

TSIDENNEWS

THE BEST ABOUT AGE UK TAMESIDE

We Visit The Seaside

On Monday 17th September the 131 Club had its first big outing with a fabulous day trip to Blackpool. Twenty of our service users attended the day and we wanted to share some of their thoughts with you. It was a day full of memories for everyone who came along and we can't wait to organise more trips next year after the success of this one. [>>> page 4](#)

Minibus

In July this year a new Minibus was purchased for Age UK Tameside. [>>> page 14](#)



We Remember Them

We are very proud to showcase our 131 Club members handcrafted wreath their way to remember the fallen on Armistice Day. [>>> page 21](#)

Christmas Opening Times

As we are approaching the festive season, please find below our opening times:

- Monday 24th December (Christmas Eve) – Closed**
- Tuesday 25th December (Christmas Day) – Closed**
- Wednesday 26th December (Boxing Day) – Closed**
- Thursday 27th December – Closed**
- Friday 28th December – Closed**
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Marcia's Message



Marcia Thorpe - CEO

Welcome to our Winter Edition of the new look Age UK Tameside Newsletter, as always it has been a really busy time for us. We've had some really interesting and exciting developments over the last few months that we want to share with you so look out for articles on the Ashton Shopping Centre Pop up Shop, our Older Peoples Day Celebrations, Blackpool trip for 131 Club Clients and our Dementia Gardens plans. We are pleased to announce that we successfully achieved the Age UK England Charity Quality Standard a national standard applied to all local Age UK groups. The assessor met with our Senior Management Team, Staff, Volunteers and Board members for an all day assessment in September. The Assessment involved us demonstrating our long term strategy, operational planning, service quality, and how we work and support older people who use our services.

A big thank you and well done to all of the staff, board and volunteers at Age UK Tameside achieving this Quality Standard is a fantastic.

'Time to Change' Employee Pledge

Over the next few months I will be working to introduce the 'Time to Change' employee pledge to Age UK Tameside. 'Time to Change' is the national mental health campaign run jointly by Rethink and Mind who are two of the largest national mental health charities in the UK, the campaign is centred on challenging mental health stigma and signing up to the pledge as an employer shows our commitment to our staff team by providing resources, information and advice for those experiencing mental health issues we will also have mental health champions within the team who we will train and equip to be able to listen and support as well as a preventive programme to encourage staff to attend to their wellbeing. We really believe that supporting staff wellbeing is important and part of our responsibility as an employer.

Season's Greetings from our CEO

Thank you to everyone who has supported the work of Age UK Tameside over the last year, our commissioner, partners and donors, a special thanks to the Board and Volunteers for all the free time they give to the charity and the many ways they make our services for older people in Tameside so much better, Finally I would like to thank our wonderful staff team for another year of hard work and commitment. Wishing everyone a great Christmas and Fabulous New Year, See you all in 2019 - Happy holidays!!!

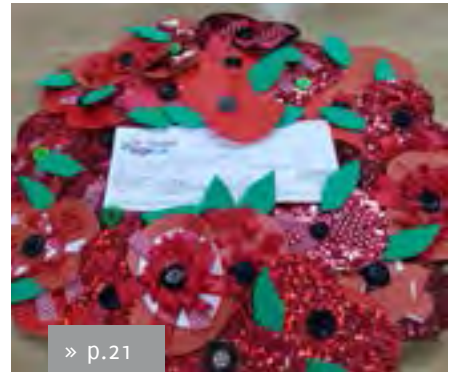
WELCOME



» p.4



» p.14



» p.21

4 SEASIDE BOUND

A fun journey to Blackpool on a very comfortable coach and of course we had fun chats and songs on the way.

6 COMMUNITY SUPPORT

Free service and we can take referrals from anyone who has concerns for the overall health and wellbeing of a friend, neighbour or even themselves.

7 DEMENTIA WELLBEING

We have now moved.

10 OUT & ABOUT

We have had a busy few months which started with a fantastic opportunity to have a Pop Up Shop.

12 ERIC'S CORNER

One of our longest serving volunteers, Eric, brings us his regular story telling corner from his very eventful life.

14 NEW MINIBUS

New minibus for Age UK Tameside.

15 A FAMILY CHRISTMAS

Penned by Mary Colegate.

16 BEST FOOT FORWARD

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

17 DEMENTIA GARDEN UPDATE

Through the generosity of many individuals are Dementia Garden is in its design stage.

18 LET'S CHAT

We chat with members & staff.

21 WE REMEMBER

We are very proud to showcase our 131 Club members handcrafted wreath.

22 JANET & MUTTLEY

Janet and Muttley the therapy dog visit our 131 Club.

23 MUSIC

Stockport Ukulele Players pay us a visit.

25 VOSCARS

We're having our very first VOSCARS Awards to celebrate and appreciate our wonderful volunteers.

