

TSIDENEWS

THE BEST ABOUT AGE UK TAMESIDE



Customers Choose New Name

In January this year we spent time in the community talking to older people and lots of you asked us to change the name of our day support so we have! Our customers chose the new name and we feel it fits perfectly with what we do during the day time for older people at Age UK Tameside. >>> [page 4](#)



I&A £1 Million Target Smashed

We are proud to highlight that in the last twelve months Information & Advice has helped the residents of Tameside secure over One Million Pounds (£1,000,000) in entitlement benefits and back-pay through their sterling work. The people that we have helped in the last twelve months have shown their appreciation of the service they have received in the form of donations to Age UK Tameside totaling over £3000, which will all go to supporting our organization as a whole – Thank you for your support. >>> [page 6](#)

Welcome to the Team

We introduce you to some new members of our team who have joined us since our last publication. >>> [page 8](#)



Marcia's Message



Marcia Thorpe - CEO

Hi there it's been a really busy time with lots of great news to share, we have new staff on board to enhance our customer services and community engagement as we plan to be out and about in local areas talking to you about our work and listening to what else you think we can offer older people.

We have a brand new volunteer programme offering training and support to all those who give us their time, we know we really wouldn't be the same great charity without them and want to be able to give them the best volunteer experience that we can. Our day support is now the 131 Club as voted for by customers who felt the name better describes the services we offer during the day time and we also love that it has its own fantastic logo too.



We've also successfully received a grant from the Clothworkers Foundation to purchase a new mini bus, being able to provide transport to and from our centre is vital for our customers and we are delighted to be awarded this grant.

We're also now starting work on our dementia garden, we've raised just over £20,000 so a big thank you to everyone who has donated to this scheme, we've been awarded a grant from Living through Landscapes too and we have commissioned Groundwork charity to start the design and planning work. We very much hope the garden will be completed by spring next year so we get to make the most of it.

We've made some changes with the newsletter by publishing three times a year, spring/summer, autumn and winter, we want the newsletter to have more of a community focus by involving our customers and clients in articles and features as well as all the other great stuff. We will also be distributing the newsletter in other community venues and organisation, moving to online copies only.

We also have a new Newsletter Editor, Bob, who has volunteered for the charity for over 5 years. Bob has given his time and expertise in lots of areas of work across the charity.

Bob used to work within the then marketing department a few years ago and sees his role as Newsletter Editor as 'coming home' and we are so pleased to have him back on board driving this new look publication.

WELCOME



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New name for a new club format. Our 131 Club name was chosen by our customers.

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Information & Advice has helped the residents of Tameside secure over One Million Pounds (£1,000,000) in entitlement benefits.

8 NEW TEAM MEMBERS

Meet the latest team member to join Age UK Tameside.

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Jayne Marshall brought her inspirational play to Age UK Tameside, which was expertly performed by 2 Boards & A Passion.

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One of our longest serving volunteers, Eric, brings us his regular ramblings from a very eventful life.

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Join us as we get out and about in Tameside.

15 SPOTLIGHT ON PAUL BURGESS

Join us in learning more about the colourful life of this equally colourful character - you will be surprised!

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We take a look at the Best Foot Forward Services that we offer at Age UK Tameside.

18 ROUND UP

Read about what we have been doing to help the older residents of Tameside since our last newsletter.

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Get that grey-matter stiring with our range of puzzles.

24 THANK YOU FOR SUPPORTING US

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

the 131 CLUB



Our 131 Club is the place to be, we open 6 days a week Monday to Saturday and customers can choose what days and times they want to come either 10am to 2pm or up to 5pm.

We offer a range of activities from chair based exercise, to singing, dancing and water colour painting, we also run a quiz every Monday and Friday, we'll organise your transport and passenger assistance as well as serving you a 2 course home cooked meal and tea with toast as you arrive

“The people are so friendly and the meals are lovely.” 131 Club customer.

“On Sunday night I know I have something to look forward to the next day.” 131 Customer.

“Knowing she is there being looked after and enjoying herself gives me peace of mind.” A Carer.

131 Club prices start from £25.00. To get involved just give us a call on 0161 308 5000 or pop in to our Centre at 131 Katherine Street, Ashton-under-Lyne, for more information visit our website www.ageuk.org.uk/tameside.

Your first visit to the 131 club is free – just to see if you like it.



