

Later Life News

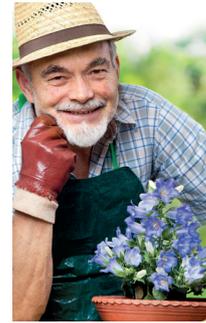
Issue 42
Autumn 2017



'I'm looking forward to leading this dynamic charity.' - Meet our new CEO
» Page 2



Featured activity: watercolour classes
» Page 4



Fundraising update: The Dementia Garden Fund
» Page 7



Lasting friendships at our Independent Living Centre...meet Margaret, Aloisia & Carol

Meet our new CEO

Marcia Thorpe has been appointed Age UK Tameside's Chief Executive Officer



We are delighted to announce the appointment of Marcia Thorpe as our new Chief Executive Officer. Marcia took up the post in July

and replaces Bernadette Ashcroft, who was Chief Executive Officer for nearly 10 years.

Marcia comes to Age UK Tameside with extensive and varied experience in the charitable sector, most recently as the Therapeutic Services Director at Tameside Oldham and Glossop Mind. Her previous experience includes managing programmes at women's aid and homeless charities and she has been a British Association of Counselling and Psychotherapy (BACP) qualified counsellor since 2013.

'I'm looking forward to leading this dynamic charity and dedicated team, in order to continue to transform the lives of older people in Tameside for the better,' explains Marcia.

Steve Moss, Chair of Age UK Tameside's board, welcomed Marcia's appointment, 'This is a vital time for Age UK Tameside as we adapt to the changing needs of a growing, ageing population. We are pleased to have Marcia on board and we very much look forward to working with her to further strengthen Age UK Tameside's impact on our local community.'

Get to know Marcia!

What attracted you to work for Age UK Tameside?

There's a lot of media attention around some of the challenges and difficulties facing older people and how we as a society are failing them. I wanted to be a part of changing these negative experiences.

What is your vision for the future of Age UK Tameside?

That we provide services that older people value and can depend on and that we see them for who they are.

What have you enjoyed most about working at Age UK Tameside so far?

Meeting the incredible staff team!

What do you like to do in your spare time?

I'm a big cinema goer. I saw Detroit over the bank holiday - a few Oscars there I think!

If you could attend a dinner party with three famous figures, alive or dead, who would you choose and why? Just 2 for me: Liam and Noel Gallagher. Get it together and bring back Oasis!

If you'd like to send Marcia a welcome message, please email her on: info@ageuktameside.com

Join us...

for tea, cake & company!

Marking National Older People's Day

When: Saturday, 30 September from 11:00am-1:00pm

Where: Age UK Tameside, 131 Katherine Street, Ashton

Come along for free tea and cake and find out more about support and activities available for older people in Tameside. To book your place or enquire about transport, contact us on 0161 308 5000.



Spotlight on...

Community Support Service

Everyone wants to feel comfortable and secure in their own home and in their community. But sometimes – especially in later life – this isn't so easy.

We might feel lonely after a bereavement, struggle to adapt to life with a health condition, worry about falling or maybe simply lose the confidence to get out and about and enjoy the things we used to.

This is where our Community Support Service comes in. It's available to anyone aged over 50 in the Tameside area, and you can refer yourself or anyone else you are concerned about.

We offer six hours of free support – starting with a home visit and assessment, where one of our support workers will get to know you and your specific needs. They'll also check that your home is safe and can arrange any adaptations you need to help you live as independently as possible there.

After this, the support can take whatever form

suits you best – maybe getting some shopping in for you after a stay in hospital, or supporting you to find local activities and events you'll enjoy taking part in. We can also refer you on to other useful services.

Take Sarah, for example. She lived alone and her poor mobility made it difficult for her to get out and about. After her assessment, our support worker referred her on to our Best Foot Forward Falls Prevention Programme, which has improved her strength and balance, and helped her apply for a Blue Badge, making it much easier for Sarah's son to take her out and about – especially to GP and hospital appointments.

