

Marcia's Message



Marcia Thorpe - CEO

Welcome to this Spring Edition of our community newsletter, it feels great to be heading towards brighter days, lighter nights and better weather. This year the charity got through the winter season without too much of an impact unlike last year when lots of our staff and clients were snowed in. Saying that we did do some fantastic winter warm work in partnership with a number of charities across Tameside supported by the local authority, the winter warm lead will tell you more about in this.

As always it has been a busy time for us we started the year with a charity Away Day to help us shape and develop our strategy for the next 5 years, which is now well underway. We also carried out a piece of work to enable us to set priority actions to build on our equalities, diversity and inclusion work.

We are planning our road show again this year and will be out and about talking to older people about our services. We had lots of useful feedback to help us improve our service and some of the changes included more community language support for our Information and Advice Service, new exciting activities for our 131 Club and better transport to and from services.

Our challenge this year is to deliver more of our services in the community, we know that some people struggle to get to our Ashton Centre. We hope by having a community hub approach we can offer some of our services closer to where older people live which is great.

Our Best Foot Forward Programme is really growing and we will be offering more classes to meet the demand, we are also introducing a membership scheme with a great goody bag and give- aways, offers and prizes throughout the year.

We will be working with commissioners again this year to deliver a mental health recovery service, specialist dementia support, community home support, a falls prevention programme and welfare benefits service.

We managed to retain our fantastic board, with a new chair Robert Needham and look forward to working together over the coming year, this is the year of board recruitment and we hope to be joined by new board members to become part of the Age UK Tameside story.



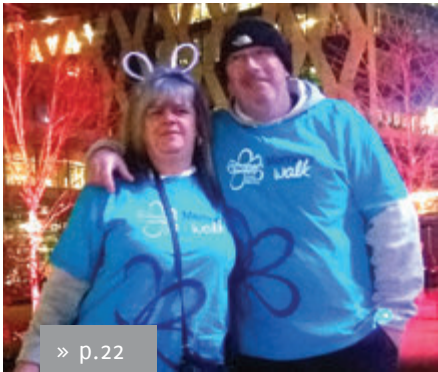
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A Thank You to our supporters with this issue of the newsletter.

THE VOSCARS



On Wednesday 5th December 2018 we held our very first VOSCARS ceremony, a real classy event to celebrate the hard work and commitment of our volunteers. Staff spent time decorating our cafe lounge to give it that Hollywood look and feel, all of our volunteers were treated to a 3 course meal with 5 star service from staff, a few drinks thrown in and lots of fun and laughter.

All of our volunteers received an award, something sentimental to show our appreciation and a thank you card, we also handed out special awards to:

Eruch as our longest serving volunteer 26 years strong currently assigned as a columnist in our community newsletter.

Barbara our longest serving 131 Club volunteer, it's been 13 wonderful years.

Bob for going the extra mile to produce high quality promotional and publication material.

Sue our passenger assistance, Mr Yousef our I & A community language advisor and Dave our out of hours front desk manager all of them are lone rangers as the only volunteers fulfilling these roles.

David who volunteers in the club and our best foot forward programme goes above and beyond, always bringing positive vibes.

And finally our Kitchen team, Karl, Elaine, June and Christine for working so hard to make sure our clients get the best food service.

Congratulations to all our volunteers, all of them are winners.

Age UK Tameside has been supporting older people in Tameside for over 40 years and we believe our volunteers give our services that little bit extra and we are truly thankful.

Our volunteers were asked - What is the best thing about volunteering for us?

- ***Doing a service in the local community.***
- ***Supporting the local people.***
- ***Meeting new people.***
- ***Friendships for all.***
- ***It gives me something to do.***
- ***Meeting new people and friendly atmosphere.***
- ***Making a difference to the service users lives and making new friends with the staff.***
- ***After so many years volunteering with AUKT I would like to thank you for the happy times I've had.***

If you are interested in becoming a volunteer with Age UK Tameside we are recruiting **26th April, 30th August and 29th November 2019**, please contact Kathryn or Rosemary on 0161 308 5000.



DEMENTIA FRIENDLY GARDEN – UPDATE

Progress towards our eagerly awaited garden is coming along nicely and our application for planning permission has been successful. The Architect has supplied us with the first glimpse of how our garden will look – trust me it will be amazing when finished!

As our Dementia Friendly Garden is part of the Living through Landscapes project, we have been selected to host a visit by Kent University. They will be joining us for 2 days in April when they will be speaking to our clients, volunteers and staff, gathering thoughts and ideas about how we will be using the garden and our vision of how the garden will be used in the future.



We haven't a start date for the groundwork as yet, but it won't be long now before we are all singing along to Bernard Cribbins' version of "The Hole In The Ground" – here's a few words from the song to be going along with. But whatever the shape of the hole - be it round or square, I can guarantee the bloke in the bowler hat won't be anywhere near!!



The work is a part of a research project to determine the benefits of outdoor spaces for people living with dementia, undertaken by the University of Kent; they will start the process by meeting with staff and clients April 2019. We are thrilled to be a part of this research project it gives us the chance to share our learning with other people.

Watch out for more progress reports!

LINDA INTRODUCES THE ADMINISTRATION AND FINANCE TEAM

In our 2018 Summer edition, I mentioned briefly the team I work closely with, in this edition I want to focus on just one part of my team.

