

TSIDENEWS

THE BEST ABOUT AGE UK TAMESIDE

Have Your Cake & Eat It!

Cupcake Day - during June we whipped out our whisks to raise some dough for The Alzheimer's Society to help fund pioneering research, crucial support services and vital care.

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131 Has Talent

For the first time at Age UK Tameside we asked our club members to show off their talents and compete for the 131 Club's Got Talent grand title. >>> page 20



Our Generation

Age Uk Tameside are proud to be involved in a Greater Manchester Ambition for Ageing project about changing perceptions of people over 50!

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Marcia's message



Marcia Thorpe - CEO

Summertime is here again, there should be lots of sunshine and either a great holiday to remember or one planned just around the corner because as much as we all love our jobs having a proper holiday is something we all need to support our wellbeing.

To encourage and support staff, volunteers and clients to take care of their wellbeing we ran a series of wellbeing activities during Mental Health Awareness Week, May this year it was good fun with lots of great information and things we can all try for ourselves, some of these activities and feedback will be shared in this summer newsletter edition. This is all part of our commitment as a Time to Change Pledge organisation and we aim to do a lot more of these types of activities and events across the year.

We have designed a brand new falls prevention programme with its own funky logo, the programme has been re-named Step Up Falls Prevention and the new content features real clients stories and experiences of falls, better use of digital aids like video clips, interactive quizzes and up to date information about bone health. We also have a new Step

Up Coach joining the team with lots of great stay active experience, as well as being a tai chi master. We are looking forward to getting out there and delivering the new programme, it's all very exciting.

We have received our Sport England funding and now have a brand new gym floor in Studio 131, some new fitness accessories, SMART TV and lots of motivational posters and postcards, we also have a "you said - we did" board to follow up on members suggestions. We are really pleased that the grant has enabled us to offer a number of free classes each week to support older people to stay active, and that there is something on the programme to suit all abilities, look out for more details in this newsletter edition.

In terms of charity quality standards we have successfully completed our Investors in People review and our Information and Advice (I & A), Team have secured the IAQP and AQS certificates, these are the national quality standards required to deliver an I & A Service and really important for the charity to obtain and Striving for Excellence is one of our core values so achieving these type of awards is one way for us to show this.

We want to offer a new service to older people, supporting them in the own homes through bereavement and other times when they may feel down and on their own. We have put together a grant submission to the Lottery for a project called Get Up and Go, and we should know whether we have been successful by the end of August, if we are successful we will be able to employ a new staff team and service lead to deliver the project starting September this year.

We are really pleased to be working in partnership with Diversity Matters and the Grafton Centre we are providing welfare benefits advice and information as a regular slot for clients who access their services or where it is easier for local people to access Age UK support from these service venues. We also offering dementia support at the Grafton Centre on a regular basis and are out an about in Ashton Market breaking the silence of dementia talking to people from a market stall as part of our road show tour, see our website for more details.

We hope you enjoy this newsletter there's lots of fantastic work for us to celebrate and it's great that again in this edition the spotlight is on the many wonderful older people who use our services.

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THE BENEFITS OF CHAIR BASE EXERCISE

It's never too late to improve your physical fitness and enjoy the benefits from a more active lifestyle.

It's a fabulous way to improve your fitness while socialising with friendly people, making new friends, and feeling part of a group.

The benefits of the chair base exercises can help by improving your mood, confidence, self-image, your overall wellbeing, both physically, and mentally.

Chair base exercise can help you to achieve this by starting at a gentle pace, building up gradually over weekly sessions.

These chair base exercises are designed for people who have a range of mobility levels who find it difficult to exercise standing.

At the beginning of the exercise class we start with a gentle warm up to promote the circulation, warming the body ready for exercise.

Then we move onto the mobilising exercises, these help to loosen joints, and reduce joint stiffness.

After completing the warmup, and mobilising exercises, we go onto the strengthening exercises, using a range of equipment.

These strengthening exercises can help to improve your mobility, through strengthening leg muscles, and their flexibility, improving your balance through core strengthening, helps with your co-ordination, and reaction, reducing the risk of accidental falls, and can help with your range of movement.

They can also improve a leaner body mass through weight loss, and help with quality, and length of sleep.

This type of chair base exercise is engaging with plenty of fun, and laughter.





Phil worked as a self-employed electrician for around 40 years, he says that around 7 years ago he began to experience stress and wanted to try yoga to relieve this. Phil tried different yoga practices and eventually came across Kundalini Yoga which he says really 'grabbed him'.

Kundalini is one of the most spiritual types of yoga, it works well in creating natural feelings of calm and happiness. Phil attended classes for about 3 years before deciding to train as a teacher himself, he is a level 1 teacher currently pursuing level 2.

Phil recommends yoga as a great way to de-stress, it really helps to focus the

mind which is good for concentration, Kundalini is well known for improving lung functioning for long term conditions like asthma this is due to the breathing elements of the practice and we have had great feedback from some of our clients who do use inhalers.

The Yoga class runs every **Thursday at Studio 131, from 1.00pm to 2.00pm** and can be **adapted to chair based**, this is one of our new **FREE** classes and we do have a limited number of places available for those who want to join, just give us a call to book yourself in, **0161 308 5000**.



Our Studio 131 programme has gone from strength to strength over the last 12 months, we've secured new funding and set up a monthly working group to include customer views as well as innovative ideas to build on our success. Our goal is to get older people moving by offering classes that meet all needs and abilities, at either free or affordable prices. At Age UK Tameside we know how important it is for older people to stay active.