If you'd like to find out more about Community Support and how it could help you or someone you know, please:

- call us on 0161 308 5000
- email us at info@ageuktameside.com
- visit our website at: www.ageuk.org.uk/tameside

Let's Do Lunch Sunday for people affected by dementia

Join us on the first Sunday of the month for a meal out at a local pub or restaurant. Anyone living with dementia and their carer, family or friends can join us.

You will enjoy the company of others who are also living with or supporting someone living with dementia.

To find out more or book your place, call Muriel at Age UK Tameside on 0161 308 5000.



Keeping mind & body active

Activities at the Independent Living Centre

What helps us keep well and healthy in later life?

Well, there's no simple answer to that question. It's different for different people – and it can change for each of us as time passes.

This is why we offer a varied menu of activities at our Independent Living Centre every week. Whatever you enjoy, we've got something to suit you.

If you like to keep active, there are chair-based exercise and dance sessions and games of slipper football. If you prefer something a bit less strenuous, you can test your knowledge with a quiz, try your luck in a game of bingo, or share memories in one of our reminiscence sessions.

Or if you enjoy the more artistic things in life,

you can join one of our singing, music-making or arts and crafts groups.

For a full list of our activities, including dates, times and costs, please:

- call us on 0161 308 5000
- email us at info@ageuktameside.com
- visit our website at: www.ageuk.org.uk/tameside

Caring for or supporting someone living with dementia?

Our six week Building Mental Health Resilience & Wellbeing programme can help.

Caring for someone who has Alzheimer's or one of the other forms of dementia can be rewarding but equally it can take its toll mentally, emotionally and physically.

Alongside Tameside, Oldham and Glossop Mind, we have developed a six week Building Mental Health Resilience & Wellbeing programme to provide carers with the tools to better navigate through the stresses of caring for someone with dementia.

To find out more about the sessions and how you can get involved, call Muriel at Age UK Tameside on 0161 308 5000.

Featured activity: watercolour classes

At our watercolour classes, every Monday from 1-2pm, Rosemary Randell – a visual artist who has exhibited around the world – will take you step-by-step through the basic techniques, including how to set up your painting space and paints, different aspects of colour theory, and how to create special effects.

Using exercises, you'll work at your own pace and by the end will have had the chance to create two paintings of your own: an English country pub and a winter farm scene.

The session is free for Age UK Tameside Day Support members and £5 for members of the public.

To book your place, call us on 0161 308 5000.



Making new friends in later life

Meet Margaret, Aloisia & Carol

There are lots of good reasons to come to our Independent Living Centre. It's a safe, comfortable, home from home environment, with lots of activities to keep you entertained – and a freshly cooked meal to enjoy.

But perhaps more importantly, as Margaret, Aloisia and Carole's story shows, it's a place where you'll meet new people – and have the chance to make some lasting friendships.

Their story began a year ago when they started attending the Centre at around the same time. Carole was the first, with Aloisia and Margaret joining over the next couple of weeks.

Arriving one morning and settling down for a brew and a round of toast, they found themselves at the same table and got chatting.

They hit it off – and are now a familiar sight sitting together over dinner and enjoying some of the activities. One of their favourites, according to Carole, is the slipper football, a gentle, seated version of the beautiful game.

Isolation is a growing problem for people in later life, with some people not seeing another person for days on end.

But even if, like Aloisia, you have family and friends around, and regular visitors to help with shopping and cleaning, it's always good to have a get-together with friends to look forward to as well.

As Margaret says, "We have a good laugh and never stop yapping".



If you'd like to come and try the Centre for yourself, why not arrange a free taster day by giving us a call on 0161 308 5000?

You'll have chance to meet people like Carole, Margaret and Aloisia, as well as our team of Wellbeing Assistants and volunteers – and you'll be able to see first-hand just how much more than support we can offer.