The Administration Office is located upstairs, but you will find Rosemary and Kathryn our Administration team all over the building, often to be seen covering reception, covering for lunches, meetings or training sessions attended by Sue or Margaret our two Receptionists.

Rosemary leads with the complex task of organising and arranging transport for our 131 Club and BFF clients, she also negotiates with external parties about the hiring of some of our rooms, included in this maybe organising/rescheduling of dates and times, refreshments and any equipment usage requests. As well as securing external bookings she also arranges our own room booking requirements – which can be last minute, good job Rosemary is proficient at juggling!

Kathryn supports Rosemary in these tasks and also handles the administration work for anyone who is keen to volunteer for Age UK Tameside. Kathryn writes to people who have expressed an interest in volunteering their services with us, inviting them to attend one of our group interviews, following up with booking the successful candidates onto one of our Volunteer Core Training Sessions, and ensuring they have the correct pre-training paperwork, nor does she forget to order delicious lunches for the attendees which are made by our very own chef.

This sounds quite clean and clinical on paper doesn't it, but believe me, Rosemary and Kathryn are always being thrown new and unusual challenges, they literally never know what is going to be asked of them from one day to the next, but they continuously rise up to and conquer these challenges!

Last but certainly not least, I want to introduce you to our newest member of the team, Jacqueline has only been in post for a few weeks and is our Finance Officer. She comes from an education background and before that she worked for the local authority, we are all excited about working with Jacqueline and extend to her a big welcome.



8 OUR CHARITY AWAY DAY, 2ND JANUARY 2019

It's been a real time of change for us over the last few years and now felt like the right time for a Charity Away Day, bringing together our staff team, volunteer workforce and board of trustees to spend dedicated time discussing, exploring, and planning our future direction for the next five years. It was also a time for reflection by celebrating some of our many achievements and embracing the lessons we have learnt.

During the day a range of activities were designed to stimulate and grow ideas, we also invited Kelly Smith from Tameside Oldham and Glossop Mind who supported us to achieve the 'Time to Change Pledge' and used part of the Away Day to talk about our commitment to reducing mental health stigma.



L to R Robert (AUKT Chair), Marcia (AUKT CEO), Kelly (TOG Mind)



Age UK Tameside Strategic themes

Since the Away Day we now have devised 5 Strategic themes that will be at the heart of everything we do, together with a 2 year strategic plan and annual service action plans. We believe that working in this way will enable us to meet our strategic aspirations and goals, together as a team. We want what we do with older people to be meaningful and relevant to their lives both now and in the future.

WELLBEING CHAMPIONS – SUPPORTING POSITIVE MENTAL HEALTH

Shirley, Linda and Rosemary Age UK Tameside staff are also our Wellbeing Champions. Any of our staff can ask for one to one time with a Wellbeing Champion, offering this support to our team is part of our Time to Change Employer Pledge.

Our Wellbeing Champions are well trained and supported to listen to staff and help them decide what they need to best support their mental health. All of us can go through difficult times, when we feel stressed and anxious and talking about it can be the first step to getting help and ongoing support that will make a real difference.

Our Wellbeing Champions don't judge or tell staff what to do, the support is private and confidential and they can talk to staff about other support options Age UK offer, like a wellness action plan, stress risk assessment or access to Be Well sessions offered by Tameside, Oldham and Glossop Mind.

Age UK Tameside supports positive mental health and see this as part of our duty as responsible employers, sometimes in life we all need a helping hand taking care of ourselves.



TAMESIDE COLLEGE PLACEMENTS

We are very pleased to welcome three new students doing their course placements from Tameside College. We hope they find us most welcoming.



Cody Fone

Studying for a Health and Social Care Qualification



Chelsea Hall

Studying for a Personal Progression Qualification



Nafisah Sagheer

Studying for a Personal Progression Qualification

MEET OUR CHAIR, ROBERT NEEDHAM

Robert is the new Chair of Age UK Tameside he was nominated in November 2018 at the charity's annual general meeting. Before taking this role Robert served as a trustee board member, since April 2014.. He is also a member of the Finance Sub Committee and is the Board Representative for the Information Governance Steering Group.

We took time out to get to know a bit more about Robert and his aspirations for the charity in his new role as Chair of AGE UK Tameside.

What made you want to volunteer as a board member for Age UK Tameside?

I knew a couple of members of the board, and they told me about the charity and the work it did. I was convinced that the charity was delivering services that were of great benefit to the local community. As such I wanted to get involved and use some of the skills I had acquired during my career to help the Charity. A couple of members of the then board interviewed me to ensure I was the right person for the role and giving me the opportunity to see if the role fitted in with what I wanted to do. It was he agreed I should become a Trustee of AGE UK Tameside.

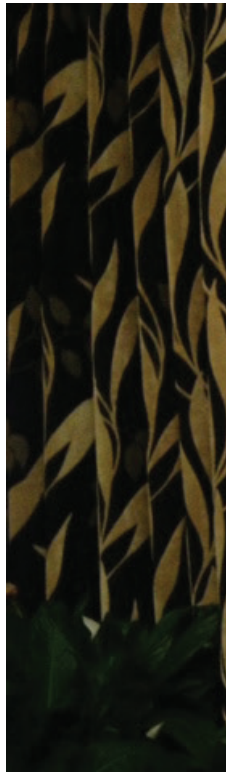
Tell us a about your professional working background?