According to the National Institute for Ageing, exercise is good for people of any age and can ease symptoms of many chronic conditions. And contrary to popular belief, weakness and poor balance are actually linked to inactivity, rather than age.

SweetTree, a leading UK care provider, identified 7 benefits of staying active:

- Live longer
- Prevent falls
- Reduce the risk of strokes or heart attack
- Better bone density
- Reduce the risk of developing dementia
- Prevent or delay disease
- Increase confidence and greater independence

The Benefits of Exercise - Exercise for older people has built a solid evidence base, and activities that really get older people moving are highly recommended. Our programme offers a mix and match of different exercise classes to help older people who want more of a fitness challenge to do so safely with trained instructors.

| Day | Class | Time | Facilitator | Venue |
|-----------|-----------------------------|---------------------------|-------------------------|---------------------------------------|
| Monday | Strength and Balance | 1pm to 2.00pm | Danny £3 | Hollingsworth Community Centre |
| Tuesday | Fit 'n' Fun | 12.00pm to 1.00pm | Danny (Free) | Studio 131 |
| Tuesday | Chair Based Exercise | 1.30pm to 2.30pm | Aamir £3 | Studio 131 |
| Wednesday | SOSA | 11.15am to 12.00pm | Charlotte (Free) | Studio 131 |
| Thursday | Chair Based Exercise | 1.00pm to 2.00pm | Aamir £3 | 131 Activity Room |
| Thursday | Chair Based Yoga | 1.00pm to 2.00pm | Phil (Free) | Studio 131 |
| Friday | Tai Chi | 1.30pm to 2.30pm | Don £3 | Studio 131 |



STUDIO 131 (cont)

Our SOSA class is a combination of salsa and samba dancing with some other funky moves thrown in for fun, sometimes the best classes are the ones that make you feel like you're not really working out and dancing is just a great way to feel good.

Our Fit 'n' Fun class introduces circuit training where the aim is to challenge yourself to improve your fitness goals each week, the class includes some boxing which is also a great way to improve hand eye co-ordination and decrease stress.

HAPPY FEET, our new jazz class which ran for 6 weeks across April and August, the course was free and had a fantastic take up. We will be running stay active courses across the year and we are happy to hear your ideas and feedback about what you would like to see on the programme.

We are offering these free courses as a way of encouraging older people to get active and with all our other free classes we offer on the programme we hope they are able to stay active, having seen the benefits first-hand.

It's also a great way to meet new people and for some of our classes we offer social time and refreshments afterwards.

We also offer a Meet 'n' Mingle Lunch Club on a Tuesday and Thursday, a 2-course home cooked meal with drinks for just £7 and some of our Studio Members book themselves in after class, and others after a bit of shopping on the market.

Some feedback from our clients:

"The Tai chi teacher is very professional, and I am really happy with this class."

"The dance instructor split the class into those that could stand and others who needed to sit so that everyone could take part."

"I really enjoy the social time that is on offer after classes."

"I attend quite a few classes I'm really impressed with the facilities and get on with everyone in the class."

"I really love it at Age UK Tameside and enjoy all of the classes I do each week."

If you want to talk to us about Studio 131, our Meet 'n' Mingle Lunch Club or any of our other great offers call or reception staff on 0161 308 5000

Introducing Rosemary Kemp our Client Services Officer

So Rosemary, you took up your new role of Client Services Officer at the beginning of July, but before we talk about that role, can you give us a brief background of where you came from workwise and what made you want to come to Age UK Tameside?

My background is in publishing – first working on printed books and then on online publications, which is where I developed my interest in websites and social media. Publishing is very deadline driven, so it was great training for all the organisational skills you need to work in admin! My move to Age UK Tameside came about after I volunteered as an online news writer for a carer’s charity. I really enjoyed the role and decided I’d like to work for a similar organisation. I came to Age UK Tameside first of all as marketing volunteer and then moved into a paid role with the admin team about a year later.



What makes you tick – what hobbies do you have?

I’m a keen runner and can usually be found running along the Rochdale Canal or around Daisy Nook on a Sunday morning. I’ve done a few 10k races and am looking forward to doing the Manchester 10k next year with the rest of the AUKT team! I’m also trying my hand at vegetable growing – although the Manchester weather is proving a bit of a challenge. So far, my biggest successes are a crop of peas and some courgettes.

Tell us about your new role and what it entails?

There are three main areas to my role: making sure the back-office systems that support our services for clients are all running smoothly (including things like front of house, transport and meeting room hire); developing our website and social media communications; and working with Linda on health and safety and information governance issues to make sure we’re meeting all our legal obligations.

How will you make a difference to the organisation in your new role?

I’m looking forward to being able to develop our social media presence so that we can showcase all the great services that we offer. I also want to focus on developing our room hire business. We’re in a great central location so there’s definitely potential to bring in more income from hiring our rooms out for meetings or on long-term leases.

HAVE YOUR CAKE & EAT IT!

Cupcake Day

In the average time it takes to bake a batch of cakes, six people in the UK will develop Dementia.

