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LIFE, LOVE & MEMORIES



MEMORY LANE

PUBLISHED BY AGE UK OLDHAM

Welcome to our October Newsletter. October when the leaves turn brown and begin to fall from the trees giving us a reminder that Winter is on its way.

As the weather gets colder, chest infections and increased blood pressure are more common. In some cases, this can put us at a higher risk of heart attacks and strokes. This is why it's really important that we heat our homes to a comfortable temperature and wrap up warm when we're on the move.

Tips and advice about keeping warm and in touch with people can be found on the Age UK website. If you don't have access to a lap top or a smart phone ask a member of your family to help you to access this information or telephone Age UK Oldham on 0161 633 0213 and they will be able to help you with any concerns you may have.

Sunday 27 Oct 2024 @ 2 am is when the clocks go back.

A lot of things we now have in our homes are digital and will do this automatically so you don't have to worry.

Sunrise and sunset will be about 1 hour earlier on 27 Oct 2024 than the day before. There will be more light in the morning and less light in the evening.

It's also called Fall Back and Winter Time.



Get an extra hour in bed

UNLESS YOU HAVE A DOG!



Margaret Taylor

Margaret Taylor was born in Greenacres on 1st August 1923 and is now 101 years old. She lives as a resident at Franklin House Care Home, and celebrated reaching such an amazing milestone with a party for family and friends. Royton Ukulele Band started the festivities with songs from the 1940's. They also played "Happy Birthday" to Margaret.

Margaret served during World War 2. She joined the WRENS at the age of 18. She had to study and sit a series of exams in Leeds when she was just 17, in order to join the Navy.



She then joined a naval base on the Isle of Harris, working in a logistics role which involved overseeing supplies that went aboard the Navy's ships - a role "you couldn't afford to get wrong" given the drastic consequences it would have had on those serving at sea.

Her role also involved resolving any defects on ships before they set sail.

Margaret was later promoted to work in the intelligence department where she even learnt Latin and about medicines. She said it was wonderful to be a part of it, although, working in the WRENS had its tough moments.

Margaret remembers that when they opened a base in Stornoway, the people didn't want them there so would throw pebbles at them!

Then when she developed appendicitis there was no facility so she had to be sent away to hospital. The captain had to give his permission because she needed an operation badly and there was no time to get her parents' consent. In the circumstances the captain had to act as her guardian.

While in hospital a nurse spoke to her in Gaelic which Margaret could not understand. She thought she was dead but then another nurse translated for her and asked if she was feeling better.

Her friends from the regiment gathered their chocolate rations together which gave her "3 lockers worth", to support her back to health. She said it was a huge sacrifice for people to make and it definitely helped nurse her back to health.

The Royal Airforce had a base near to Margaret's regiment which meant the 2 forces could meet up. They danced, had parties and played hide and seek when they could.

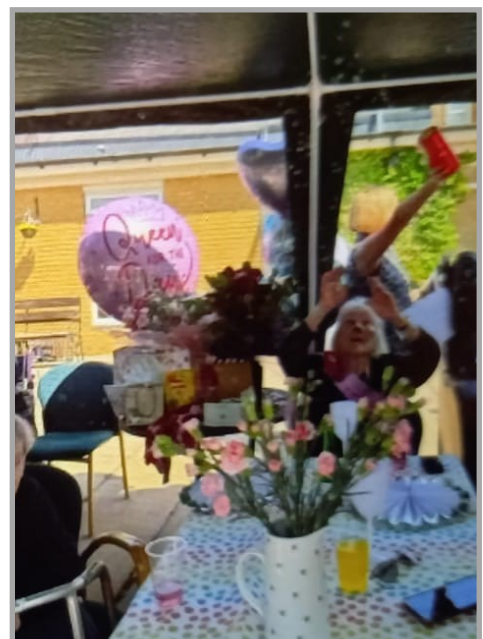
Margaret said you could get permission to fly and get 2 extra days leave for it. She said that flying was a great liberator and that one day she went to Dundee and one of the Airforce boys asked if he could write to her. Sometime later she received a letter from him with the news that all his crew had been killed. He was the sole survivor.