JOIN THE BOARD

Looking to do some voluntary work as part your New Year Resolution – Why not join our Board?

26 JUST FOR FUN

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.

Oh We Did Like To Be Beside The Seaside!!

On Monday 17th September the 131 Club had its first big outing with a fabulous day trip to Blackpool. Twenty of our service users attended the day and we wanted to share some of their thoughts with you. It was a day full of memories for everyone who came along and we can't wait to organise more trips next year after the success of this one.

It was a fun journey to Blackpool on a very comfortable coach and of course we had fun chats and songs on the way. We arrived at Blackpool Tower at around midday and made our way up to the Ballroom for our afternoon tea, which was marvellous and thoroughly enjoyed by all.

Sandwiches, cakes, scones with jam a clotted cream and hot fresh pots of tea and coffee were served in abundance.

Our club members, many of whom hadn't been to Blackpool for many years, had the memories of family trips come flooding back. We had lots of



lovely conversations about memories and great holidays and day trips of old. It was a fabulous afternoon in the tower. One of our club members even got the chance to have a few dances. We all enjoyed watching him and others dancing so well in that beautiful ballroom. It was truly magical.

After a lovely few hours in the tower we made our way next door to



Mum and help assist with other members. I thoroughly enjoyed the day as did my Mum. I thought the trip was organized well and all the staff worked really hard to make it a success. It brought happy memories back for Age UK Members which will stay with them. I hope this was the first of many. Well done Age UK.”

“The trip to Blackpool was a complete success. In my opinion everyone enjoyed it. The afternoon tea was very good. We were all well looked after. Fish and chips in Wetherspoons was a plus for us all. The wellbeing assistants and driver were brilliant; I would go on any trips Age UK provides. Able to have a dance and a walk on the pier made it for me.”

“The trip to Blackpool on 17th September 2018 with afternoon tea in the Tower Ballroom and Fish and Chips in Wetherspoons was a complete success.

Wetherspoons for a choice of Fish & Chips or Scampi & Chips with garden peas or mushy. Tea and coffee were served again, but there were a few service users who bought themselves a cheeky wee tipple. ;) Here are a couple of comments from those who came along.

“I would like to compliment all the staff who attended the Blackpool Trip on 17/09/2018. It was pleasure to accompany my



COMMUNITY SUPPORT SERVICE

At Age UK Tameside offer our community support service in the home for older people who want to get their lives back on track:

It may be you have:

- Experienced a fall or have mobility issues
- Want some help getting out and about doing things you enjoy
- Feel like you need some companionship
- Need some help to support close to you
- Have lost a loved one
- Recently attended hospital, in or out patient

Our Service is free and confidential older people can ring us themselves, a relative, friend, or professional can also enquire about the service.

We start by visiting you at home talking to you about how you want things in your life to be different, we'll work with other agencies that can help and will put together a plan so you can see how well you are doing.

You can arrange an appointment for a home visit, or to come in to our offices for a chat with a member of our friendly team. Contact us in the first instance on 0161 308 5000 or you can email your enquiry to info@ageuktameside.com

NEWSFLASH

We are pleased to announce we have a new Board of Trustees Chair Robert Needham, many thanks to Steve Moss who stepped down as Chair at this year's AGM he has been an inspiration, we look forward to working with Robert as he leads the way in the next chapter of the Age UK Tameside story.

DEMENTIA WELLBEING SUPPORT GROUP

Well, it's been an exciting time for our support group as we have found bigger premises for our ever growing sessions.

We have now moved from 131 Katherine Street, Ashton-under-Lyne to:-

*Holy Trinity Church
Dean St,
Ashton-under-Lyne
OL6 7HD*

We would like to thank everyone at Holy Trinity Church for all their help and kindness during our move.

Anyone needing information or would like to attend our support group please contact us on:-

Telephone:- 0161 308 5000

Email: info@ageuktameside.com



UPDATE

Best Wishes to Emma, who moved on from the Age UKT October this year, Emma has worked for the charity since 2015, she was one of a team of community support workers when she first started with us and moved into the 131 Club as a senior worker. Emma is regarded as a valued member of our staff team and we wish her all the best for the future.

NEW POSTS

We are currently in the process of recruiting for a brand new Centre Co-ordinator to oversee our 131 Club and the Dementia work that we do. We hope to have a new member of staff in place very soon, so watch this space!

Strategic Away Day

Age UK Tameside will be holding its first strategic away day with staff volunteers and board members on Wednesday the 2nd January 2019.

The away day will give the charity the opportunity to come together as a team to celebrate our achievements and review our business plan performance over the last year. During 2018 our strategic themes were 'strength, stability and growth' the idea being to prioritise tasks and actions to build our foundations and now we have come to the end of this phase we are ready to move on to developing our 3 year strategy.