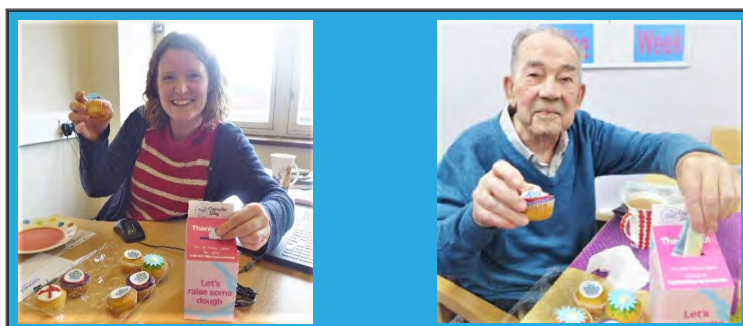
Cupcake day provides a significant way of helping and has raised £2.7 million since 2016.

So, during June we whipped out our whisks to raise some dough for The Alzheimer's Society to help fund pioneering research, crucial support services and vital care.

We had lots of fun decorating cakes with our 131 Club clients and our Dementia Wellbeing group. We also had some lovely doughnations from Parkcakes.



We had even more fun eating them! We had lots of support from our staff, volunteer's and client's. We also spent an afternoon on Ashton market engaging with the community, providing lots of information and support and selling our lovely decorated cake's.



In total we raised over £60 for the Alzheimer's Society which will help to carry out crucial research into the cause, care, cure and prevention of dementia.



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**

MENTAL HEALTH AWARENESS WEEK 13TH TO 19TH MAY 2019



AUKT Staff and Volunteers with Danny before they start their Boxercise Class

Age UK Tameside became a pledge employer member of 'Time to Change', a partnership campaign to reduce stigma and discrimination for people experience mental health issues led by Rethink and MIND, the largest national Mental Health Charities in the country.

We signed our pledge at our Charity Away Day, January 2019 and we have a work plan to guide us as we make changes and encourage positive conversations and actions that support people who work and volunteer for the charity to take care of their mental health. In terms

of our clients and customers all of our service delivery is based on the 5 Ways to Wellbeing, we also deliver a specialist mental health recovery service and a course for carers exploring issues like resilience.

Understanding the importance of positive mental health is very much a part of Age UK Tameside and we wanted our staff and volunteers to benefit from our commitment and expertise in the same way our clients do.

Mental Health Awareness week takes place across the UK to talk about the problems and stigmas around talking

about and diagnosing mental health issues. As **one in four** people in the UK are said to be living with a mental health condition, like anxiety or depression but struggle to find the help they need. This year as **one in eight** adults surveyed by the Mental Health Foundation said they felt suicidal because they felt so unhappy about the way they looked this year's mental health awareness theme focussed on **Body Image**.

Mental health Awareness Week at AUKT:

- **Monday Morning, Good Mood Food Information and Fruit Bowl Breakfast**
- **Tuesday Wellbeing Top Tips Handout**
- **Wednesday from 2pm a Fun Fitness Session with Danny in Studio 131**
- **Thursday from 1pm Wellbeing Quiz with the Champions and Wellness prize**
- **Friday from 2.15pm, Noah's Art Project in the lounge**

We had some fantastic feedback from staff and volunteers:

"Great fun with fantastic looking after my mental health messages."

"The boxing class was fun really lifted my spirits and yes I want to do more."

"A great week and really made me think about my own wellbeing."

Linda, staff enjoying pet therapy courtesy of Noah's Art Project



THE OASIS GARDEN - name chosen by John one of our 131 Club members who won our garden naming competition



Where are we now...?

Before we get to “where are we now?” I thought it would be good to backtrack to the beginning of our adventure and look at:

“What were we wishing for?”

“What were we offered?”

And finally

“Did we get what we were wishing for?”

So – “What were we wishing for?” You may be aware that thanks to the generosity of many people who donated both their time and money to our fundraising campaigns and with the grants we secured from Living Through Landscapes and Tesco we were finally in a position to start work on what we were wishing for - our long awaited Dementia Friendly Garden.

Then – “What were we offered?” After lots of discussions, hopes, dreams, ideas and reality checks we were offered?” – A blueprint from the Architect which met our desired vision.

Before any dream can come true there has to be some dirty work. So at the end of April, the construction team moved in, it was messy, noisy and at times frustrating – all we saw as we looked out of the windows was dust, muck and gaping big holes, all in all, it didn’t instil any eager anticipation of our dream becoming a reality.

But, gradually, the digging stopped, the flooring went down, the bases for the raised beds went in, fencing was erected and then, as if by magic, the flowers appeared – the frustrations disappeared, the anticipation grew in earnest and it would even be fair to say – exceeded.

So, can we finally ask the question - “Did we get what we were wishing for?”

“Yes, we most certainly did”. At last the Garden is complete, it is a work of art, it has surpassed all expectations, and no one is disappointed – in fact everyone is raving how wonderful it looks.

As I look back at the first update I wrote, I spot this sentence:

“Our vision is to create a knockout experience for everyone who visits us.”

WE DID JUST THAT, WE ARE THERE!
WELCOME TO
“THE OASIS”



LOVE YOUR GARDEN THE PARTY!

We had our grand opening of the Oasis Garden on what turned out to be a soggy August day outside, but a wonderful sunny 80's delight inside with all of our 131 Club Members and guests. We were all honoured to be able to come together to celebrate the fantastic Dementia Friendly Garden at Age UK Tameside and through many up's and downs along the way it finally came to fruition and was well worth the wait.

The party got off to a great start with a Thank You speech to all the friends of Age UK who helped raise funds for our garden from our CEO Marcia Thorpe, and our Dementia Lead Dawn Linnie, who gave a heart-warming speech on what a difference our garden is going to make for people living with dementia, and all of our visitors. We were honoured to have Len Cummings' family as guests, Len was a 131 Club member and a keen gardener who sadly passed away, however his granddaughter, Laura, climbed Mount Kilimanjaro helping to raise a significant amount towards our garden.