Want to know more about Day Support for you or a loved one?

If you've thought about whether Day Support is right for you, we offer **free** taster sessions where you can come in to meet our team and other clients, take part in an activity and enjoy a delicious two course lunch.

Contact us on 0161 308 5000 to arrange your **free** session.

Ambition for Ageing News

Improving later life in local neighbourhoods

Ambition for Ageing Tameside has had a very busy six months!

We have a new staff member, following Jacqui Greenfield's retirement. Becky Kershaw has joined the team as our new coordinator.

Ambition for Ageing Tameside is working to improve the lives of the over 50's to increase opportunities for people to meet up, get involved in community activities, reduce social isolation and to make areas more age friendly.

We are now working with over 60 groups across Denton South, Hyde Newton and Ashton Waterloo. All these groups have received investments from Ambition for Ageing Tameside.

We have met with people who have given us their views and ideas about how we can make places more age friendly and we have invested in these ideas to make them a reality.

From art to dancing, from fishing to kurling, from tai chi to cycling, social meet up groups to luncheon clubs. There is a lot going on. But there is still work to do!

We continue to talk to as many people as we can in the community. Having these age friendly conversations enables people to have a voice, to share information, to engage more with their community by attending groups and socialising and to hopefully feel less isolated and more connected.

We are also working with people who may not access activities in their community and may feel isolated. If you know of anyone in Denton South, Hyde Newton and Ashton Waterloo who may benefit from becoming more socially connected let us know.

We are looking for people who may wish to get involved with Ambition for Ageing in Tameside, for example - through our steering groups, undertaking research in local areas or helping to write our newsletter.

If you have any ideas that we could invest in, want to get involved or just want to find out more about the work we are doing please contact us.

Ambition for Ageing Team: 0161 339 2345

- Becky Kershaw, Coordinator
Rebecca.kershaw@actiontogether.org.uk
- Ruth Madden, Senior Partnerships Officer
Ruth.madden@actiontogether.org.uk
- Sandra Jackson, Partnerships Officer
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Fundraising update

The Dementia Garden Fund

Last spring, we kicked off our Dementia Garden Fund with our then CEO's epic Walk to Work Week, where Bernadette raised an impressive £1,800 to kick start the fund.

The Dementia Garden will embrace dementia-friendly design principles such as ensuring the garden feels enclosed and safe, is easily accessible so people can come and go independently, includes plenty of covered shelter and places to sit down to rest, and a layout that takes people on a journey around the garden with plenty of sensory and interesting visual features along the way. The overall fundraising goal is £15,000.

Since the fund's launch, it has been supported by The Rotary Club, through various individual donations and, notably, through the efforts of Laura, who climbed Mount Kilimanjaro in March, raising more than £1,600.

Recently, our Dementia Wellbeing Group (who meet at our Independent Living Centre on Tuesdays from 1:00-3:00) held a market stall on Ashton Market to raise additional funds. The

group raised more than £400!

At present, we have raised £6,521.36 for the garden, nearly half way to our goal!

To make a donation to the Dementia Garden Fund, visit ageuk.org.uk/tameside or call us on 0161 308 5000.



Celebrating 25 years of service

This past June, Eruch Cavasji celebrated 25 years as a volunteer with our trading team. Eruch supports the team with administration duties and has become a valued member of the team.

Linda, the Trading Team Manager, explains, 'Eruch's skills, knowledge and support have been invaluable over the years. In addition to his contribution, I'm pleased to say he has become a good friend to all of us.'

Thank you Eruch!



Age UK Hearing Aids

The new holistic approach to better hearing

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Age UK Tameside
131 Katherine Street
Ashton under Lyne
OL6 7AW

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Call 0161 308 5005



Buying this product supports Age UK's charitable work.



Age UK Hearing Aids is provided by UK Hearing Care working in association with Age UK Trading CIC

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* Reference: Action On Hearing Loss