This is a really exciting time to be a part of Age UK Tameside the charity has a wonderful 40 year history supporting older people that they can be proud of and with new research, an increased social understanding around the needs of older people and lots of client and stakeholder feedback and consultation data the charity is confident this is the right time to look further ahead to the future of Age UK Tameside and how it will be a community asset for older people now and in the years to come.

The away day will be packed with workshops, think tanks and activities to harness new ideas and innovations as well as looking at ways we can make the most of our existing service provision and Mind will be joining us to support the launch of our 'Time to Change' employee pledge. It's really important for all of us who work and volunteer for Age UK Tameside to come to come together for this away day, work together as a team is really the best way we can achieve our goals and make a real and lasting difference to the lives of older people.

Generous Donation

In October we received a very generous donation from Ashton-under-Lyne Old Peoples Welfare Committee, many thanks to them for thinking of us and the older people we support – it is very much appreciated.

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**

OUT AND ABOUT

It's really important to us to get out there and meet local people to talk to them about what we do and provide a taste of what we offer here at Age UK in Tameside. We have had a busy few months which started with a fantastic opportunity to have a Pop Up Shop in the Arcades Shopping Centre in Ashton – you may have seen us in there! We ran a number of sessions over the 6 weeks:

- Our best Foot Forward exercise tasters got everybody moving with our very own Front of House worker, Margaret, championing the cause and our Best Foot Forward Lead encouraging people to have a go!
- We offered Information and Advice Drop-In Sessions for people to talk to us about benefit entitlements, blue badge applications and to gain advice on a whole range of topics.
- Our 131 Club Team provided singing and chair based exercise sessions to get people talking and find out more about the fun we have every day in our social club.

Monday the 1st of October was National Older People's Day and we celebrated this with a number of stalls at the Pop Up Shop. Be Well offered health checks, Healthy



Minds provided information and advice about local mental health services and people got to have a go at curling with expert help from Active Tameside. There were also opportunities to talk about volunteering with Age UK and The Scouts. Throughout the time at our Pop Up Shop,



Best Foot Forward participants

we talked to around 140 people, which was great.

As part of the Loneliness Forum in Tameside - a group of local organisations working together to reduce loneliness in the borough - we held a Golden Harvest

event on Friday 5th October. The morning event was held in Ashton and we spent the afternoon in Hyde offering chair-based exercise taster sessions and information about volunteering and the fantastic work we do. Working in conjunction with local organisations such as Action Together, Public Health, The Together Centre, Be Well, Jigsaw Homes, The Community Response Team and more, the event was a great success.

As part of the Golden Harvest event, Public Health launched their new 'Take A Seat' Campaign for Tameside as part of their strategy to create an age-friendly borough. Local businesses can sign up to the campaign and are provided with a seat so that older people know where there are dedicated places around town that they can take a seat, and maybe have a glass of water, whilst out and about. Businesses will display a sticker in their window if they are taking part and although this campaign is in its early stages, it has proved extremely successful in South Manchester so Tameside are hoping to replicate this success. Age UK Tameside will be taking part in the campaign too so watch this space and look out for a sticker in our window!



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.

CHRISTMAS, THIS YEAR, IS WONDERFUL

June and David were a successful couple in the world of computers. They provided a service creating useful programmes for small businesses and trades people. And as success brought more success, thoughts of having a family were put 'on hold', year after year.

That's how Clare came to be adopted! She was only six months old, when she was brought home to the lovely 'Coley' mansion in Staffordshire. A few days later Sylvia was engaged as a nanny, caring for the child and tending to the family's comforts in other ways. Sylvia soon became a part – an indispensable part - of the family.

Clare is sixteen this year - almost an adult, you might say, and (as the law permits it today) her curiosity to find out who her real parents were, particularly her mother, was not necessarily encouraged, neither was it totally restrained. When it seemed positive that Clare did want to find out for certain, David and June whole-heartedly gave their support.

Initial enquiries from the Adoption Society could only reveal that Clare's mother came from the Lake District, from an area called Ings. Delving further into the history of the case, through other agencies, David and June were told that the name of the mother, who gave up her baby for adoption, was Mrs. Ida S. Somerset.

Pleased with the information they had, they visited the Lake District, with Clare, during the next few breaks in their schedules, in the sincere hope that they could find something to their advantage, while at the same time, wishing that they would not have to endure any pain that might follow as a result.

Little by little, they managed to piece together the sad story of Ida Somerset: her unhappy marriage to Ingram Somerset, who left her even before their child was born; her move to the Midlands, with her babe in arms. After that, there was no news of Ida. That was some sixteen years ago! She could be anywhere!