I graduated in 1973 from Liverpool University having studied Electrical

Engineering. I joined a computer company, starting out as a programmer. Over the next 38 years (!!) I undertook a number of Information Technology roles including Systems Analyst, Project Leader, Project and Programme Manager and Head of Department of over 40 permanent staff and over 100 contractors. I always found work exciting, challenging and pressured, but there was nothing like the sense of achievement when a lot of hard work culminated in success.

What do you most want the charity to achieve over the next year?

I want us to continue to provide valued services to our local communities and where possible add variety to our offerings. I want our staff, volunteers and users to enjoy their work at the same time as bringing everybody together as a community. I want us to build up a portfolio of successful service offerings which will help local people but will also will help us when submitting bids for new contracts. I want our uses to be delighted with us and speak positively to others about AGE UK Tameside. In a tough financial climate I want us to remain financially viable and ensure our budgetary targets are met. I would want a full charity strategy to be in place which will be the cornerstone of how will moved forward with confidence into the next 3-5 years.





What would you tell someone who was thinking of volunteering as a board member?

If you volunteer to become a board member you will find there are lots of differing skills that board members have. You can use your skills to help the charity meet its objectives. You should find the role interesting and the more work you put in, the more rewarding the job will be. If you are interested then talk to me or any of the trustees or Marcia Thorpe, the CEO of AGE UK Tameside. A meeting will be arranged between you and a couple of members of the board. If suitable, it can then be arranged for you to come to one of our board meetings to see how things work.

SNIPPITS

FAREWELL

Thank you and best wishes to Catherine Lumb and Kirsty Galloway who moved on from the charity earlier in the year.

WELCOME

Welcome to Faith-Joanne who will be working with us over the next year she will be supporting with a transformational strand of our strategic plan as part of our long term sustainability.

BEST FOOT FORWARD - COMING SOON

Free TechKnow - demonstrations of all the latest iPads, mobiles and hand held IT tech and teach me sessions.

Box Fun Free Taster - 'float like a butterfly and sting like a bee' with a specialist boxing trainer.

Studio 131 Re-branding - same great service with a new funky name and lots more energy and brand new classes so watch this space

Get Moving - with Fit 'n' fun and SOSA dancing classes



ERIC'S CORNER

Eruch is our longest serving volunteer, in this edition he shares his 90th birthday celebrations with us.

NOT ONE....BUT THREE!

One's D.o.B. is a special date in one's life, and in today's environment has come to be an essential tool in business, banking, purchases (by phone and internet), etc., and many other aspects of identity required by present-day Society.

In my case, my D.o.B. is 19th January 1929, which makes me 90 this year- the "Big-0" - and I was prompted by family and friends to have a celebrative party on this particular occasion, which was nice to arrange.

Since some of my friends and family could not all join me in one big get-together, this had to be split into three groups – in Manchester (at the Tai Pan), in Wilmslow (at the Deanwater Hotel) and in Denton (at the Windmill Pub).

As it happens, among us Parsees - and particularly in India – we have TWO birthdays. Our PARSEE calendar is made up of 30 days each month plus 5 days of remembrance which add up to 365 days and that's it....NO Leap year to speak of!

So, every FOUR years my birth-date goes back one day. And working on that basis, my birthday fell on the 28th December 2018. My Parsee friends and I celebrated this day at the "Tai Pan". On my 'English' Birthday, my friends and I had lunch at the Deanwater Hotel on the 19th January 2019, and since my family could not join us, we had lunch at the Windmill next day, the 20th.

All in all, the three events turned out to be most enjoyable.



BENEFITS OF TAI CHI

Tai Chi is the ancient Chinese mind-body exercise that emphasizes slow, measured movements with little impact on the joints and bones. Many health experts in the UK promote the benefits of Tai Chi and research suggests the posturing, meditation, and breathing techniques improve a variety of senior health concerns, including hand-eye coordination, knee and back pain, flexibility and muscle strength.



More recent research is emerging around the mental health benefits of Tai Chi, with studies showing positive outcomes in the treatment of anxiety and depression.

Age UK Tameside has been delivering a Tai Chi class as part of our Best Foot Forward Programme for the last year; it is one of our most popular classes. The class meets every Friday

afternoon with some staying in the centre lounge to socialise with tea and cake at the end of their session.

We are really pleased to be adding a new **Tai Chi for Beginners Class** to our Best Foot Forward Programme from April 2019, every **Wednesday 1.30pm to 2.30pm**, at our 131 Katherine Street, Dance Studio all classes **cost £3.00**.

THE CHANGING SEASONS by Mary Colegate

You can tell it's Winter-time, there's a slight nip around
I can see the foggy mist of my breath in the air
It's out with the T-Shirts and in with the Jumpers and matching Hat and Scarf set
And the good old Thermal Vest.