I&A Smash £1 Million

At Age UK Tameside we pride ourselves in offering free 'Information & Advice' to all qualifying local residents. This unique service has proved very popular since its beginning and now sees upwards of thirty people a week, therefore demand for this service is very high.

Information&Advicehavetwofull-timestaff and 2 part-time volunteers and an average enquiry at our 'drop-in' sessions lasts approximately 15-30 minutes per client, leading on to booked appointments lasting anything from 2-3 hours plus follow-up work upwards of 6 hours each week per client.

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The Information & Advice team consists of two full-time staff and two part-

in our Independent Living Centre, 131

Katherine Street, Ashton-under-Lyne.

The areas of expertise that Information & Advice cover are:

Welfare benefit entitlement checks

Social Care advice

Housing and housing benefit applications

Disability parking permit applications

Council Tax assistance

Pension credit applications

Carers allowance applications

Working age benefit advice

Homelessness

Debt issues

Signposting to other agencies/ advisors that cover consumer issues & general legal information

Whether you want to find information for yourself, a family member or someone you know, we're here to help, and we have staff and volunteers who speak community languages such as English, Gujerati, Urdu, Punjabi and Bangla.

We have full disability access into and around our centre and all consultations are held in private rooms for confidentiality. We take data protection very seriously and your information is not supplied to outside agencies without your consent. Home visits can also be arranged for those who are housebound and their carers, with the same attention to detail and confidentiality.

We also have a collection of free Information Guides for you to take away with you if you prefer, just call in to our reception to enquire.

Our Information & Advice service is becoming very popular and this may lead to longer than normal waiting times for booked appointments, therefore in the first instance it may be better to contact them by telephone or email, or by attending one of the drop-in sessions held each week. Full details of this are shown below.

**Address: Age UK Tameside Information & Advice, 131 Katherine Street,
Ashton-under-Lyne, OL6 7AW**

Telephone: 0161 308 5000 (ask for Information & Advice)

Email: info@ageuktameside.com (include Information & Advice in the 'Subject' line)

Office opening times – Monday to Friday 9:30 – 16:30

Drop-in session times – Tuesday and Wednesday 13:30 – 16:30

Legal consultation times – Occasional Tuesday and Wednesday (appointment necessary)



L-R:

Mr Yusef, Adele,
Tracey, Dawn



LINDA BUNTING

For those of you who have used our Insurance service in the past, you will be aware that we no longer offer this, but we are very pleased to announce that Linda Bunting, who was Trading Services Manager, has taken up a new role with us as a Client Service Coordinator. More details about this vital role within Age UK Tameside can be found on page 18.



WENDY HIGHAM

My name is Wendy and I am enjoying working with all the team at the 131 Club here at Age UK Tameside. Everyone has been so helpful and I am looking forward to getting to know as much as possible to help me develop in the field of working with older people.

I have a lovely partner and two gorgeous daughters and I recently became a Grandma to a beautiful baby girl.

LIVING THE VALUES



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**

JUST DO AND MEND

by Jayne Marshall - supported by 2 Boards & A Passion Theatre Group

Jayne Marshall is an inspirational play write, and she really surprised us with a wonderful experience of her recent play 'Just Do and Mend'. The play was written as a result of her mother's difficulty getting out to the theatre. The inspiration for the play came out of the stories told to Jayne from people living in Hyde. She then decided to take the production out to the wider community and approached the people at 2 Boards & A Passion for their help and they grabbed the chance of supporting Jayne in getting the message out to as many people as possible who found it difficult to attend a traditional theatre setting..

The story is about the lives of 3 women during the pre and post war years, living through these tough times who decided to tell the story of what life was really about. A comedy aspect is also portrayed throughout, which Jayne admits was an essential part of the play for her.

Jayne recently brought her play to Age UK Tameside so the members of the 131 Club could relive and relate their own stories to the play. Both the morning and afternoon performances were a complete sell out and we were treated to a real spectacular. You can see Jayne's work on Facebook - www.facebook.com/jayne.marshall.902

2 BOARDS & A PASSION

2 Boards & A Passion is a professional touring theatre company established in 2007. We provide entertainment and education through a wide and varied range of quality theatrical experiences to all members of the community, broadening awareness and enjoyment of theatre and the arts.