Good memories for Margaret include her 21st birthday when residents on the island worked hard to gift her 21 yards of Harris Tweed. She found the gift beautiful and had a jacket made from it and her sister's husband made her a suit which she still has today!

Margaret's flair for fashion and beauty saw her win a beauty pageant when she was in the Navy.

She remains stylish, wearing a black lace dress for her 101st party with a pearl necklace and earrings, plus her "Birthday Girl" tiara!



The care home presented her with two cakes, one from the staff and another, in a nautical theme, from her Navy friends.



In 1949, Margaret married her boyfriend, John Taylor, at Rochdale Town Hall. In 1960 they moved to Fitton Hill where Margaret worked in a high-class dress shop, before moving to work as a dinner lady at Fitton Hill Secondary Modern School until the age of 60.

She and John had two children, and Margaret has one granddaughter and is a great-grandmother to two.

John passed away in 2003 after more than 54 years of marriage.

Her son, Robert, says his mum has had a colourful life and often looks back on her memories in the WRENS with fondness, writing poetry in her spare time.

Upon reaching 101 she says that she feels great!

Last year Margaret was invited to the Mayor's Parlour to celebrate her 100th birthday in a special ceremony about her achievements. The Royal British Legion attended and greeted her warmly.



Margaret attended a special ceremony to celebrate her 100th birthday last year

QUIZ QUESTIONS

How well do you know your animals?

1. Of all the mammals, which species lives the longest?
2. What is the largest land animal?
3. Name one of the two mammals that lay eggs.
4. How many stomachs does a cow have?
5. What animal's name means 'river horse' in Greek?
6. Mozzarella cheese comes from which animal?
7. How many teeth do anteaters have?
8. Gorilla gorilla is the Latin name for which animal?
9. Wallabies belong to which class of mammals?
10. The word 'ursine' describes which kind of animal?
11. What creature's name means 'wild man of the woods'?
12. Which animal is named after one of the 'deadly sins'?
13. What are the houses that beavers build called?
14. What is the world's biggest spider?
15. What is the largest member of the whale family?
16. Which type of camel has two humps?
17. The okapi is the nearest living relative of which animal?
18. What are rhino horns made of?
19. The millipede's record leg count is 750, 1,000 or 1,400?
20. What is the fastest mammal?

See next page for answers...

ANSWERS TO QUIZ

1. Bowhead whale
2. Elephant
3. Platypus or echidna
4. Four
5. Hippopotamus
6. Water buffalo
7. None
8. The gorilla
9. Marsupials
10. Bears
11. Orangutan (Malay)
12. Sloth and/or wolverine (also called the glutton)
13. Lodges
14. The Goliath bird-eating spider
15. The blue whale
16. Bactrian (a dromedary has one)
17. The giraffe
18. Hair
19. 750
20. The cheetah

Poem provided by Sue

SNORING (by Pam Ayres)

We never did it much but now we do it every night
Married thirty years but in the end you get it right
I don't mean to sound complacent but we do it more and more
We clamber into bed and fall asleep, and then we snore.
Sometimes we snore in unison, sometimes we snore alone
I'm a soprano snorer and he's a baritone
It never gets monotonous, each night a different sort
Some finish with a gargle, others finish with a snort
I only snore a bit but once I couldn't snore at all
I suppose when I get going you can hear me down the hall
But my husband is remarkable, his snoring is so loud
That beneath our bedroom window he's attracting quite a crowd



It's true, he is phenomenal and sometimes when he snores
My glass of water travels right across the chest of drawers
And if he adds a flourish like a splutter or a cough
I've seen the glass of water jump a mile and topple off!
I could dance across the bedroom wearing just a feather boa
He would still lay flat upon his back and snore like Krakatoa
So let's hear it for the snorers now, wherever they may dwell
Lie back, enjoy sweet dreams my friends I hope you all sleep well.