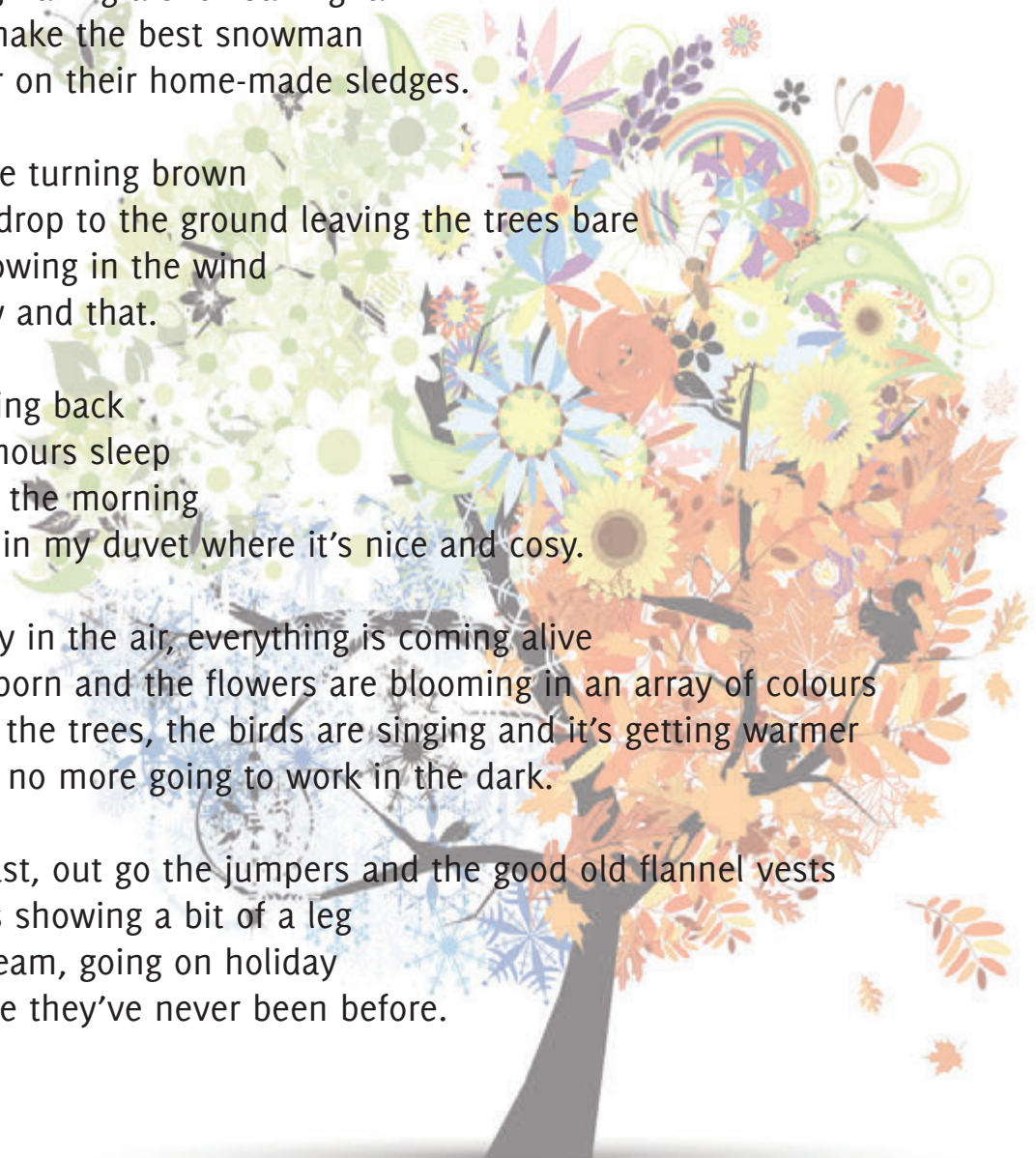
Children playing out in the snow
Shouting laughing having a snowball fight.
Seeing who can make the best snowman
Racing each other on their home-made sledges.

Autumn leaves are turning brown
One by one they drop to the ground leaving the trees bare
With branches blowing in the wind
Swinging this way and that.

The clocks are going back
Gaining an extra hours sleep
But it's so cold in the morning
I'd rather curl up in my duvet where it's nice and cosy.

Spring is definitely in the air, everything is coming alive
Lambs are being born and the flowers are blooming in an array of colours
There's leaves on the trees, the birds are singing and it's getting warmer
Lighter mornings, no more going to work in the dark.

Summertime at last, out go the jumpers and the good old flannel vests
In with the shorts showing a bit of a leg
Kids eating ice cream, going on holiday
Maybe somewhere they've never been before.



STAR 131 Club

The New Year has brought about lots of great changes in the 131 Club.

We have introduced Mental Health Wellness recovery plans for our Star 131 members. The Wellness plans give our Star clients a picture of where they are, where they want to be and begin to look at how they can get there.

We have also introduced a whole new programme of activities. Our clients get to try new things like indoor bowling, target basketball, book clubs, dance classes and floral arranging. All of the activities help to promote the five ways to wellbeing – connect, be active, take notice, keep learning and give. The activities have been receiving lots of positive feedback from the clients.

We have also formed a 131 Club committee and they are already bringing in some great ideas for trips out, activities and events like '131 Clubs Got Talent!'

With lots more exciting stuff in the pipeline like Boxfun - a new exercise class delivered by local



instructor for club members each week starting in April, a weekly Walking and Photography Club and Tech Know sessions to help our clients with their smart phones and tablets.

Watch this space!

DEMENTIA SUPPORT

Our Dementia Wellbeing Group based at Holy Trinity Church Community Hall has recently started collaboration with Holy Trinity School.

Once a month our Wellbeing Group is joined by the children from the school to play games, participate in activities and have some wonderful sing a long's together.