On the 12th July 2018 we came along with Jayne Marshall, the playwright of 'Just Do and Mend', to Age UK Tameside to put on a theatre experience to their 131 Club members in the morning, and in the afternoon it was an 'open door' performance to the general public. Both performances were a huge success.

The play was written by Jayne Marshall, produced and directed by Colin and Kathryn owners of 2 Boards & A Passion, and performed by four extremely talented actors from our theatre company.



ERIC'S CORNER

Eric is one of our longest serving volunteers here at Age UK Tameside and he has kindly agreed to pen a column for us each issue. This issue it takes a look at one of his lasting childhood memories.



Meeting Eric; if you haven't been introduced to Eric you have missed out on an inspirational man, we are going to put together a series of writings about his childhood, his life and his life's work, which he has been dedicated to for well over 60 years. Eric was born in India. His birth name is Eruch Jamshedji Cavsji, but he is known as Eric to his friends.

Eric arrived in England and started working shortly after at British Rail from 1955-1984 taking early Retirement.

In Sept 1985 Eric took advantage of the new 'Enterprise Allowance' Scheme and became 'self employed, as a book keeper, he worked for the Civil Service for four weeks.

Eric kept his small business going and volunteered some of his time to the adult literacy and numeracy department at Hyde College, based at Union St until it closed in 1992.

A colleague of Eric's at Hyde College talked to him about volunteering for Age UK, known then as Age Concern, he joined the charity's insurance trading until it closed earlier this year, and is still a volunteer for the charity today some 26 years later.

TODAY IS SUNDAY 19TH APRIL 2009

It's such a lovely day, cloudless, summery and barmy, with the sun beaming down with its glowing warmth. And it's not windy, or blistery, either!

Looking out the back window on to the garden, with the lawn neatly mowed and trimmed, and the bedding plants showing off their colours, it brings back memories of childhood days and carefree innocence.

I can picture Dad with his 'chhota peg' of whisky and Mum with her iced Vimto on the small table between them, relaxing in their deck-chairs, while my brother and I, with our cocker-spaniel, Topsy, were enjoying a roll on the grass under that spreading banyan tree at the bottom of our garden.

I can't think of a better word than 'bliss' - sheer bliss!

It was, as it is today, noiseless and calm, but for the birds chirping in the banyan tree. Occasionally, (but not on that day) friends along with their young ones would come around with loads of snacks and soft drinks, for an enjoyable afterneen of fun and games.

It is slightly different today, somehow. Yes, it's really hot, and sky is absolutely cloudless. I can see vapour trails created by planes to and from the Continent leaving criss-cross patterns ever so high up in the sky. I could easily play noughts-and-crosses, if it were at all possible.

Ah! Memories! I must confess I do sometimes dream of sharing an occasion like this in the company of family and friends. I wonder if one can re-create a 70-year memory into the 21st century.

IN OUR COMMUNITY

AGE UK TAMESIDE ROADSHOWS

On Friday 31st August 2018 Age UK Tameside had its first of many Roadshows. It was held at Ashton Marketplace adjacent to the Town Hall. Lorri Wilson and Bob Alston who are part of our Community Engagement Team were there to showcase the incredible work we do and talk to people about the services we offer older people living in Tameside.

It was really great to be joined by Tameside Radio presenter Frank McMahon and Producer/Interviewer James Dean who did a live broadcast from the Market, it created a really good vibe. We got the chance to speak to lots of people as they were out and about shopping and Lorri talked to Tameside Radio about our 131 Club, a real fun and exciting daytime service for older people,



anyone who wants to give our 131 Club a try can get a free day with us including transport.

As part of the day Tina, our Best Foot Forward Lead, came along to get people involved in exercise, we offer a range of exercise classes for people who may have experienced a fall and for others who want to try something a little bit more high energy. Look out for the new

classes we are adding next month, which includes drama, storytelling and mindfulness.

We had a really great day, we got the chance to speak to lots of people as they were out and about shopping and want to thank everyone for giving us their time.

Let me introduce Myself

Paul Burgess - 131 Club



I was born in 1969 in Limeside, Oldham, to a working class couple, Joan & Cyril, and was the 4th and final of their children. I joined Oldham Theatre Workshop at age 10 and the bug bit hard. I have been working in and out of both entertainment and health all of my life. I have been a Drag Artist since the early 80's and have also acted in many music videos and short films.