Every time that the Coley's returned from the Lakes with some positive information, Sylvia seemed to feel low in spirits; this last visit, however, had come to a dead-end, but, this time, Sylvia's demeanour was spirited and bubbly! Perhaps, it's Christmas and what with Yuletide and Good Cheer and all that! At least, David and June were pleased that Sylvia seemed so cheerful.

Although Sylvia remained in the kitchen while the Coley's entertained their friends to a Christmas feast, they insisted that she joined them for coffee and mints in the lounge afterwards.

Flash-bulbs popped and 'Polaroid' snaps soon started going round the room, when one of the guests remarked how very much alike Sylvia and Clare looked. There was a momentary silence, which was broken by another round of coffee, but by then Sylvia had left the room.

That night, June and David looked again at the snaps of the evening. Yes, there was this look-alikeness between Clare and Sylvia.

Pleased and disturbed at the same time, at this amazing coincidence, June and David put a few things together: like Sylvia came from the Midlands, like Sylvia would let slip, from time to time, about her roots in the Lake District, like her name being Sylvia Somers. Was she Ida Somerset really? Did she know that her own child was adopted by the Coley's? If that were so, how did she find out? Or was it pure coincidence?

Next morning, Boxing Day, Sylvia was not in the kitchen, as usual, and June, like Sylvia, wondered whether revelations of the night before could mar this happy relationship. It didn't! And while David was snug under his duvet, the women-folk, in the kitchen, shed a few tears - of joy, of course! And all that Clare could say: "wow! TWO MUMS! BOTH HERE! WHAT A WONDERFUL CHRISTMAS PRESENT TO HAVE!"

NEW MINIBUS – TRAVELLING IN STYLE!!!

In July this year a new Minibus was purchased for Age UK Tameside.

The Minibus - a white Citroen - was purchased from David Fishwick, Colne, Lancashire. Funding was provided by a grant obtained from The Clothworkers Foundation for £17,000.

The new Minibus has a state-of-the-art heater, Bluetooth and can be seen in and around Tameside taking clients to and from our 131 Club. It is also used for transporting Clients to and from exercise classes.



It has the Age UK Tameside and 131 Club Logo on it. the garage; arranged payment and Insurance.

The project was managed by Catherine - Finance Administrator who researched and sourced the Minibus; liaised with Mick Greaney picked the vehicle up on his day off! - a special "Thank-you" to him.



A FAMILY CHRISTMAS by Mary Colegate

Everywhere in the house it's quiet,
Not a peep to be heard,
Everyone tucked up in bed, nice and cosy,
All dreaming of what Santa Clause would bring them.

Santa's checking his list,
Seeing who's been naughty or nice,
Whatever it is, could be a surprise.

It's Christmas morning,
What's Santa brought?
Hurry, I'm so excited,
I hope it's the Train Set I wanted,
Oh come on, I want to open my present.

What did you get Mum?
Oh that's lovely,
Thanks Nan – Yeh the Rudolph jumper,
Fits lovely, it's what I've always wanted.

Paper strewn all over the floor,
We'll be finding bits of Christmas paper under the sofa,
'Till New Year.

Mum and Nan in the kitchen peeling sprouts,
And having a crafty sip of wine,
Kids in the living room trying out the new video game,
Dad and Grandad taking over, showing them how it's done,
It's all in a bit of fun.

Christmas is all about the family,
Getting together, that's the best gift of all.

BEST FOOT FORWARD PROGRAMME

We're really pleased to present our brand new Best Foot Forward Class Programme, there really is something for everyone, our staff are highly qualified and great fun, and class customers rated the service 5 out of 5 last year - so why not give it a try!!!!

| Day | Class | Time | Facilitator | Venue |
|-----------|----------------------|--------------------|---------------|---------------------------------|
| Monday | Drama | 10am to 12pm | Stuart | AUKT 131 Katherine Street |
| Monday | Creative Writing | 1pm to 2pm | Stuart | AUKT 131 Katherine Street |
| Tuesday | Chair Based Exercise | 1.30pm to 3.30pm | Shirley | AUKT 131 Katherine Street |
| Tuesday | Strength and Balance | 11am to 12pm | Shirley | AUKT 131 Katherine Street |
| Wednesday | Strength and Balance | 10.30am to 11.30am | Tina | Haughton Green Community Centre |
| Thursday | Chair Based Exercise | 1pm to 3pm | Stuart | AUKT 131 Katherine Street |
| Thursday | Chair Based Exercise | 1pm to 2pm | Stuart | AUKT 131 Katherine Street |
| Thursday | Storytelling | 2pm to 3pm | Stuart | AUKT 131 Katherine Street |
| Thursday | Relaxation | 11am to 12pm | Stuart/Kirsty | AUKT 131 Katherine Street |
| Friday | Tai Chi | 1.30pm to 2.30pm | Don | AUKT 131 Katherine Street |



We have a fantastic dance studio at Ashton, lots of special offers and some giveaways, our Best Foot Forward Programme is a great way to keep fit, try new things and meet new people.

