

# Later Life News

Issue 43  
Winter 2017



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# Letter from the CEO



Welcome to the winter edition of Later Life News.

It's that time of year again when the days are colder and the nights are

darker; when all you want to do is wrap-up and stay warm with a nice bowl of soup.

For some of us, we will be busily planning for Christmas. For others, it's a great time of year for family get togethers and New Year celebrations.

Sadly, it's also a time of year when many older people struggle to get out and about, find it difficult to afford to heat their homes or feel lonely and isolated. That's why we are proud to be a part of Age UK's national campaign 'No one should have no one.'

We know first-hand how challenging it can be for older people who are lonely. Our services provide opportunities for them to meet others, do things together and enjoy the company of friends whilst staying well and active.

We all know how important it is to have people to share the good times with and support us through our difficulties. It is with this in mind that we ask that you please support our local 'No one should have no one' campaign, which you can read more about on page 4. There you will find details about how to make a donation to help us to support older people in our community not just at this time of year, but all year round. And below you can find out about other ways you can give back.

Thank you for your support and from all of us at Age UK Tameside, we wish you the warmest of season's greetings.

**If your organisation has something to share in a future edition of Later Life News, please get in touch with our editors, Terri and Rosemary, on 0161 308 5000 or [info@ageuktameside.com](mailto:info@ageuktameside.com)**

## Make 2018 your year to give back!

If this is the year you want to give back to charity and make a big difference to your community, look no further! There are lots of ways you can give back to Age UK Tameside. Contact us on 0161 308 5000 for details of how to get involved.



**Spread the word!**  
Tell friends & family about us.

**Lend a hand!**  
Volunteer your time.



**Give what you can!**  
Make a donation.

**Be bold!**  
Fundraise for us.



**Remember us!**  
Leave a legacy in your will.

# Christmas memories

Many of us will have favourite Christmas memories. Dressing the tree. A house full of family, celebrating. Getting the toy we desperately wanted as a kid. This festive season, we've spent time talking to clients, volunteers and staff about their Christmas memories and we're pleased to share them with you here.

Simple, was how Bill and Jim described Christmas as a child. Receiving an apple, an orange, some nuts and a sixpence. Not in the traditional stockings we have today, but a pillow case placed at the end of the bed.



And if they were lucky, a bat and ball which were attached with string, a ring and pin or a spinning top. Bill also remembers getting a train as a Christmas present. As seen in the photo, he was very proud of his train and it was his favourite memorable toy.

It wasn't always a happy time. Les spent his childhood in an orphanage, where they could only have one toy for an hour on Christmas day. Then it got wrapped up and given out to another child the year after. Now, however, Les really appreciates and cherishes the Christmases he spends with his family.

Memories of more recent Christmases are that of Anne's foster daughter coming to visit her as a surprise. Anne had not seen or had contact with her for a good few years and this really made her Christmas.

give him some food. They had been delivering food to the homeless and believed Jimmy to be in need. He had just had his lunch but was very grateful for the offer, thanked them and headed home.

A common thread amongst clients, staff and volunteers was spending time with loved ones and making the most of what they had; making it a special day for everyone. This was a sentiment that rang true for Colin, especially during the 2nd World War and for Brenda today who really enjoys the celebrations with family and friends.

## Christmas Past

The smell of mince pies, mulled wine and mixed spice  
Fills the house so cosy and nice  
With a warm open fire and a wreath on the door  
Getting the coal from the cold outside store  
Wrapping presents with newspaper and making paper chains too  
Singing Holly and the Ivy all the way through  
It's that time already. It's time for my bed  
The pillow case out but not for my head  
Asleep I go till the sun starts to rise  
Excited I wake to see my surprise  
An orange, an apple and a candy cane too  
A sixpence and nuts and a train which is blue  
Goose with the trimmings and boiled sprouts galore  
I really can't manage any more  
But wait Christmas pudding, go on then, why not  
Then sleep by the fire and that's your lot  
.....For another year anyway...

by Hayley Lees, Age UK Tameside Wellbeing Assistant



Jimmy, a familiar face in the Independent Living Centre, was walking home from his friend's and was stopped by a couple in a car offering to

# Spotlight on...

## No one should have no one

Being loved and cared for is important to all of us, whatever our age. And it's especially true at Christmas – a time when the companionship and support of friends and family seem to mean even more... and loneliness can be even more keenly felt.

