynthia 0161 681 8452

Ballroom and modern sequence dancing:

Thursday afternoon

The Church of the Holy Family, Failsworth,
Manchester M35 0PX

0161 681 3644

Coffee mornings

Zion Church Hall on Coronation Road Failsworth
M35 0LU

Thursdays 9.00am to 11.00am weekly

Failsworth Friends Over Fifties Group

Ambition for Ageing (AfA) staff have started to work more closely with Age UK Oldham's Promoting Independent People (PIP) service to identify ways of getting people together. We have held two friendly get-togethers to try to engage with people to find out what they like about their area and what would help them to become better connected and better supported.

On the first get together the group didn't know one another and identified a range of skills and interests and a willingness to help. They discussed issues around bereavement, peer mental health support, activities such as craft, a 'she-shed' (e.g. 'Men in Sheds' for women) and getting together with others to go for lunch or a carvery.

On the second get together we were joined by new members and a whole host of ideas for activities and speakers and trips out was suggested along with the idea of paying 'subs' to pay for tea and coffee for a monthly coffee morning. The members agreed to swap contact details, decided to call themselves the '[Failsworth Friends over Fifties](#)' [group](#) and move the meetings to an 11.00am start.

Future meetings to be held between 11.00am and 1.00pm at Failsworth Town Hall, Wednesday 19th April, Monday 22nd May, Wednesday 21st June.

If you like to join the 'Failsworth Friends over Fifties' group then please contact Nayan Joshi to book your place on 0161 339 2345 or email him at nayan.joshi@actiontogether.org.uk.

Please inform Nayan if you require any support to enable you to attend and participate in the get togethers. We look forward to hearing from you.

Failsworth Carers Group

Provide carers with support and friendship whilst having a break from the strain of caring.

Meet at 10.30 am Clock Café 3 Ellesmere Street, Failsworth on the last Monday of each month except on bank holidays when meetings brought forward one week. 0161 770 8751.

Macedonia Lighthouse

Macedonia Church Ashton Road East, Failsworth
M35 9HE

Coffee morning and companionship

Fridays 10.00am to 12 noon

Meet in café - community café

Failsworth Salvation Army community church, 572
Oldham Road Failsworth

Monday 12 noon to 1.15pm

Enjoy eating in the company of others -
companionship and support

Good Companions Club

Failsworth Salvation Army community church, 572
Oldham Road Failsworth

Monday 1.30pm to 3.00pm

60+ fellowship group

Talks, trips, tea and biscuits and companionship

Truffles and Treats at Earls Lodge

A brilliant afternoon at Earls Lodge. Ambition for Ageing in Failsworth West funded 30 places for a Community Event to be held at Earls Lodge. Jean Stokes then organised the event. As you can see part of this event included a chocolate truffle making demonstration. This was followed by entertainment and a fish and chip tea. The 30 places funded by Ambition for Ageing were quickly booked up by tenants and people in the local community so Earls Lodge Social Club then funded an additional 10 places for Earls Lodge tenants. Everyone said how much they had enjoyed themselves.



VOLUNTEER OPPORTUNITIES

We need your 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.

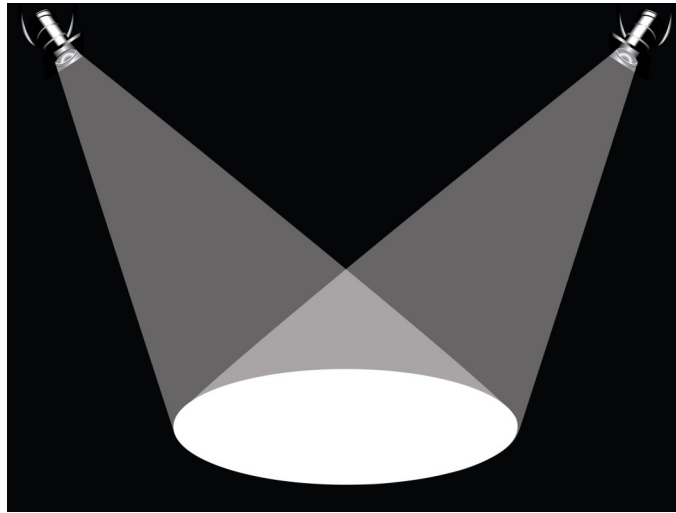
Community Organisers – to help plan and run some small local projects or join our Age Friendly ward groups to make things happen and decide how money is spent.

Drivers & Buddies - to take people to activities.

We will be offering training, expenses and fun.

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

Contact Jacqui Greenfield 0161 339 2345 or Nicola Shore on 0161 622 9257.



Spotlight on Crompton - Nicola Shore

Grand voting event

We held a community voting event on Saturday 18th March at St Andrew's Methodist Church where people listened to some new project proposals and voted for their favourites to receive an investment of up to £2,000.

9 new projects were voted in at the event:

- A **'Let's Talk'** event and some follow-up workshops to provide older people with an opportunity to talk about the process and the opportunities of getting older, promote inclusive communities in which older people are welcomed and appreciated for their wealth of experience and knowledge and sample a range of fun activities and therapies, such as Reiki and laughter yoga. Learn about life books and how to put one together. Contact Gill Cotterill if you are interested on 0161 626 4490.

- **Indoor kurling set**

An indoor kurling set for the Royton & Crompton over 60s group which has moved into new premises at 5-7 Beal Lane in Shaw. The set includes a ramp so that people with disabilities can take part.