To book your place just call our reception staff on 0161 308 5000 or call in to the Ashton Centre 131 Katherine Street, if you attend regular classes you can book in advance.

I am so chuffed to announce that through the generosity of many individuals who donated to our fundraising campaigns and the grants we received from Living through Landscapes and Tesco we're now able to pick up the next trowel on the path towards our Dementia Friendly Garden.

We've had a very successful meeting with the Architect who is helping to design, plan and build our garden and he has gone away with a very clear understanding of what we want for our service users, visitors, volunteers and staff, within the next few weeks we should have sight of the first draft plans.

We are looking forward to the day when we can throw open the door and take a gently stroll around the garden, be dazzled by the brightly coloured blooms, breathe in all the different fragrances and catch the wind as it gently rustles through the swaying fronds.

It's a very exciting time but, as with every new project of this type, there will be some disruption, however, working together with all our partners we hope to keep it down to a minimum and I am sure you will agree it will be worthwhile when we finally see the finished work of art.

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

Keep a watch for more exciting progress reports!



WE CHAT WITH MAY CHADWICK

We had a chat with one of our 131 Club members to find out what she enjoys about the days she comes to the centre. May is 90 years old and has been a regular at the Club for 4 years.

What do you enjoy about coming to the 131 Club?

I like everything about coming here, but the first thing that stands out is simply being around other people. Getting the chance to chat, socialise and have fun with others is so important. I was feeling a little isolated and sometimes lonely before I started coming here. Now I don't.

Which of our activities do you enjoy the most?

I enjoy them all and it's nice to have a choice of what to do. I know that I can come here and if I choose to, I can do arts and crafts, have a sing-a-long or just sit and chat with my friends. I think personally I enjoy the armchair exercises the most because I feel that I really benefit from them. They definitely help me to keep more mobile and have less joint pain and stiffness.

Has anything surprised you about the 131 Club?

Yes quite a lot. I was expecting it to be more like a care home at first, and wouldn't have liked that. It isn't like



that at all; it's a club/cafe/community centre where I get to do things I really enjoy with people I've enjoyed getting to know. The food is always really lovely and satisfying and I even met an old friend here that I had known at school and hadn't seen for many years. I see her often now and it is always lovely to have a catch up.

Would you recommend the 131 Club to others?

I would, in a heartbeat. I would suggest that people at least give it a try. Just come along and try a day, see what you think. That's exactly what I did four years ago and I've been coming ever since. You'll never know if you don't try.

AND STUART CROWTHER

We also caught up with one of our new staff members to get an insight into the real person.

What made you want to work for Age UK Tameside?

As a performer by trade, I've always worked with people of all ages and in a variety of different settings. I'm not a solitary person - it's in my nature to be surrounded by new faces and folk from all walks of life.

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

Caring. Daring. Sharing.

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

I'm a bit of an obsessive reader, so I'm usually to be found with my nose in a book or five.

Where is the best place you have ever visited?

I don't think I've been there yet - I'll let you know.

What era of music do you like best?

I'm an eighties kid, so I have a lot of love for that particular period, although I do admit to a weakness



for the punk era of the seventies and the Britpop scene of the 1990's.

What is your favourite song and why?

Kate Bush - 'Hounds of Love'.

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).

Kate Bush - for musical stimulation and general wackiness.

Jane Austen - for the stories.

Bendelacreme from RuPaul's Drag Race - for generalized loveliness and good eyebrows.

Victoria Wood - to just listen and

continued over

absorb every last molecule of comedy.

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

Whatever my mother wants. She deserves it. Also hummus.

What was your favourite subject at school and why?

Drama and English. I've always been fascinated by the theatre, which probably explains why I chose to make my career there.

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

Making it this far, mostly intact. Also performing in the West End, which was a childhood dream.

What's left to do on your 'bucket list'?

Visit New York and find a fabric softener that doesn't leave residue.

What is your all time favourite TV show and why?

Buffy the Vampire Slayer had a profound effect on me, with its message of empowerment for anyone who sometimes feels like an outsider.

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

I'm not a huge cinema fan, but I'm 'gonna' cheat and say 'The Hours' with Nicole Kidman, Julianne Moore and Meryl Streep, which is older than five years, but left a lasting impression on me.