At Age UK Tameside, we believe that no one should have no one. Not at Christmas. Not ever.

Yet across England, 1.9 million older people say they feel ignored or invisible. And here on our doorstep in Tameside, evidence suggests that loneliness is a daily reality for around 51% of older people. For them, every day is just another day...

If someone feels lonely or isolated, their physical and mental health can decline. They can also feel that their self-esteem and dignity are slipping away. So we're working as hard as we can all year round to make sure this doesn't happen to older people in Tameside, by helping them stay active and involved in their community.

We do it through our Best Foot Forward Falls Prevention programme, where people like Renee tell us they value the friends they make at their exercise classes as much as the improvements in their mobility; and our Day Support Service where Margaret, Aloisia and Carol have forged a lasting friendship that means they look forward to their Friday get-togethers.

We also do it through our Community Support Service, which helps people like Ken take his first steps back into the community after a spell in hospital, and our Information and Advice team, which helps people with Blue Badge applications so that they can get out and about more easily by car to see family and friends.

But we can't do these things without your help. So, this Christmas, as part of Age UK's No One Should Have No One Campaign, we are asking you to make a donation – or set up a regular



payment, if you can. By doing so, you'll help us change the lives of local people for the better and make sure people like Renee and Ken don't slip through the cracks.

Here are some examples of the great ways in which your invaluable contributions can help:

- £15 pays for a keep fit session for an older person, reducing their risk of serious injury from a fall and giving them the chance to meet up with others and have fun.
- £35 allows us to provide a lonely older person with transportation, company, entertainment, support and a hot meal at our Independent Living Centre.
- £90 allows us to support a local older person for more than a month, helping them regain their independence after the loss of their spouse, a fall, a stay in hospital, or an illness.

We hope that you see this as an investment in your community's future – a way of making sure your family, friends, neighbours and colleagues have somewhere to turn if they need it. If you are able to support our appeal, here's how you can make your donation:

- Send a cheque with your chosen amount to: Age UK Tameside: No One Should Have No One Appeal, 131 Katherine Street, Ashton-under-Lyne, OL6 7AW
- Make a one-off donation, or set up a regular payment, online at: [mydonate.bt.com/charities/ageuktameside](https://mydonate.bt.com/charities/ageuktameside)

Thank you for your support!

# Taking a step in the right direction

## How the Prince's Trust have helped us make great strides in falls prevention

In November, we were fortunate to have the support of Hyde Prince's Trust Team from Greater Manchester Fire and Rescue Service. The group of young people were tasked with transforming a disused office into an exercise and dance studio for use by our Best Foot Forward clients.

Our Best Foot Forward Falls Prevention programme is an area of real growth for the charity, with demand for more sessions growing year on year since its launch in 2015. Growing this popular service is one of our main priorities and having a dedicated space to expand the offer of sessions is a key element to the programme's success.

With a budget of £365.47, which the group had raised by bag packing at Sainsbury's in Ashton and through generous donations from Dulux in Droylsden and Travis Perkins in Hyde, the project was completed on 2 November.

"We are delighted to have had the support of The Prince's Trust," explains Marcia Thorpe, our Chief Executive. "Like many charities, plans for growth are often hampered by a lack of resources but because of the generosity of the group, giving their time and raising funds, we've been able to progress our plans ahead of schedule and under budget."

The room is now an inviting, vibrant studio, with motivational quotes on the walls, a balance bar for more challenging sessions, wall mirrors to check posture and bright colours throughout.

On the day the project was completed, a Strength and Balance session was held in the newly transformed suite, with Best Foot Forward clients, The Prince's Trust group and firefighters from Hyde Fire Station all taking part together.