I spent 8 years working as a health trainer for the NHS, and during that same time I founded a theatre company called Pink Triangle Theatre. We specialised in tackling homophobia and transphobia in Schools, Colleges and

Prisons, our work taking us all over the country over a six year period.

The show that we produced and perfumed has been seen by over 11,000 people across the nation. We also wrote and made a short film called 'Dear Alan – A tribute to Alan Turing', which you can still see on YouTube (<https://goo.gl/EH4aTi>).

I met my husband Jason in 1997 during an Oldham College performance of a play called 'The Tree that holds up the Sky'. We became a couple not too long after and eventually married in 2009. This year, 2018, we have been a couple for 21 years, married for 9 years.

Together we run two non-profit organisations, 'Performance Plaza' and 'Cycle Club Oldham', both of them founded in 2005. We also run a YouTube channel and Facebook page called 'Those Vegan Guys'. I run another YouTube and Facebook too, 'The Vegan Queens'. (You are welcome to check all those out too)

Thus far I'm loving my job as a Well-Being Assistant here at the 131 Club. Who wouldn't love a job in which you can freely sing and you get to make people smile and laugh often?

Happy to be a part of the team at Age UK Tamside.





KEEP FIT AND STAY STEADY

Take advantage of our Best Foot Forward programmes to help you stay fit and healthy.

We have added lots of new classes to our popular Best Foot Forward Programme, and a great half price offer for this month.

All of our classes are delivered from our Dance Studio in Ashton and to book all you have to do is ring 0161 308 5000 or visit our reception

- Tai chi
- Chair based exercise Mindfulness
- Drama
- Creative writing
- Strength & Balance Storytelling

And more coming soon!

Just £5.00 a class



More details can be obtained from Tina on 0161 308 5000 or by email duckwortht@ageuktameside.com



WHAT'S BEEN HAPPENING

Here's a 'round up' of what been happening since our last Newsletter.

We've seen some important changes since we last sent out our Newsletter.

We have a new minibus to transport people to and from our centre and this has made a real difference with added reliability and comfort. Our driver, Mick, will make sure your journey to and from our centre is both comfortable and safe.



Linda Bunting our new Client Service Coordinator gives us an insight into what her new role involves.

"I moved over to my new role in April 2018 after 14 years in the Insurance Office.

"I now get to work with the whole of the

charity rather than just one specific area which is proving to be a great experience.

"The role is new, constantly evolving and challenging, from making sure clients get to the right services, receive a warm welcome, to making sure our information

meets data and GDOR standards.

"Working together, Sue, Margaret and I have developed the front of house reception area into an information gateway.

"I also lead the Admin Team and, together with Rosemary and

Kathryn, we ensure transport is available for our service users, rooms are available to hire for meetings or training sessions, and keep the general portfolio of administration work

Wendy, our drivers who, day in and day out, make sure our service users are collected from their homes and arrive safely with us ready for their stay at the 131 Club.”

We have a brand new Best Foot Forward studio now, thanks to a group of volunteers from the Prince's Trust. They worked tirelessly to re-juvenate one of our upstairs rooms into a specialist studio for our Best Foot Forward team to work in.

Best Foot Forward is one of our best attended services and people can take part in things such as Chair-based Exercises, Tai Chi, Otago, Mindfulness, Creative Writing, Drama and Storytelling, with more in the pipeline. It's all delivered with 'fun' in mind and it has become a great social experience too where friendships are fostered.



artistic impression only

on the straight and narrow.