The sharing of rich life experiences by the Wellbeing Group and the sense of fun and determination by the children has been a definite recipe for success; everyone is enjoying learning and keeping mind and body active.

This joint venture has been so well received by both the school and our group we have all agreed that it will become a permanent monthly event.

We also hold weekly Dementia Wellbeing drop-in sessions for one to one help and support at:

Beatrix house, Gorse Hall Road, Dukinfield. SK16 5JU each Tuesday



between 1.30pm -3.30pm

AND

Age UK Tameside, 131 Katherine Street, Ashton-Under-Lyne. OL6 7AW each Thursday between 1.30pm -3.30pm

For more information on any of the above contact Dawn Linnie on 0161 308 5000 or email info@ageuktameside.com

COURSE FOR CARERS

Our very first 6 week Carers Course has been piloted with great success.

This course is designed to focus on the Carers wellbeing. During the 6 weeks we explored:

The importance of self care

How to maintain resilience and wellbeing

Planning for now and the future

Access to financial benefits, entitlements and support

Each Carer completed pre and post



questionnaires and from the their answers it was evident everyone who attended, gained valuable knowledge about how important it is to look after oneself whilst caring for a loved one, they felt better equipped to engage in things that are good for their own wellbeing, they felt more connected to other Carers and they now have the confidence and information to access statutory support.

Below are some comments made by the Carers who attended the course:

“This group meeting has taught me so much, it has made me realise I’m not the only one trying to cope, and

NEWS FROM 131 (CONTINUED)

if you look there is help”

“Thank you for reminding me that I matter”

“The course for Carers was very interesting, informative and well planned”

“I have learnt a lot and now feel as though I can begin to think about myself as a person again”

“I have made some nice new friends”

“Great course, learnt such a lot about Me”

“The facilitator couldn’t have been any more helpful. I have really enjoyed the class and have learnt so much with her help”

“Excellent Carers course with very positive results”

For more information about future courses contact Dawn Linnie on 0161 308 5000 or send an email to info@ageuktameside.com



HELINA DOWUONA - I&A

We welcome Helina, a new member of our Information & Advice team and spent some time recently to found out a bit more.

What made you want to work for Age UK Tameside?

I love the Idea of working for nationally recognized organization. It also gave me an opportunity to work with the older generation.

What three words would you say best describe Age UK Tameside for you?

Reputation, Locality and Caring.

What do you like to do to in your spare time?

I like to cook, especially trying out Jamie Oliver's recipe's on my family. It gives me the opportunity to cook quick and easy meals that are nutritious.

Where is the best place you have ever visited?

That would be when I went to Buckingham Palace with my mother. I love how much she enjoyed it and it made it special for me.

What era of music do you like best?

1980's



What is your favourite song and why?

Last Christmas, Wham. **WHY?**

If you were stranded on a desert island and you could pick 4 famous people to spend the rest of your days with (past or present), who would you choose and why? (note – you cannot pick family members).

Whitney Houston for entertainment, Jamie Oliver for the cooking, Michelle Obama, just in awe of her and Margaret Thatcher because of their achievements as women in a predominately male world.

continued over

What's the first thing you would buy if you won the lottery?

A Jeep.

What was your favourite subject at school and why?

My favourite subject at school was Religious Education. This was because I enjoyed being taught by the nuns.

What has been your proudest achievement in life, so far?

Gaining a degree in Law.

What's left to do on your 'bucket list'? Visit the Grand Canyon.

What is your all time favourite TV show and why?

Friends, because it never dates and still feels relevant today.

What is the best film you have seen in the last five years?

The Minion Movie, because I mainly go to watch films with my friend and her daughter and we enjoy them so much.

I&A Community Language Support

We provide our services in a range of community languages; these include Bangla, Gujarati, Urdu and Spanish to enable BAMER communities to access this support. We have 2 community language specialist workers, Mr Sheik Mohammed Yusuf, who has been part our team for over 20 years and Tayyaba Mirza who has recently joined us.

We offer support to people with information and applying for Welfare benefits, Social Care issues and Consumer issues.

We also offer support to access Tameside local services, accessing national services, reading and writing letters, application forms, and accessing debt advice. This is offered via office appointments, over the telephone or email.

We have a drop in service on a Tuesday and a Wednesday afternoon 1:30pm – 4:30pm. There is no need for an appointment for the drop in, you come to reception and they will book you in with and you will be seen by the first available advisor.

If you need our help please contact us on our main telephone number 0161 308 5000 or email info@ageuktameside.com

This year Age UK Tameside with the support of the Local Authority is part of a Winter Warmth initiative for older people.

12 Winter isn't everyone's favourite season and there's no doubt that cold weather can be a worry for people in later life. We know that as people get older their bodies respond differently to the cold, leaving them more vulnerable to health problems more common in the colder months.

Age UK Tameside Winter Warm Offer Includes:

- A keep warm this winter pack with practical items, like a blanket, flask, thermometer, information booklets with helpful tips and hints and emergency contacts that can be delivered to older people in their own homes
- A free home cooked two course dinner with drinks served at 1.30pm Monday to Friday from our Ashton Centre, 131 Katherine Street.
- Wellbeing telephone support to anyone who needs extra information and support to keep warm this winter

The winter warm initiative has worked really well with lots of positive feedback from older people, the initiative comes to an end March 2019 and we will be hosting 2 follow events in April for up to 40 older people currently not accessing regular support or services, to explore how Age UK Tameside and other community support services can help.