Opening times:

1pm - 3pm, Thursdays

Crafts, drop in between 9.30am - 3.30pm,
Wednesdays

Janet Heap on 07758192540



Indoor
kurling

- **Hopwood Court gardening**

Funding was agreed for soil and plants to cheer up the garden at Hopwood Court while they are waiting for some landscaping work to be done and some tools to help maintain the garden longer term.

- **Monthly Afternoon Tea**

Monthly Afternoon Teas organised by Café Mandels in Dunwood Park, where we will invite residents from the local care homes to come along and other local people who may want to make new friends and enjoy companionship. The teas will be arranged and served by the young people who are learning about catering through the Café.

- **Flower arranging workshops**

5 flower arranging sessions to be held at Sweetbriar House over the next few months. The first session was held on Friday 31st March, 1pm - 3pm

Contact Teresa on 0161 622 9267 if you would like to come along.

- **Oldham Community Radio**

Oldham Community Radio will be doing some Ambition for Ageing sponsored 'Wireless Programmes'.

You can listen to them on 99.7FM and their 'Wireless Programme' is on Monday - Friday 2pm - 5pm.

- **IT and mobile phone tuition for the Shaw Wednesday Club**

Members of the Shaw Wednesday Club will benefit from a tutor to help them to get more familiar with their mobile phones, laptops and tablets.

- **Wellbeing at Hopwood Court**

Some awareness-raising talks and coffee mornings will be run from Hopwood Court in High Crompton about different therapies and health and wellbeing. Taster sessions will be offered to try out some of the popular therapies. This is open to the wider community as well as tenants of Hopwood Court.

- **Story Savers Intergenerational Theatre Project**

A creative theatre project working with Le Petit Artiste Theatre Company and Shaw Youth Theatre and local people aged 50+. Sharing stories about the local area will lead to performances and lots of fun. If you would like to take part please contact Nicola Shore on 0161 622 9257.

If you are interested in joining in with any of these new projects, please get in touch with Nicola on 0161 622 9257 if you need more information.

Crompton activities

Games & Social Afternoon

2pm-4pm, every Thursday

Hopwood Court, Thornham Road, High Crompton

We meet every week at Hopwood Court for games, including indoor kurling, and a friendly chat

We are looking for a couple of volunteers to help at this session - could you help?

New Craft and Chat Group

If you would like to have a go at arts and crafts, please get in touch with your contact details. We didn't get enough interest to go ahead with our Monday sessions run by Lifelong Learning but we are running some informal sessions on Mondays at 1pm at High Crompton Conservative Club - please get in touch if you would like to come and join us.

Please contact:

Eve on 0161 770 1680 9257

eve.edwards@oldham.gov.uk or

Teresa on 0161 622 9267

teresa.griffiths@ageukoldham.org.uk

Age Friendly Crompton!

Come along to one of our local steering group meetings. Contact Nicola on 0161 622 9257 if you would like to join us. Our next meeting is being held on Monday 15th May at 10am at Hopwood Court, Thornham Road, High Crompton in the upstairs lounge (there is a lift if you cannot manage the stairs). If you need help to get there, please let Nicola know.

Bring the Grandkids! Do you want to bring the Grandchildren to a show which comes to you?

LPA theatre offers a range of seasonal shows for children, which can be brought into your existing groups, or to a venue near you!

Shows include classic tales such as 'The Ugly Duckling', seasonal shows like our Christmas story 'The Littlest Snowflake', to shows about healthy lifestyle choices, such as 'Grandad's eating Rubbish', where Grandad and his Granddaughter Katie go on an adventure to find out more about healthy foods and where they come from.

If this sounds like something you would be interested in, then let us know!

Contact Nicola on 0161 622 9257.

Crompton Needs You!



Victoria Gardens

Could you spare a couple of hours a week to help out a friendly group?

Victoria Gardens in Shaw are looking for volunteers to help them run their luncheon club on a Tuesdays. The role involves setting the tables, clearing plates and washing up and putting plates away.

If you're interested in helping out, contact Janet on 0370 192 4361 or come along to an afternoon tea at 2pm on Tuesday 25th April to find out more!

Are you interested in poetry and creative writing?

We have had an enquiry about poetry and creative writing and wondered if there are other people in



the area who would be interested in taking part in a group or helping to run one. Get in touch with Nicola on 0161 622 9257 if you would like to join in or email nicola.shore@ageukoldham.org.uk

Crompton Needs You!



Dunwood Park Growing Hub

A growing hub is being created at Dunwood Park and Amanda at Right Opportunities (who runs Café Mandels) is looking for volunteers who could help out.

There is already a group of 15 active volunteers who take part in regular workshops, park planting and help maintain the café allotment, but there are plans for new activities and groups, so if you are interested in:



- Running or helping out with workshops or sessions for groups
 - Day to day running of the site
- contact Amanda
on 07783 009 964 for more information.

OUR WARD AREAS

ALEXANDRA



CROMPTON



FAILSWORTH WEST

If you have access to the Internet you can look more closely at these maps and maps of activities in these areas on our website www.ageuk.org.uk/oldham/ambitionforageing



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YOUR CONTACTS FOR AMBITION FOR AGEING

Alexandra:

Jacqui Greenfield

0161 339 2345

jacqui.greenfield@actiontogether.org.uk



Crompton:

Nicola Shore

0161 622 9257

nicola.shore@ageukoldham.org.uk



Failsworth West:

Nayan Joshi

0161 339 2345

nayan.joshi@actiontogether.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 is a trading name of Positive Steps Oldham.

A company limited by guarantee and registered in England with company number 254094.

Registered office address: 46 New Place, Oldham, Lancashire, UK, OL1 1DU. Registered Charity Number: 1037247



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.



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EARLY HELP