Nathan, one of the young people from The Prince's Trust, said, "One thing that made the project so attractive was the benefit to

the many people who use Age UK's services in Tameside...this project has been a real challenge and learning experience for all of us. Without this project, we wouldn't have learned what we are capable of in such a short space of time."

"In addition to the very real business impact, it was particularly great to see local young people going to such effort to support local older people," said Marcia. "We cannot thank these remarkable young people enough for their support and we wish them all the very best of luck for their future."



**Want to know more about Best Foot Forward?**

Contact us on 0161 308 5000. And look out for more sessions available in 2018!

# Ambition for Ageing News

## Improving later life in local neighbourhoods

Ambition for Ageing Tameside is a programme funded by the Big Lottery which aims to work alongside the local community to help make Ashton Waterloo, Denton South and Hyde Newton a more age-friendly place to live and work. You may have seen our newsletter or attended one of our events.

We have money for each local area to invest in your good ideas. You can ask for up to £2,000 to make your age-friendly idea a reality.

Over the last 12 months we have invested in lots of great ideas and activities, including dementia-friendly signage in a community centre, Modern Sequence dance lessons, 3 singles events and many more projects that will get people aged 50+ out and about and living in a community that is more age friendly.

### Who can apply

Individuals, groups of friends or neighbours, community groups, registered charities, social enterprises or businesses can apply. If you are from a group, we will need to discuss with you how the investment will work, depending on whether you are a formally constituted group or not.

### We are looking for ideas about how you can:

- Make your area more 'age-friendly

- Create more things to do in your area for people aged 50+
- Bring together different generations or communities
- Reduce social isolation
- Work together to try new ways of doing things
- Involve people aged 50+ in your idea
- Build on the skills, knowledge, experience and confidence of people aged 50+ in these areas
- Make your idea sustainable so it can carry on after the investment has been spent

You can ask for investment to go towards a range of costs including running activities, paying for equipment or training, promoting your idea or improving the environment you live or work in.

We can help you complete the investment application. **Please contact Rebecca Kershaw for more information about how we can help you on 0161 339 2345.**



*The Joseph Jennings Modern Sequence Dance Class, supported by Ambition for Ageing.*

# Age UK Tameside: out & about



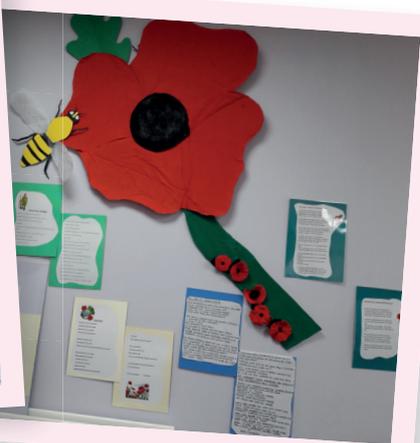
Denise Croft, one of our clients, has kindly donated a range of handmade gifts to raise money for the Dementia Garden Fund. Pop in to pick up something special for Christmas!



On 14 November, we held our Annual General Meeting - a great opportunity for staff & board members to get together, reflect on the journey of the organisation & plan for the future.



To celebrate Remembrance Sunday, our CEO Marcia & regular client Harold attended the Remembrance Sunday service at Ashton Parish Church to lay a wreath & remember all those who have lost their lives. We also had a display of poppies & poems on show at our Independent Living Centre to mark the occasion, including this donated picture from an Information & Advice client.



On 25 November, Terri, our Business Development Manager, took part in a sponsored shark dive for local charity, Tameside 4 Good! She said the experience was 'Jawsome!'



The popular Winter Carnival returned on 18 November in Ashton, with an amazing lantern parade. We proudly displayed the lanterns that our clients made in workshops provided by TMBC. Great event!

Staff attended the Dementia Target event on 16 November. Hosted by Tim Dowling, Clinical Disease Lead at Tameside Hospital, the event provided a great opportunity to talk to GPs & staff about the work of Age UK Tameside & how we can support people affected by dementia in Tameside.



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