Christmas Opening Times

As we are approaching the festive season, please find below our opening times:

- Monday 24th December (Christmas Eve) – Closed**
- Tuesday 25th December (Christmas Day) – Closed**
- Wednesday 26th December (Boxing Day) – Closed**
- Thursday 27th December – Closed**
- Friday 28th December – Closed**
- Monday 31st December – 9.00am – 4.00pm**
- Tuesday 1st January (New Year's Day) – Closed**
- Wednesday 2nd January – Closed for Staff Away Day**
- Thursday 3rd January – 9.00am – 4.00pm**
- Friday 4th January – 9.00am – 4.00pm**

We are very proud to showcase our 131 Club members handcrafted wreath, their way to remember the fallen on Armistice Day. Each poppy was handmade which makes it so special. If you get the chance please pop up to Dukinfield Cenotaph where the wreath sits alongside the other community wreaths, it will be well worth a visit.



Remembrance Sunday, 11th November 2018, was a day for us all to remember and honour those people who sacrificed themselves to protect our freedoms, we owe them so much. Once again this year Age UK Tameside was pleased to support the poppy appeal.

Janet & Muttley



Janet and Muttley the therapy dog came to see us a few weeks ago to ask if we'd like them to visit our 131 Club members - and we were delighted to accept. We can't thank Janet enough for the regular visits, and Muttley is such a lovely, friendly dog that our members love to spend time fussing. We hope the visits continue long into the future.



The Stockport Ukulele Players are a fantastic and very talented band. They came to the 131 Club for the second time on Friday 5th October and played a fantastic set for our Club members. We were delighted to welcome these fantastic people to play for us again and a fabulous time was had by all. We're already looking forward to the next time.



This year we are pleased to be hosting a Christmas Party for 

131 Club clients

*At the Broadoak Hotel, Broadoak Road,
Ashton-Under-Lyne, OL6 8QD*

On Tuesday 11th December – 12.30pm – 3.30pm

Fabulous 3-Course Christmas Meal

**Followed by festive entertainment from our very own Vegan Queens
(Drag artists)**



**Booking opens on Monday 5th November from 9.30am
Please call 0161 308 5000, email Info@ageuktameside.com
speak to a member of staff in person to book your place.**

Merry Christmas!

**The party is paid for by Age UK Tameside
donations, but does not include transport.**



Christmas Greetings

We want to wish everyone a very Merry Christmas and Happy New Year, many thanks to everyone who has supported and contributed to our work, it's been amazing to see how much we have changed and grown over the last year. We can clearly see how some of our new approaches have positively impacted on our clients, we are now able to spend more time listening to clients about how they want services to be and in doing so they have helped us generate new ideas, make improvements to things like activities, try new stuff like trips out and raise funds for the things that matter most to them like getting new mini bus so clients feel safe, secure and comfortable travelling to and from the centre.

We're having our very first VOSCARS Awards to celebrate and appreciate our wonderful volunteers.

The event will be held on Wednesday 5th December 2018, at our Ashton Centre, we will be serving a 2 course meal with drinks, providing entertainment and awarding volunteers in recognition of their contribution to the work of the charity. We'll have some special awards for those long serving volunteers and those that support specialist functions within the charity that we really could not manage without. This is just another way of us saying THANK YOU; to our volunteers they really do make a difference to the lives of the older people we support.



Join our board

Looking to do some voluntary work as part your New Year Resolution – Why not join our Board?

AUKT is a local community service for older people living in Tameside; we have a 40 year history and in that time have evolved in line with latest research, developments and the changing needs of older communities.

Today we offer a diverse range of services from a traditional day time social club to dance studio classes, a comprehensive information and advice service and specific support for people living with dementia and their carers.

We have a dedicated staff and volunteer team who really care about older people we are passionate about living our values and delivering services that transform the lives of older people.

If you feel you want to be a part of our story, can invest a minimum of 4 hours of you time each month for meetings and reading papers, please send an expression of interest telling us a bit about you, your skills, experience and how as a trustee you would hope to make a difference to the lives of older people.

Return to: Marcia Thorpe, Age UK CEO, thorpem@ageuktameside.com or ring 0161 308 5000 for a chat.

Closing date for Expressions of Interest: 31st December 2018

Information about Age UK Tameside can be found by visiting www.ageuk.org.uk/tameside

JUST FOR FUN (soluti

Winter Acrostic Poem

Winter is the coldest season of the year. Winter to many means snow, short days and extra clothes to keep us warm. Did you know that no two snowflakes are alike?

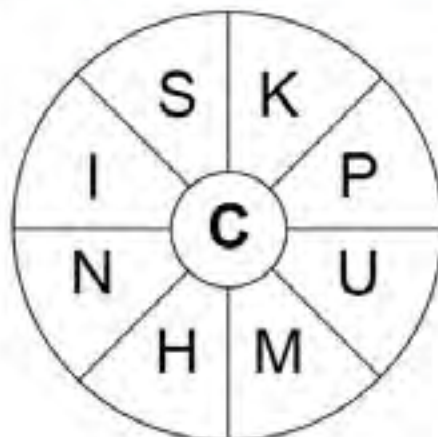
S
N
O
W
M
A
N



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

Animals Word Wheel

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



This Animals themed word wheel is made from a 9 letter Animals 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 **C**.