Ready Steady GLOW

Our lovely resident 'supercook', Dawn, lit up the streets of Manchester with her husband Heath in support of all those living with dementia and to celebrate the life of Heath's dad Roy Steen when they took part in a Memory Walk.

On Saturday 2nd March, Dawn and Heath took part in 'Ready Steady GLOW' - a walk after dark around Salford Quays. The area was lit with runners and walkers as they covered the 5km route, which took them along the city's unique waterfront, across some of the city's iconic bridges and past the famous Imperial War Museum and Lowry theatre.



The walk started and finished at The MediaCityUK Piazza, where there was a hive of activity to get everyone ready for event. Amongst the excitement Dawn and Heath took a moment to reflect on who they were walking for and they each left a message on the Memory Tree and watched it blossom throughout the evening.

Dawn said, "I was very proud and privileged to be part of this memorable event knowing that we were joined by so many people who all had fond memories of their loved ones past and present".

We thank Dawn for sharing her story with us and hope that it will inspire others to do something for dementia.

Dawn and Heath after completing their Memory Walk



Best Foot Forward Customer Notice

Due to the popular demand of our Best Foot Forward Classes we are introducing an annual £5 a year membership scheme from Monday 1st April 2019.

You will get a great goody bag with a free note book, pen and pedometer.



And all year round exclusive offers like free taster classes, prize draws, raffles and give aways.

So get ready to sign up!!!!



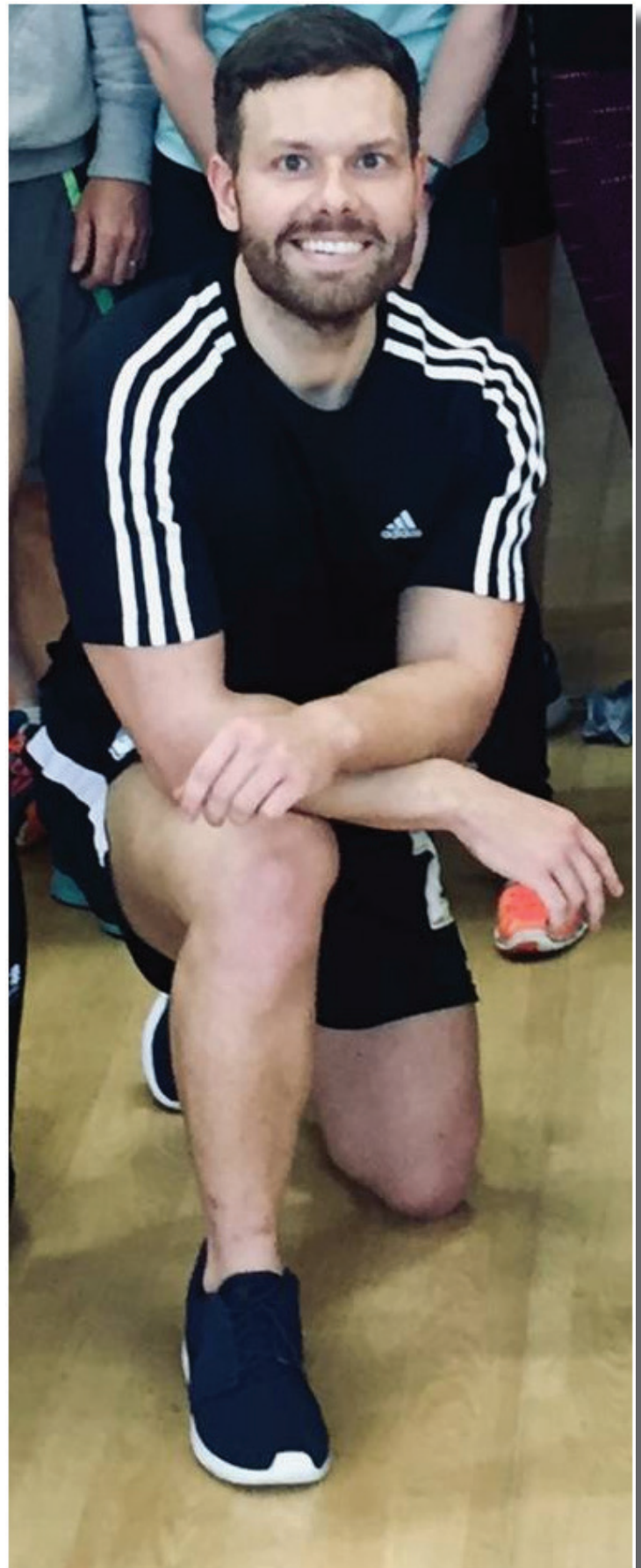
Age UK Tameside has been around since 1974 in many ways the charity has changed but essentially we are still here serving the needs of older people across the community. We offer lots of different services, activities and support because not all older people are the same or need or want the same things in life. Our values are about us, our principles, what we stand for and how we hold our selves accountable to the people and communities we serve.

OUR VALUES UNDERLINE OUR COMMITMENT TO:

- **Take Pride in What We Do**
- **Strive for Excellence**
- **Put People First**
- **Act with Integrity**
- **Respect Others**

Hi my name is Danny Yates, I've been working in the fitness industry for almost 17 years and love what I do. I started out working in gyms as an instructor and then decided to specialise in group fitness. Supporting people to reach their fitness goals is so rewarding and I have had the opportunity to train so many different people from all walks of life.