All of the staff had dressed for the occasion with some fantastic 80's costumes, and of course we had a best dressed competition judged by Marcia, and Ann one of our 131 Club Committee Members. Dawn Linnie and Dawn Steen came in as runners-up, but the winning crown had to go to our very own Linda Bunting aka Dame Edna Everage who simply stole the show "possums".

Not to be out done our 131 Club members had been working very hard all week on their own hat designs. There was bling, glitter and flowers everywhere and competition was stiff for the Best Hat design. After some deliberation our head judge Adele Jones chose Beryl's dazzling visor as the winner.

We all headed outside for the best part of the day, the unveiling our garden plaque by our guest of honour, and winner of our Name the Garden competition, John Kenworthy. John did a wonderful job of cutting the ribbon and gave a lovely speech about our little Oasis in the midst of a concrete carpark.

Back indoors and we all partied away 80's style with food, drink and Mr Whippy's ice-cream. Thank you, Steve, those ice-creams were awesome and a wonderful treat for everyone. We had our photo booth, stalls, raffle and name the knomes competition for the guests to enjoy in between eating and dancing.

We finished off the party with a live performance by Jo Farrow, her voice was breath taking and she belted out some fantastic 80's tunes ending our party with Tina Turner's Simply the Best, and the Oasis Garden Party was that. We know how to throw a party at Age UK Tameside.



Photos (L-R)
 Dawn, Linda, Dawn
 John unveiling The Oasis Garden name
 Mr Whippy
 Pearl and Percival

Here are our brand new logos, many thanks to our in-house designer Casey-Leigh for doing such a fantastic job!!!



Studio 131 is our stay active programme, offering weekly exercise classes for free or just £3



Step Up Falls Prevention our brand new up to date 8 week programme



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. In this issue he shares one of his own popular seasonal short stories.

VOLUNTEERING

I first started volunteering in 1991, for Tameside College teaching literacy and numeracy, I really wanted to help people and thought teaching people these types of skills was a great way to give to others. Over the years I have done different types of volunteering, I've volunteered in Hospitals as part of the reception team.

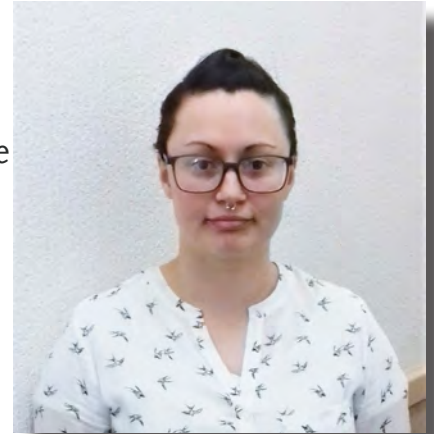
I started volunteering for Age UK Tameside in 1992, as part of the finance and admin team, I've made some good friends over the years, have some good memories and I've learnt lots of new skills.

Right now, I volunteer for Wythenshawe Hospital as well as writing this guest column for the Age UK Tameside Newsletter, I would really encourage anyone who wanted to volunteer to give it a try, I've been volunteering for 27 years now and can highly recommend it.

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

CASEY-LEIGH

My name is Casey-Leigh and I have been working for Age UK Tameside as a Be Well Plus Worker. I love working here because every day is different, and I thoroughly enjoy the new challenges it brings me.

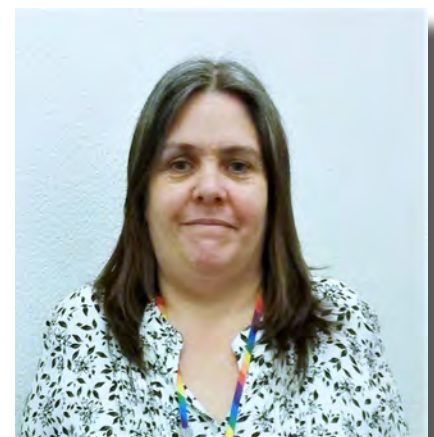


Anything can happen in the 131 Club one day I can be running an art class and the next I'm a magician's assistant at a Talent Show. I enjoy listening to the Clients stories from when they were growing up as you can see how much these memories give them joy. My favorite part is when we see a club member try a new activity and hearing them say that they enjoyed it or hearing a club member say they enjoy attending. The team I work with and colleagues from other departments have been very welcoming and supportive, they have made settling into my new role pleasure. I'm looking forward to developing new activities with the 131 Club Committee

A fun fact about me is; My first job, I was an apprentice tattoo artist.

JACKIE

Hi, I'm Jackie the new Be Well Assistant in the 131 Club, I have worked with older people for a few years and enjoy working with older people because every day is different. You never know what to expect, I like hearing the stories they have to tell about their lives. I chose to work at Age UK Tameside because working in the club lets me help the members make the most of their lives, enjoy themselves trying new things and build new relationships. I'm going to help them to achieve this with our activities and making them as fun as possible. I think it's really important that people get to spend time together making new friends



A fun fact about me is I belong to a drama group and perform in a panto every year.