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9 x 9 Winter Sudoku

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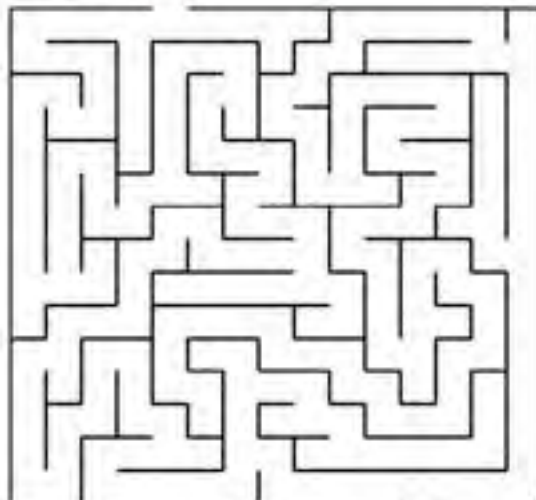
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It's Winter "snowflake" Sudoku - fill in the grid with the letters S, N, O, W, F, L, A, K and E, making sure no letter is repeated in every row, every column and within each mini grid.



15 x 15 Pets maze

We keep many animals as pets, the most popular include dogs, cats, hamsters, fish, mice, guinea pigs and birds. Did you know that a goldfish can live up to 40 years and a bird must eat at least half its own weight in food each day to survive?

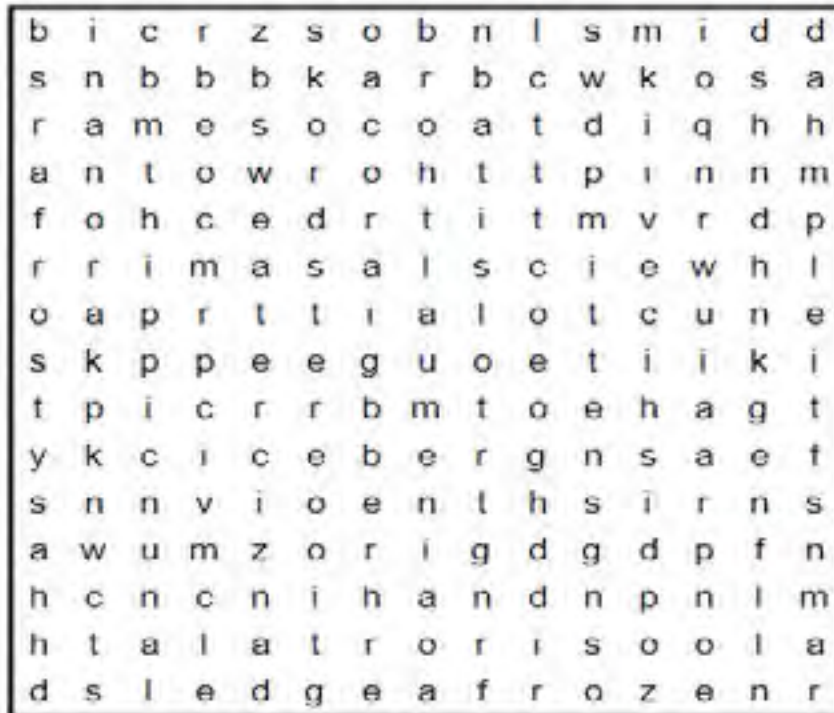


The hamster has lost his way! Can you help him through the maze to find him?