I teach a wide variety of classes for people with different fitness levels including aqua fit, circuits, box fun and aerobics. My goal is to inspire people to achieve their fitness goals and having fun and meeting new people at the same time is an added bonus. I'm looking forward to joining Age UK Tameside and bringing some new classes to the Best Foot Forward and 131 Club members. Being active and making exercise a part of your daily routine is the first step in living well and taking care of your well being. So go on be brave and join us on our Live Well challenge everyone is welcome.



JUST FOR FUN (soluti

Spring Acrostic Poem

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,

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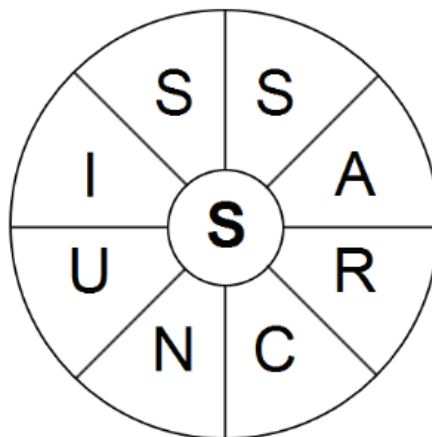
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Try making a Spring themed acrostic poem. Each line of your poem should start with a letter from the word **SPRING**.

Spring Word Wheel

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,



This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **S**.

ons on page 30)

9 x 9 Spring Sudoku

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,

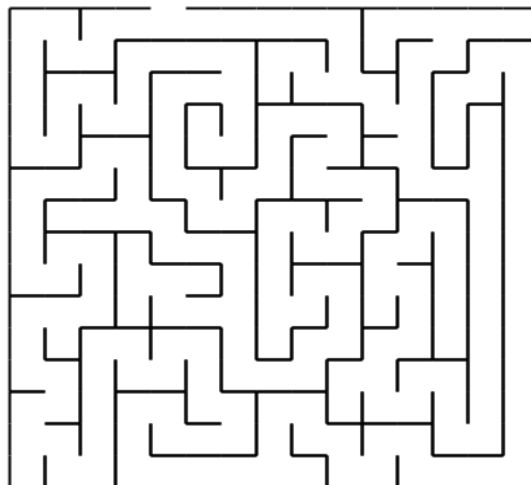
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	l		w	e	f		o	
w		r		b		l		u

It's Spring "flower bud" Sudoku - Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.



15 x 15 Spring maze

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,

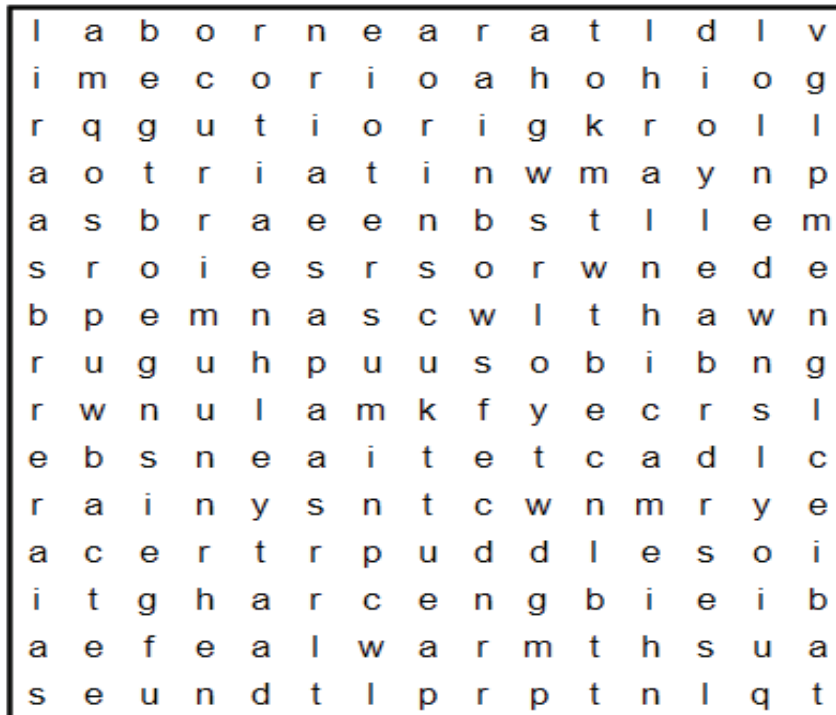


The Spring bunny needs to find his way back to his home in the warren. Can you guide him around the maze to help him home?



Spring Word Search

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,



Word List

See if you can find the Spring related words in our word search.