131 CLUB HAS THE TALENT



Marcia, CEO, with 131 Club competitors - left to right, Bernard, Norman, Bill, Colin, Doreen & James

We hosted our very own 131 Club's Got Talent Show on the 22nd of May and what an amazing day we had. For the first time at Age UK Tameside we asked our club members to show off their talents and compete for the 131 Club's Got Talent grand title. After weeks of planning, rehearsals and lots of hype the big day came around. With our three judges in place Marcia (CEO), Pete one of our drivers, Margaret one of our wonderful reception staff, our compare extraordinaire Becky (one of our Be Well Team) and a fantastic audience of club members and staff we were ready to go. We had such an array of talent on the day, Doreen our very own songbird, Bill and his amazing magic show, Colin our singing bobby with his delightful kitchenette's, Jim and his side-splitting comedy show and we were very lucky to have two fantastic talented poets on the day Norman and Bernard.

After a fun fueled show, we had an extra treat from Clarendon 6th Form College Performing Arts

Students who entertained us before we cast our votes. After all the excitement everybody needed some refreshments and we were very lucky to have some scrumptious delights donated to us by East Takeaway Ashton and Clarendon 6th Form College.

After a tense count the votes were in and it was down to our final two acts Norman with his witty poetry or Bill with his mesmerizing illusions. It was a tough choice for the audience, and we were proud to announce Norman as our 131 Club's Got Talent Winner. Everyone that took part in the competition won a prize and trophy and our grand prize which Norman chose was a trip to Castle Howard in York. One of Norman's poems is featured elsewhere in this newsletter.

Thank you to our contestants who took the time to share their talents with us they made it a truly amazing day and we can't wait to do it all again next year.

WE JOIN THE ROYAL EXCHANGE!



WOULD YOU LIKE A PERSONAL CHALLENGE? ARE YOU CURIOUS ABOUT THEATRE?

Following the success of the Manchester Royal Exchange Elders Company, we are creating a Tameside Elders Company.

The Tameside Elders Company, in partnership with Age UK, Ashton will make a piece of theatre to be performed in Stalybridge as part of a wider creative festival in August 2019. If you are new to theatre or come with lots of experience, then join us - there is space for everyone.

Over six weeks on a Monday morning between 11am and 1pm you will have fun with a professional theatre maker to create a piece of theatre that celebrates Tameside and challenges the stereotypes of getting older.

If you would like to take part, please come to an initial Taster session on Monday 8 July, between 11am and 1pm at Age UK, 131 Katherine Street, Ashton-under-Lyne OL6 7AW.

Sessions continue for 5 weeks with the outcome on Tuesday 13 August 2019. No need to book - just turn up! Any questions, please call Andy 0161 615 6792

Introducing another great partnership with The Royal Exchange Theatre a chance for older people to get involved in all things theatrical, the project got off to a great start with 18 participants, we'll be bringing you a full feature in our next newsletter.



Age UK Tameside are proud to be involved in a Greater Manchester Ambition for Ageing project about changing perceptions of people over 50!

“Yellow Jigsaw is tasked with delivering this social enterprise together with local Age UK partners.

Our reporter, Bob, is responsible for publicising what is happening at our centre on Katherine Street, as well as other things we will be involved in around Tameside.

Bob explains: “Our clients have fully embraced the project and they have supported me in highlighting the great work that we do at Age UK Tameside.

As well as Age UK Tameside, other local Age UK’s involved are Bolton, Bury, Manchester, Oldham, Salford and Wigan.

“We have two fabulous articles in the next issue of The Record,

the projects very own newsletter, even making the front cover too.

“I am looking forward to reporting on more activities and events that we will be involved in over the next 12 months.”

The project will challenge the stereotypes associated with old age by sharing the stories of individuals from all walks of life, who have shown that you can live life YOUR way.

Read the latest newsletter here:

www.yellowjigsaw.co.uk/talkingaboutmygeneration





131 Talent Winner - Norman Lowe

The 131 Club

Good morning "Would you like Tea or Coffee,
And how many rounds of toast?"
That's the usual way you're greeted,
By our host.

To meet up with friends,
Is a good way to start your day.
After you have had a chat,
There are games to play.

It could be "Bowls" or "Kurling",
Even exercise to keep you trimmer.
Enjoy a "Sing Along" with Richard,
That will bring you up to "Dinner".

Now that is "Pleasure" on a plate,
Our "Home Cooked Food" is a treat.
Of course! There's the afters,
Everyone enjoys a sweet.

The afternoon could be "Art" and a "Quiz",
Plus many more games to play.
So why not come and join us,
You could even pick your day!



Helina & Adele

DIVERSITY MATTERS

We are currently delivering a once weekly language support information & Advice Drop in partnership with Diversity Matters North West and The Holy Trinity Church & Community Centre. This is available at the Healthy living centre 20 Great Norbury Street, Hyde SK14 1BR.

This runs every Friday from 10:00am until 4:00pm.

This is to provide Information & Advice to people of all age groups in the BAMER community, in the Tameside area.

Our Language support advisor is Tayyaba Mirza, she speaks Urdu, Punjabi and Spanish. She can offer support to access welfare benefits, understanding correspondence, application forms, and local services like GP's, dentists, as signposting people to the correct legal support if needed.

Tayyaba has a language support drop in for the over 50s at our offices in Ashton too, on a Thursday afternoon 1:30pm to 4:00pm.

MAKING A DIFFERENCE

The Information and Advice Team here at Age UK Tameside support people with a whole range of issues.

The team is made up of Adele, Helina, Tayyaba, Monica, Tracey and our newest member Steve.

Last year we helped people to claim over one and a quarter million pounds of benefits. A lot of this was for people that would have not known about their eligibility without Age UK Tameside supporting them.