NATURE ON YOUR DOORSTEP - TANDLE HILL PARK

Tandle Hill was originally part of the township of Thornham – part of the extensive parish of Middleton. It was used as a meeting place for radicals in the 19th century. In the period leading up to the Peterloo massacre it was said that it had been used by radicals for practising marching and drilling. The beech woodland was planted to prevent this happening again and the hill became a hunting park and private game reserve as part of the Thornham Estate. It was sold in 1861 and came into the ownership of Joseph Milne, whose wife later sold the park to Norris Bradbury, a Royton councillor. Bradbury gifted the park to the people of Royton in 1919 as a peace offering at the end of the First World War. A granite marker stands near the Oozewood entrance to the park, and its inscription reads:

Tandle Hill Park and Woods. These grounds are the gift of Norris Bradbury Esq J.P. of Tynwald Mount, Shaw Road, Royton as a thank offering for peace after the Great European War 1914–1919. 6th September 1919.



Tandle Hill was formally designated as a country park on 1 July 1971. It is a designated Site of Biological Importance for its fungi and bird populations.

Tandle Hill is a mixture of magnificent beech woodland and open grassland with a wide panorama of the surrounding countryside. There are several walks around the park and links to Crompton Moor. Tandle Hill is Oldham's oldest country park. It has 48 hectares of parkland with mature beech, mixed woodland and grassland. There are views across the Manchester Plain and the Pennine Hills.

The War Memorial

The war memorial commemorating the men of Royton who died during the First World War stands at the highest point in the park, and was unveiled on 22 October 1921 by the Earl of Derby. Originally the memorial, which is constructed from Portland stone, bore plaques listing the fallen and a bronze statue. The original plaques were stolen in 1969, and replacements were later installed in the grounds of St Paul's, Royton.



HOW OUR PHARMACIES HAVE CHANGED OVER THE YEARS

Long gone are the days when a visit to the Doctors meant that the prescription you were given was created by hand at the back of the premises. Pharmacies were filled with an array of colourful bottles and smells from which the pharmacists would create pills and potions by hand, using hand written recipes from a ledger. They would weigh the ingredients and then mix and grind them in a mortar.



- 1948: Formation of the National Health Service. Free prescriptions so there is much more dispensing in the pharmacies.
- 1954: Legislation ensuring services provided under contract to the NHS in community pharmacies and by community pharmacists are regulated in part by the NHS.
- 1963: Yellow Card scheme introduced to report adverse drug reactions following the aftermath of the thalidomide disaster.
- 1967: Pharmacy students get experience after their studies and can put their knowledge into practice. Now known as pre-registration.
- 1968: New medicines have to be approved and licensed before being allowed on the market.
- 1984: Regulations restrict the opening of new pharmacies. They now have to prove that their NHS service is necessary or desirable.
- 1985: Number of medicines prescribable on the NHS is reduced creating demand for over-the-counter drugs.
- 1991: Nicotine gum is the first form of nicotine replacement therapy made available from pharmacies.
- 1999: The Yellow Card Scheme is extended to community pharmacists.
- 2005: The electronic prescription service is launched.
- 2006: Pharmacists can prescribe independently of a doctor.
- 2009: The Royal Pharmaceutical Society introduces mandatory continuing professional development for pharmacists.
- 2010: The General Pharmaceutical Council is formed.
- 2016: Government announce an overhaul of pharmacy funding in England.
- 2020: The coronavirus pandemic sees pharmacies on the frontline of efforts to protect the population from illness.

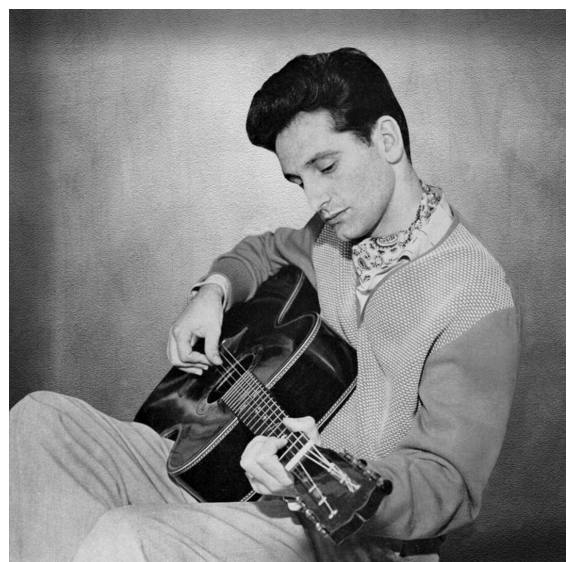
WHEN THE MUSIC SCENE STARTED TO CHANGE — EARLY 1950's

In the 1950s, Britain was well placed to receive American rock and roll music and culture. It shared a common language, had been exposed to American culture through the stationing of American troops in the country, and, although not enjoying the same economic prosperity as the US, had many similar social developments, not least of which was the emergence of distinct youth leisure activities and sub-cultures. This was most evident in the rise of the Teddy Boys among working-class youths in London from about 1953, who adopted a version of the Edwardian styles of their grandfathers' generation.