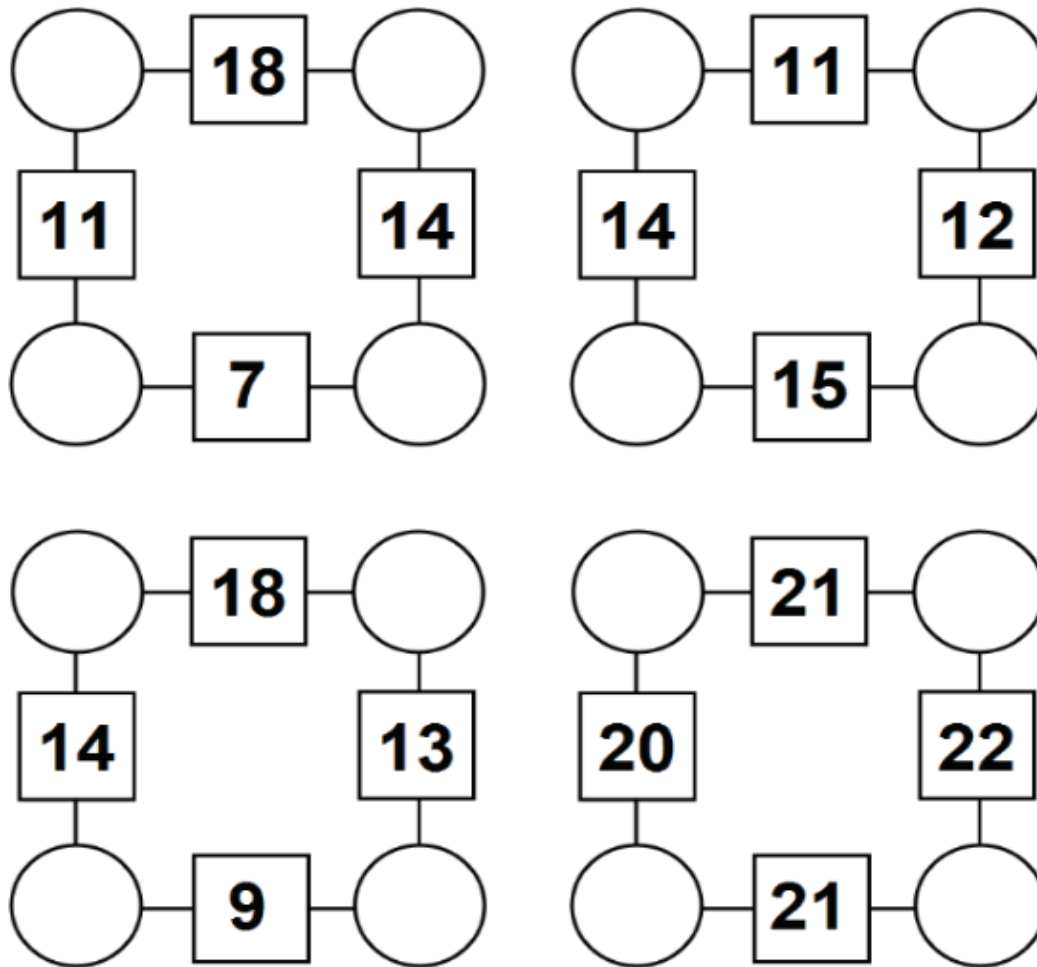
Born
May
Rainbow
Warmth

Bunny
Puddles
Robin

Grass
Rain
Thaw

Spring Arithmagons

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,



See if you can solve these four more difficult arithmagons.

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.

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9 x 9 Spring Sudoku

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u	e	l	o	f	d	r	w	b
w	f	b	u	r	e	l	o	d
r	d	o	l	w	b	f	e	u
o	l	w	b	u	f	d	r	e
b	r	d	e	o	l	w	u	f
e	u	f	r	d	w	b	l	o
d	b	r	w	e	u	o	f	l
l	w	u	f	b	o	e	d	r
f	o	e	d	l	r	u	b	w

It's Spring "flower bud" Sudoku - Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.



Spring Word Search

Spring is one of the four seasons that comes after Winter and before Summer. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom.



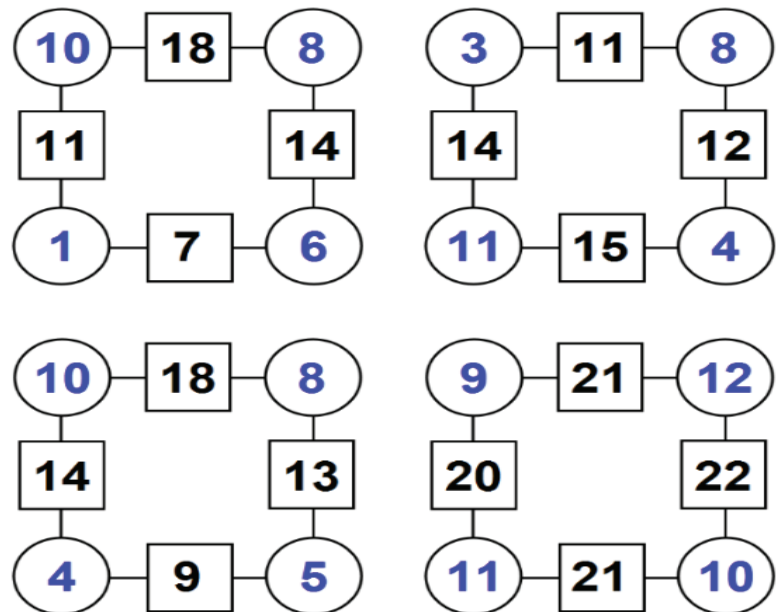
Word List

See if you can find the Spring related words in our word search.

- | | | |
|----------------|----------------|----------------|
| Birth | Bloom | Flowers |
| Grass | Growth | May |
| Melt | Showers | Sprout |
| Weather | | |

Spring Arithmagons

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THANK YOU TO ALL WHO SUPPORT US

We would like to thank all those organisations that support Age UK Tameside, without whom our work with the people of Tameside would be much more difficult.



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