We also helped people to access a range of local services like Minor Adaptations Assessments, for aids and equipment to remain in their own home independently.

Another area was Blue Badge parking permits, to enable them to gain better access to areas that they would not have previously been able to get too without pain and distress.

"Thank you for your patience and understanding"

"Extremely helpful"

"Very good service"

"Thank you for your courteous and understanding attention, which was way beyond the formal often hurried dealings with other agencies"

MEET OUR FINANCE MANAGER MARIA GARDINER



I started as Finance Manager at Age UK Tameside in March 2017.

I am an ACCA Qualified Accountant by trade and have a Masters in Leadership & Management.

Before I started at Age UK Tameside I was CEO of a Charity based in Manchester for 12 years working with kids not attending school, care leavers, offering childcare as well as I & A support and community activities for older people. Before that I was an Accountant in the private sector and was a dealership Accountant for Volvo.

I enjoy working for Age UK Tameside because I like to think I am contributing to making a difference to someone's life

When I'm not at work - I love spin sessions at the local gym - Basically very fast indoor cycling to very loud dance music. I am also trying to learn Spanish and think I am really good until I go on holiday to Spain and hear the locals!!

SETTING OUT OUR STALL

Every 2nd & 4th Thursday of the month, between 1.30pm-3pm you can find Dawn, our Dementia Support Lead and Margaret, our Community Engagement Worker manning a stall on the outdoor market in Ashton-under-Lyne.



Often, people get used to “coping” and don’t realise there is help available to deal with life’s challenges. Dawn and Margaret are there to offer support and advice on all our services, they also work closely with other agencies and charities so can signpost you towards other forms of support you may need.

Whatever the problem, Dawn and Margaret will be able to provide free and confidential advice. So, if you’ve got a query, there’s something you don’t understand, or you just fancy a chat, come along and see them.



What our customers say:

“I was on Ashton Market today and had Dementia explained to me by the two ladies who were present, they were both nice and professional.”

“Excellent range of services. Didn’t realise you did so many different things.”

“Delighted with the information I’ve been given.”

“Very helpful. Good information, lots of booklet’s on different care.”

“Good advice given, thank you.”

POEM BY 131 CLUB MEMBER BRENDA FORD

Dear Mother



Dear Mother I would like to greet you especially on this day,
Because from my heart there's so much I'd like to say.

A silent prayer a silent tear,
Wishing only my Dad was here.

But Mother you have given me everything,
Affection, joy and cheer.

And from the bottom of my loving heart,
I'm glad that you are here.

Snippets

Farewell to Fiona and Tina who moved on from the charity earlier this year, best wishes to them.

Best wishes to Mr Yousef, as he moves on from the charity having joined as member of staff in the nineties, once retired from his job role with the charity as part of the Information and Advice Team, Mr Yousef continued as a volunteer providing language support to BAMER communities, and he now feels it's the right time for new adventures.

Many thanks to Cody, Chelsea and Nafisah our Tameside College Students who have all undertaken work-based placements with us at Age UK Tameside. A big well done for successfully completing your placements and good luck for the future.

Welcome to Chris Biddle, who joined our Board of Trustees June this year we are really pleased to have Chris with us and hope to utilise his commercial skills and experience.

Welcome to Jackie and Casey Leigh our newest staff members and read more about them in this newsletter edition. A warm welcome to Amanda our new Be Well Community Worker and Aamir who will be delivering our Step Up Falls Prevention Programme as the new Coach, we hope to share more about Amanda and Aamir in our next newsletter edition.

JUST FOR FUN (soluti

Fruit and Vegetables Acrostic Poem

Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?

V _____

E _____

G _____

E _____

T _____

A _____

B _____

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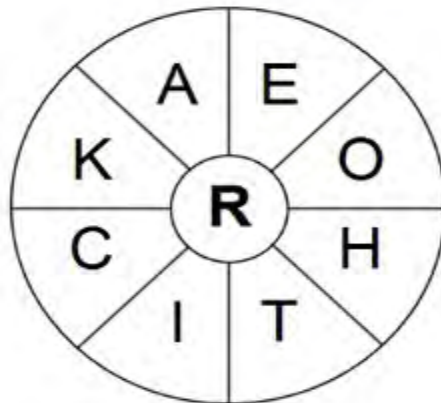
E _____



Try making a Fruit and Vegetables themed acrostic poem. Each line of your poem should start with a letter from the word **VEGETABLE**.

Fruit and Vegetables Word Wheel

Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?



This Fruit and Vegetables themed word wheel is made from a 9 letter Fruit and Vegetables 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 R.

ons on page 32)

9 x 9 Fruit and Vegetables Sudoku

Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?

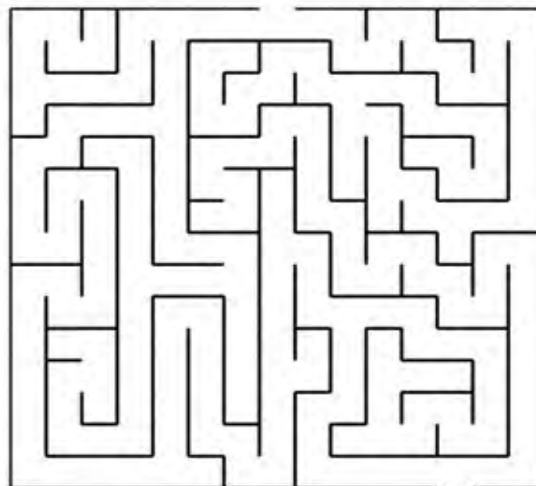
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It's our fruit and vegetable "artichoke" Sudoku - fill in the grid with the letters A, R, T, I, C, H, O, K and E, making sure no letter is repeated in every row, every column and within each mini grid.