British audiences were accustomed to American popular music and British musicians had already been influenced by American musical styles, particularly in trad jazz, which also exposed some to the precursors of rock and roll, including boogie-woogie and the blues. From this emerged the skiffle craze in 1955, led by Lonnie Donegan, whose version of "Rock Island Line" reached the Top 10 in the UK Singles Chart. Skiffle produced an Anglicised and largely amateur form of American folk song, chiefly notable for inspiring many individuals to take up music. These included many of the subsequent generation of rock and roll, folk, R&B and beat performers, among them John Lennon and Paul McCartney, who first performed together in the Quarrymen skiffle group in 1957.



The Quarrymen performing in Rosebery Street, Liverpool, on 22 June 1957.
Left to right: Hanton, Griffiths, Lennon, Garry, Shotton and Davis)



Lonnie Donegan

PICCALILLI SAUCE

Makes 3 jars

Ingredients:

Half veg marrow,

Half a cucumber,

1 onion, peeled,

225g canned kidney beans **OR** cauliflower florets,

Salt,

55 gms sugar,

55 gms flour,

1 tbsp English mustard powder,

55 gms turmeric,

1 tbsp ground ginger,

1/2 litre of white wine vinegar, more if needed.



METHOD:

Cut the vegetables into small pieces and add the beans (if using).

Sprinkle everything with salt and leave overnight.

Mix the sugar, flour and spices to a paste with a spoonful of vinegar.

Pour the rest of vinegar into a pan and bring to the boil.

Add the paste and boil for 5 minutes.

Take the pan off the heat and add the vegetables.

Ladle the piccalilli into sterilised jars and cover with waxed discs and cellophane or lids.

PLACES OF OLDHAM - CANDLELIGHT CLUB

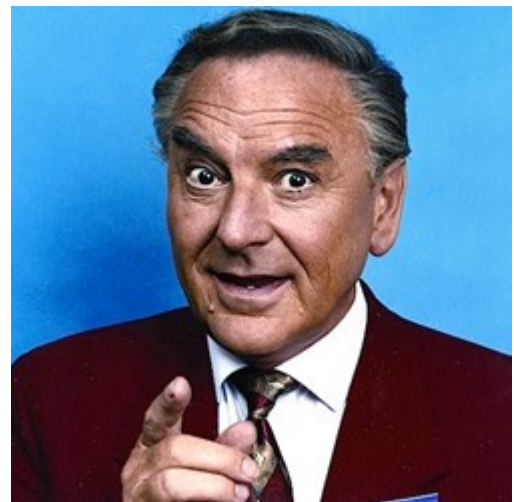
The candlelight club on Fountain Street was formerly the Savoy Ballroom until 1965. In 2008 Ken Naylor, who had owned the club for all but two years, decided to call time because of a combination of the credit crunch, smoking ban, 24-hour drinking and a TV show!

Ken is credited with bringing showbiz stars such as Bill Haley and the Comets, Bernard Manning, Freddie Starr and Bob Monkhouse to Oldham after taking over the legendary club in 1963.

At that time the club opened six nights a week, hosted up to 250 diners a night and also had a casino. It was thought to be the UK's oldest club under the same ownership and was the longest running club in Oldham. The club attracted more mature people and visitors also came from out of town.