Winter Word Search

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Word List

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

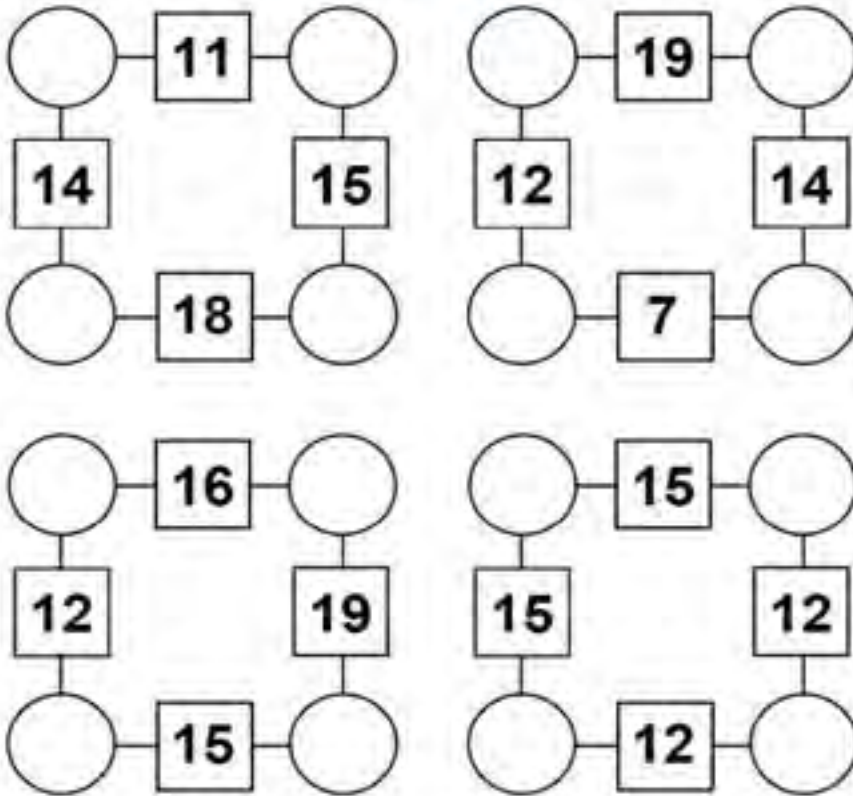


Anorak
Frosty
Mittens
Wind

Boots
Frozen
Sledge

Coat
Iceberg
Sweater

Square 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 16, you could try 6 and 10, but the numbers must also add up on the other edges, making this more difficult than it first appears.

Festive Tickle

What did Adam say the day before Christmas? *It's Christmas, Eve.*

Who is Santa's favourite singer? *Elf-is.*

Who hides in a bakery at Christmas? *A mince spy.*

What happens if you eat tinsel? *You get tinsellitis.*

Knock knock Who's there? Snow Snow who? *Snow use, I've forgotten my name again.*

Santa Claus: What's that terrible racket outside? *Mrs. Claus: It's rain, dear.*

9 x 9 Winter Sudoku

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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| e | f | n | o | a | w | s | l | k |
| s | o | a | e | k | l | w | n | f |
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| n | w | s | l | f | a | k | e | o |
| w | s | f | a | l | o | n | k | e |
| a | l | e | k | n | s | o | f | w |
| o | n | k | w | e | f | l | a | s |

It's Winter "snowflake" Sudoku - fill in the grid with the letters S, N, O, W, F, L, A, K and E, making sure no letter is repeated in every row, every column and within each mini grid.



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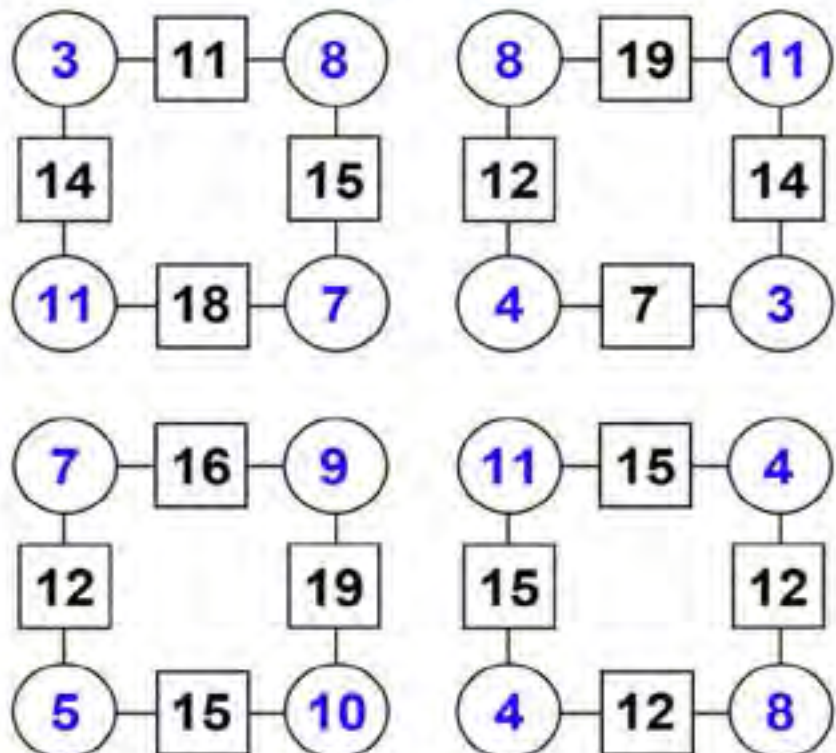


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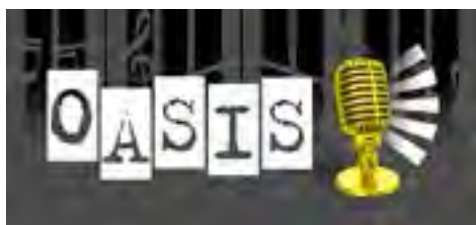
Coat
Iceberg
Sweater

Square Arithmagons



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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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.