15 x 15 Fruit and Vegetables maze

Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?

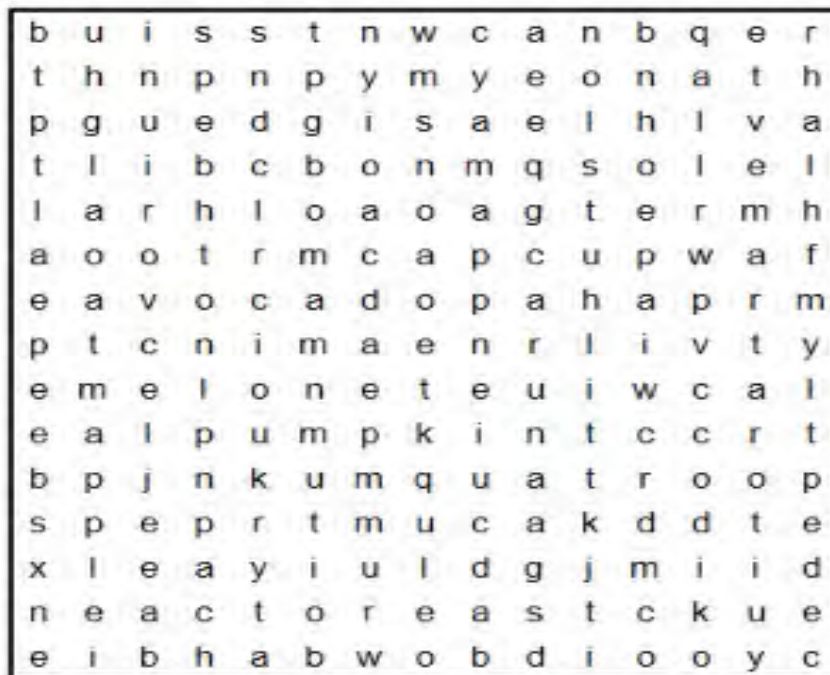


Help the farmer harvest all the broccolli by guiding him through the maze.



Fruit and Vegetables Word Search

Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?



Word List

See if you can find the fruit and vegetables in our word search.