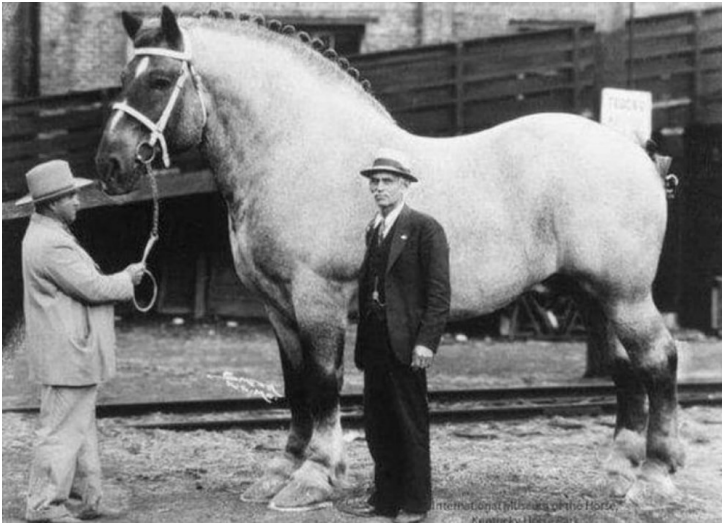
Bill Hayley & His Comets



Bob Monkhouse

ANIMAL CORNER

SAMPSON



Sampson was a Shire Horse.

He stood at a towering 21.25 hands (7 ft 2.5 in, or 2.19 m) and weighed 3,360 lb (1,524 kg).

With his impressive measurements, Sampson was both the tallest and heaviest horse in history.

Sampson, also known as **Mammoth**, was the tallest and heaviest horse on record, circa 1850. He was a Shire horse gelding foaled in 1846 by Thomas Cleaver in Toddington Mills, Bedfordshire, England.

Sampson was renamed Mammoth at the age of four when he already stood 7ft 2 in. Had he not been gelded at one and a half years old, this famous giant could have reached even more extraordinary heights.

There's a good chance that Sampson's name might forever remain in the Guinness World Records as the biggest horse that ever lived. However, some equines have since come close to his impressive size.

The tallest and heaviest horse breeds in the world embody power, grace, and magnificence. These gentle giants have played pivotal roles in agriculture, transportation, and even our cultural heritage.

The Shire horse is one of the largest, most stunning horse breeds in the world, known for its incredible strength. Originally from Britain, these wonderful draft horses were bred for hundreds of years to be the ultimate work horse.

The first Shire horses appeared around the 18th century. At this time, their primary role was working on farms, towing barges, and pulling carriages.

Today, these gentle giants are used for forestry work, driving, and even riding. They are most often bay, black, or grey in colour, with beautiful silky feathering on the legs.

SPORTING GREATS

Sarah Storey



Dame Sarah Joanne Storey, DBE (née Bailey)

She is a British cyclist and swimmer, a multiple gold medallist in the Paralympic Games, and six times British (able-bodied) national track champion (2 × Pursuit, 1 × Points, 3 × Team Pursuit).

Born: 26 October 1977.

Place of Birth: Manchester.

Married: 2007—Tandem pilot and coach Barney Storey

Children: Daughter, 30 June 2013. Son, 14 Oct 2017.

For the 14-time Paralympic cycling champion, and 5-time Paralympic swimming champion sport in general was at the heart of Sarah's life from an extremely young age.

She is the eldest of three siblings, and never felt that being born without a left hand would stop her. Her grandmother had worked in disability services and was the first to say that they would all "hardly notice it" and that Storey's life would not be diminished as a result. She was right. She was fortunate enough to have a big back garden and learnt to catch and kick a ball at an early age.

Swimming quickly became a part of Storey's active childhood, as her primary school had a thriving swimming club and during the Saturday afternoon sessions, she excelled.

"When she was four-years-old she got her 10 metre badge, 3,000 metre badge at six and at eight was the fastest swimmer in the school."

Two years after becoming the fastest, Storey moved her career forwards at Stockport Metro Swimming Club. After proving she was not too old to start formal training, she rapidly went through the groups.

She was persistent in writing to the leader of North West Disability Swim and, after 18 months, was invited to attend a regional competition which selected people for the National Championships.

She went to this gala and wiped the floor with everybody! Fortunately there was a lady there who was involved in a higher level of British Parasport. She sent Sarah to a training weekend in Birmingham.

At Fox Hollies, Storey started in lane one with the slowest swimmers and finished in lane six with the fastest. Everyone wanted to know where she had come from, and with 10 months to go before the Barcelona Paralympics she was selected onto the British swimming team.