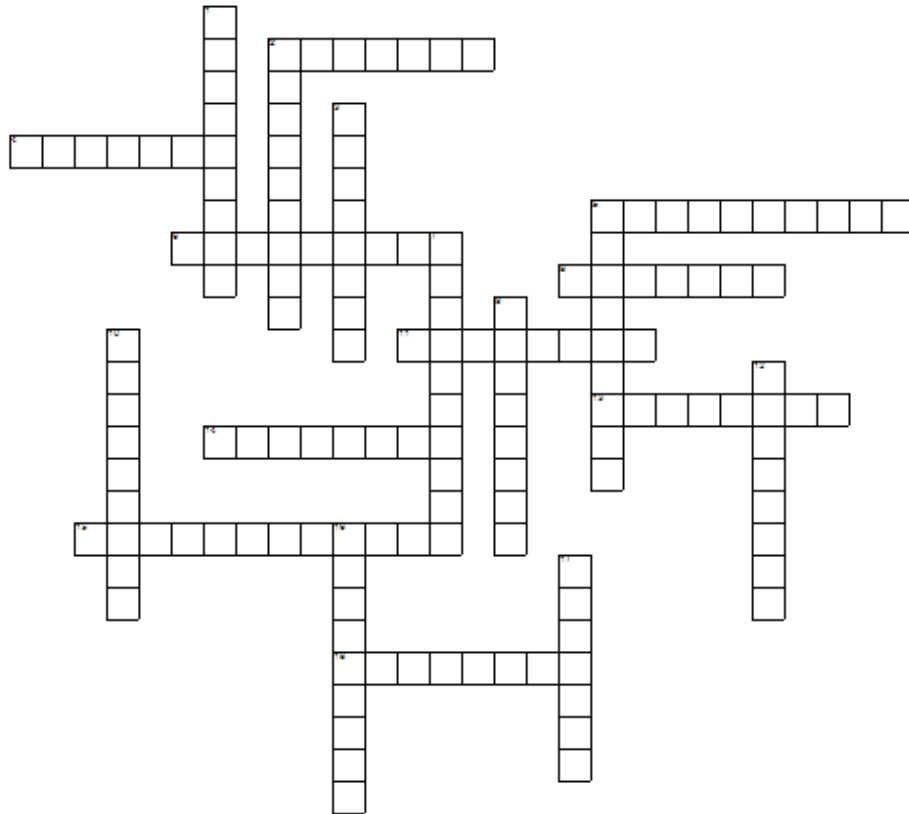
“Linda and Janet, our housekeepers, work closely with me to ensure the building is clean, well presented, and meets health and safety standards.

“Last but not least, I manage Mick and

JUST FOR FUN (soluti

Animals Crossword

There are many animals in the world. Animals can live in even the harshest environments such as the hot deserts and the cold Antarctic.



Across

- 2. Fastest land animal
- 4. Large spotted cat
- 5. South American thick furred rodent
- 6. Large reptile with big teeth similar to a crocodile
- 8. Black leopard
- 11. Long nosed mammal that feeds on ants and termites
- 13. Large grey animal with a trunk and tusks
- 14. Deer like mammal with horns found in Africa, Asia and parts of America.
- 15. Large mammal often called the "river horse"
- 18. Slow moving creature that carries its home on its back

Down

- 1. Small mammal with protective plates
- 2. Large snapping reptile with big teeth
- 3. Australian leaping animal that has young in a pouch
- 5. Colour changing reptile
- 7. Large horned animal
- 9. Rudolph is the most famous one
- 10. Spiky rodent like a large hedgehog
- 12. Nocturnal, African mammal and the first animal listed in the dictionary
- 16. Large seabird with longest wingspan
- 17. Small swift antelope

ons on page 24)

			1	4	9			
1								
			7		5			3
8		4	5	9	1			
5	7					1	8	9
2		1	3	8	7			
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4								
				5	2		6	

Football Soccer Word Scramble

Football, often called soccer is a sport played between eleven players where each team has to score a goal by getting the ball into the opposing goal.

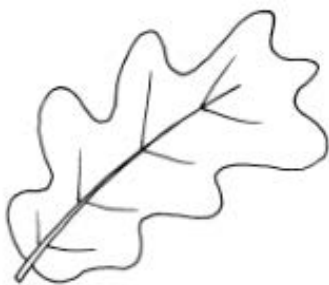
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- ftur _ _ _ _ _
- dre rdca _ _ _ _ _
- tcnere _ _ _ _ _
- imhcpno _ _ _ _ _



This Football Soccer themed Word Scramble features **10** Football Soccer themed words which have been scrambled. See if you can unscramble them to see what they are.

Autumn Word Search

Autumn, or Fall lies between the seasons of Summer and Winter. It is the season when the leaves change colour and are shed from the deciduous trees. Did you know that pumpkins were once believed to cure snake bite and remove freckles?



Word List

See if you can find the Autumn, Fall related words in our word search.