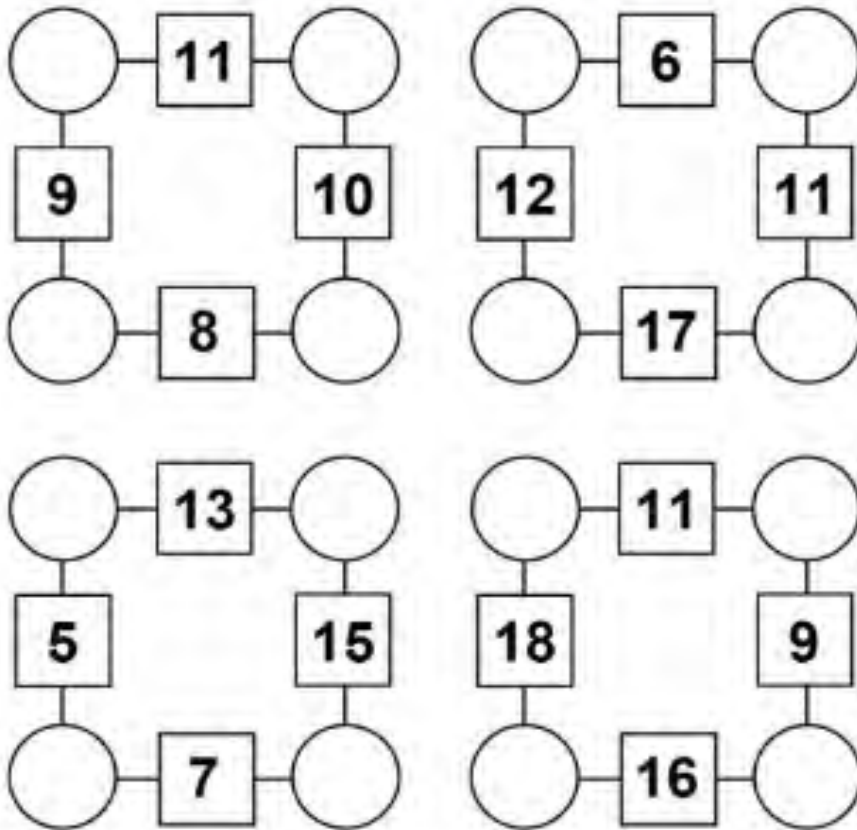
Apple
Coconut
Melon
Yam

Apricot
Guava
Pumpkin

Avocado
Kumquat
Spinach

Fruit and Vegetables Arithmagons

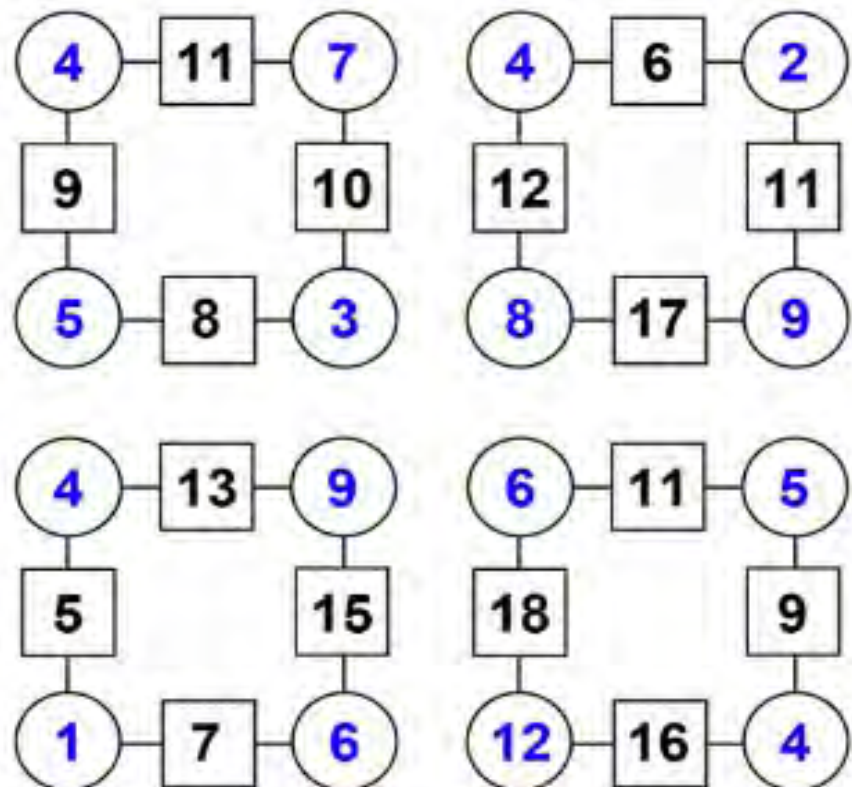
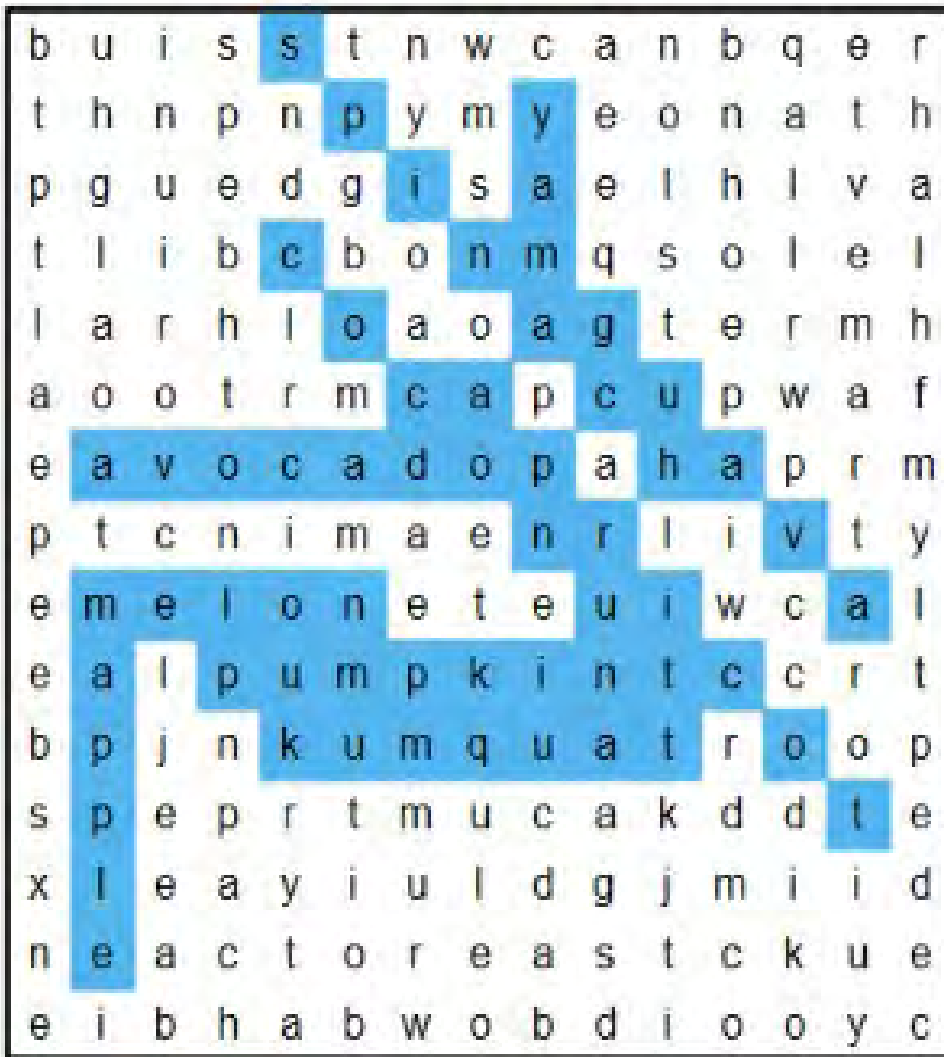
Fruit and vegetables are a key ingredient for a healthy diet. Fruit and vegetables not only contain lots of vitamins but are also a good source of fibre. Did you know that a cucumber is a fruit not a vegetable as it has seeds in the centre and that the only fruit to grow seeds on the outside is a strawberry?



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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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.



AGE UK TAMESIDE
131 Katherine Street
Ashton-under-Lyne

Contact us

OL6 7AW
Telephone - 0161 308 5000
Email - info@ageuktameside.com
www.ageuk.org.uk/tameside

Registered charity number 1142364.
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.