Storey, who was then just 14, went to the 1992 Paralympics and returned with five medals, including two golds. After reaching the top of her sport, she then returned to school to focus on her GCSEs. Alas, at that point she encountered issues with bullying which brought on an eating disorder.

It was a lonely existence at school for her but because she had her swimming friends and her career aspirations she decided to suck it up knowing that her career in sport would last a lot longer than bullying at school.

Storey's major achievements include being a 29-time World champion (6 in swimming and 23 in cycling), a 21-time European champion (18 in swimming and 3 in cycling) and holding 75 world records. She is regarded as one of the most experienced campaigners in the history of the Paralympics as she took part at the Paralympics on nine occasions between 1992 and 2024.

It was in 2005 that Storey changed from swimming to cycling. For several years at her peak, Storey's progress was such that she was competitive at able-bodied elite level on the track, and for a period was in the Great Britain Olympic squad programme for team pursuit. She won a number of UCI Track Cycling World Cup gold medals in team pursuit in that period, and narrowly missed the (able-bodied) women's one hour world record by less than 600 metres, taking the national record. She remains the current para world record holder in women's 3000m individual pursuit and one hour record. On 2 September 2021, she surpassed Mike Kenny's 16 Paralympic gold medal record to become Great Britain's most successful Paralympic athlete of all time after securing her 17th Paralympic gold medal when she won the women's road race C4-5 event. She went on to win her 18th and 19th gold medals in Paris just a few weeks ago.

Honours: (MBE) in the 1998 New Year Honours "for services to Swimming for People with Disabilities". Following the Beijing Games, 2009 New Year Honours "for services to Disabled Sport." In 2012, she was awarded an honorary degree by the University of Manchester. Following the 2012 London Games, she was appointed Dame Commander of the Order of the British Empire (DBE) in the 2013 New Year Honours "for services to para-cycling"

Storey was a nominee for the 2008 Laureus World Sportswoman of the Year with a Disability and the 2012 BBC Sports Personality of the Year. She won The Sunday Times Disability Sportswoman of the Year in 2020.



Stay ahead of the **chill** this winter

Are you and your home ready for the cold weather?

If you find it difficult to keep your home warm in winter, contact Age UK for a **home energy check**.

We can help by making sure your home is energy efficient.

One of our experienced handypersons can visit you in your home to provide useful tips on saving energy and install practical equipment in your home.



For a free* home energy check, contact:

Age UK Oldham
10 Church Lane
Oldham
OL1 3AN

Tel 0161 622 9277

*This service is free, however funding is limited to older people who are at risk of cold related illnesses.

The effects of cold weather on health

Older people are more exposed to the cold which can have devastating impacts on their health. They spend more time at home, The World Health Organisation estimates that 30% of deaths are due to cold housing that are inefficient and difficult to heat.

The winter period also sees a significant increase in respiratory and cardiovascular illnesses. Despite there being several contributing factors, in many cases simple actions and energy efficiency equipment could avoid many of the deaths and illnesses associated with the cold. These measures need to be planned and undertaken ahead of winter, and this is where your local Age UK can help.

Age UK's free home energy check

Age UK's handyperson services are available in the home to older people who are finding it difficult to keep their homes warm.

What happens during the home energy check?



A thorough conversation assessing the older person's heating patterns, health needs and home environment.



Installing simple energy efficiency equipment, such as draught excluders around doors and windows, radiator panels and foils.



Giving some key tips and advice and distributing relevant information guides on how to keep warm and save energy.



Providing information on other support services, depending on their needs.

Who is eligible?

The service is free and is available for older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls.

How you can help:

Help Age UK to identify older people in your community who are struggling to keep their home warm.

What to look out for when you come into contact with an older person:

- Do they find it difficult to keep their homes warm? If you are in the home, check the temperature. This should be 21°C in the living room and 18°C in the bedroom.
- Are there any signs of damp in the home?
- Do they wear multiple layers indoors?
- Are they on a prepaid meter? If so, they may not always be able to top it up when it gets cold.
- Do they have central heating? If not, then they may spend more on other means of heating their home.
- Do they occupy one room in the whole house? If so, they may be struggling to keep their house warm.

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EDITOR
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Life Story

Every life has a story...