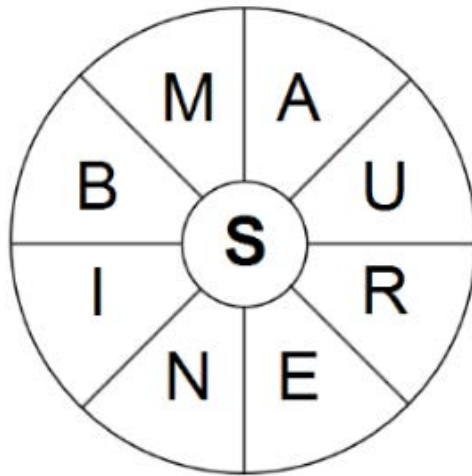
Apple
Earthy
Leaf
Windy

Change
Fall
Red

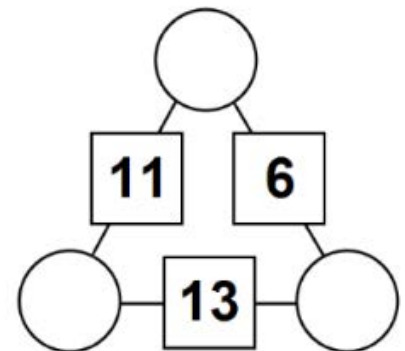
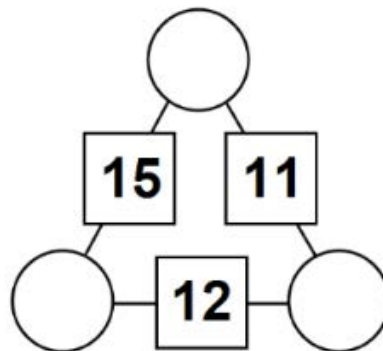
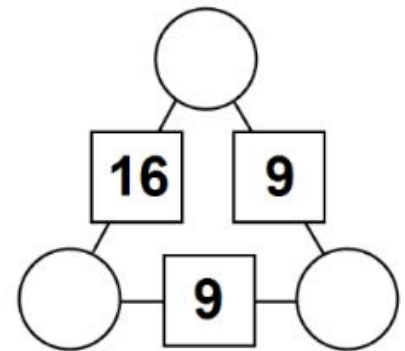
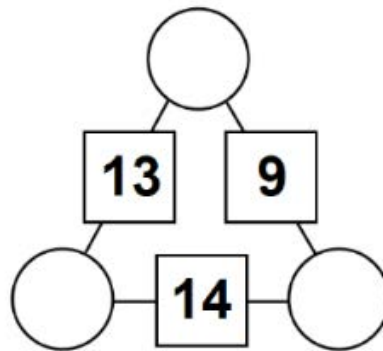
Crunchy
Gusty
Squash

Under The Sea Word Wheel

Our oceans cover over 70% of the Earth's surface. Of all the habitats on Earth the oceans hold the most mystery. While we are aware of hundreds of thousands of marine life forms there are still many more still to be discovered.

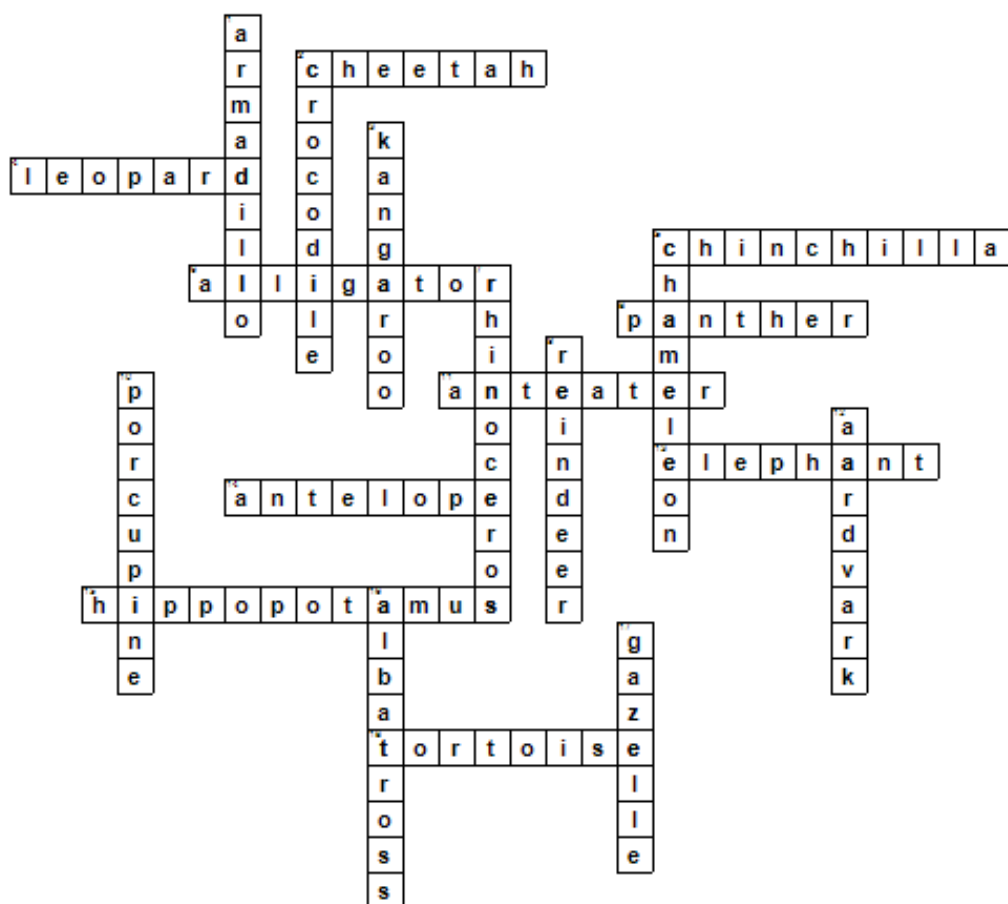


This Under The Sea themed word wheel is made from a 9 letter Under The Sea themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



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.

JUST FOR FUN - SOLUTIONS

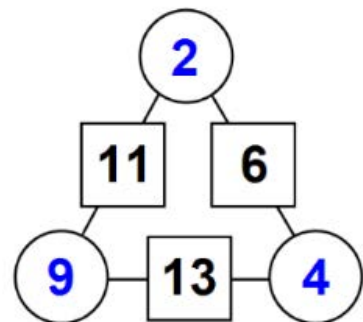
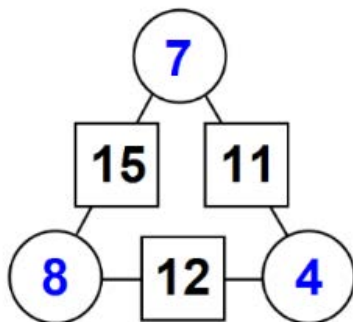
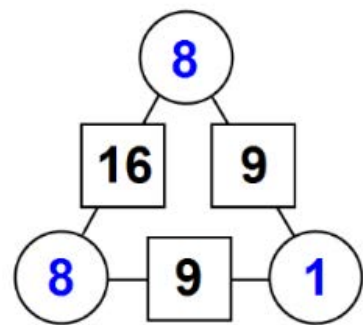
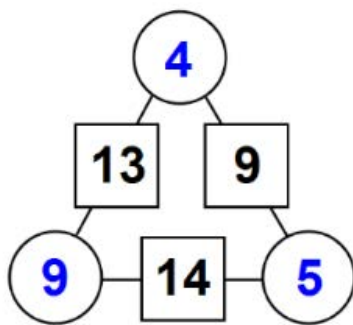


7	3	2	8	1	4	6	9	5
1	5	8	6	3	9	7	2	4
9	4	6	7	2	5	8	1	3
8	6	4	5	9	1	3	7	2
5	7	3	2	4	6	1	8	9
2	9	1	3	8	7	4	5	6
6	8	5	9	7	3	2	4	1
4	2	9	1	6	8	5	3	7
3	1	7	4	5	2	9	6	8

- tha crtki
- lkatec
- glauée
- rdefnede
- sfan
- apss
- ftur
- dre rdca
- tcnere
- imhcpno



- hat trick
- tackle
- league
- defender
- fans
- pass
- turf
- red card
- center
- champion



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.



Contact us

AGE UK TAMESIDE
131 Katherine Street
Ashton-under-Lyne
OL6 7AW

Telephone - 0161 308 5000
Email - info@ageuktameside.com
www.ageuk.org.uk/tameside

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VAT registration number 116461041.
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Have you got an interesting story to tell which we can include in the next newsletter? Give us a call on 0161 308 5000 OR Email us on info@ageuktameside.com and put 'Newsletter' as the subject. Thank you.