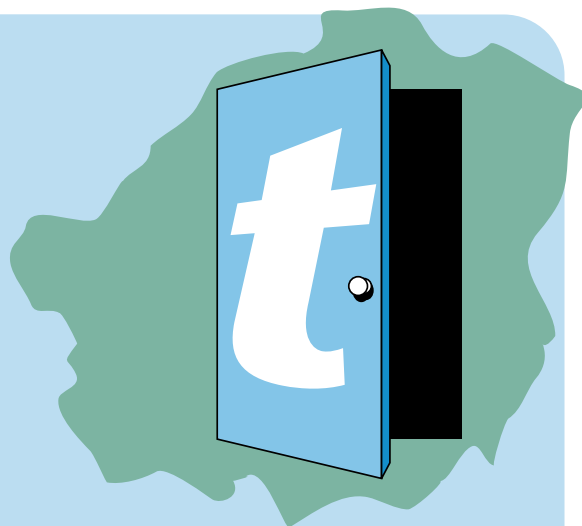


# Tameside Older People's PARTNERSHIP

*Opening Doors for Older People*



**POPPs Newsletter**

**Issue 5**

## **Foreword from the Chair of the Older People's Partnership - Ian Munro**



Ian Munro, Chair of the Older People's Partnership

Welcome to the summer edition of the **Opening Doors for Older People** project quarterly newsletter.

As usual, the newsletter is full of articles detailing the work of the project. We are very proud of the work so far, not just the **Opening Doors for Older People** project, but also that of the Older People's Partnership (OPP). The newsletter is a way of sharing what we have been doing with you.

The Partnership has just produced a publication '**Opening Doors for Older People – Transforming Services Together**', which sets out the story of the Older People's Partnership from its beginning in 2003 to the present. The booklet highlights the achievements of the Partnership over the last five years, as well as looking ahead to its continuing work on developing and transforming services for older people into the future. If a copy is not enclosed with your newsletter and you

would like one, please contact [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk) or telephone 0161 370 1179.

As Chair of the OPP, I am especially encouraged by the interest and engagement of our partners. This has been effective in ensuring a more coordinated approach to the work of the **Opening Doors for Older People** project locally. Work across partnerships within the Tameside Strategic Partnership has also been developed, thus ensuring the priorities for older people within the borough are progressed on several fronts.

Finally, we are still actively engaged in our assertive outreach campaign across Tameside. From 1st July the **Opening Doors for Older People** project will be active in Droylsden, and will hold drop in sessions around the Town.

Again, I hope you find the newsletter useful and informative. Please feel free to give any comments or suggestions to the editor at [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)

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# OPENING DOORS FOR OLDER PEOPLE

## Message from Martin Garnett – POPPs Programme Director

As part of the National Governance arrangements for all pilots involved in the POPPs initiative, we are required to submit an annual evaluation report to central government which details the progress of the project over its first year.

This gave us an opportunity to share with government the experiences, successes and learning from our project to date. Following the report being sent to the Department of Health, Tameside was visited on 6th June by two members of the National Evaluation Team – the National Lead for the Care Services Improvement Partnership (CSIP) and the Senior Officer and National Lead.

Project Manager for POPPs at the Department of Health - who wanted to talk to senior managers in more detail about the project. The visit went extremely well, with Tameside being congratulated by the Evaluators on their work to date in working to improve the independence and well-being of older in Tameside.

The targeted early intervention aspect of our project reached nearly 800 older people during the first year, and we are confident that with the infrastructure that is now in place, and the momentum that has been generated, this will grow at a greater rate during year 2. Similarly we have gained valuable information from the outcomes of the early intervention work which has contributed to our commissioning processes and service development planning undertaken within strand 2 of our initiative. Further detail about the services that have been funded through the POPPs grant are featured on page 14-16 of the newsletter.

During the summer months, the Council will be subject to its largest inspection in 5 years, the Corporate Assessment. This is a wide ranging inspection of the Council's Corporate Services and achievements with its partners. Services to older people are a key element of the Corporate Assessment and are critical to the Council retaining its current Corporate Assessment judgement of the top score of 4. The **Opening Doors for Older People project** will be a key feature of our work with older people in the Borough.

If you would like any information on any part of the project, please feel free to contact a member of the team on 0161 370 1179 or e-mail [popp@tameside.gov.uk](mailto:popp@tameside.gov.uk)

## Message from the Phil Spence – Older People's Partnership Link Officer

In the March edition of the Newsletter, I told you about the review of the Older People's Quality of Life Strategy. This has now been formally signed off by the Older People's Partnership, and a full copy of the document is available on the internet at [www.tameside-strategic-partnership.org.uk/documents/Quality](http://www.tameside-strategic-partnership.org.uk/documents/Quality)

Alternatively, if you would like a copy of the Strategy or any further information, please contact 0161 342 2841 or e-mail [opp@tameside.gov.uk](mailto:opp@tameside.gov.uk)

# THE CORA CHECK AND SUPPORT SERVICE

The **Opening Doors for Older People** project has just celebrated its first birthday. During the first year we had nearly 800 people registered for the **CORA** Check & Support service.

Initially the project signposted people to services that were identified as being of possible interest to them following the **CORA** Check and Support visit. As part of our learning and improvement **CORA** Advisors can now refer people direct to services on behalf of the individual.

This has proved very popular and the top five services being contacted on behalf of **CORA** users are:



Registering for CORA

## Community Response Service Tel 0161 342 5100



This is an alarm service provided by Tameside Council to help people live safely in their own homes. The service is for anyone living in Tameside either in private, rented or owner-occupied accommodation. It is available to anyone regardless of their age or personal circumstances. For a limited period only, anyone who has a **CORA** Check and Support visit is entitled to a FREE, no obligation 4-week trial of the equipment.

## Pensions Joint Team Tel 0161 342 8355 or <http://public.tameside.gov.uk/forms/f359welrights69.asp>

In partnership with



Part of the Department for Work and Pensions

The Pensions Joint Team offers face to face Benefit information and support to older people at information points based in various locations around Tameside, or by home visit where needed. The Joint Team can arrange for customers to be connected to other services at their request.

The Team also works with organisations such as Age Concern Tameside, who have an interest in the well being of older people.

## Befriending Service, Age Concern Tameside Tel 0161 308 5000



This service provides volunteer befrienders for older people aged over 60 living in Tameside, who are socially isolated. It is particularly aimed at people who live alone and have little contact with family and friends. They may be housebound through frailty or disability. If a volunteer is not available then people may be put on the Ring Call list, where a volunteer makes a telephone call each week to see how the person is getting on.

## First Call Home Maintenance Service, Age Concern Tameside Tel 0161 308 5000

'First Call' is a home maintenance service provided by Age Concern Tameside that provides practical health & safety jobs for older people aged over 60 living in Tameside. The labour is free of charge, although individuals will need to supply or pay for materials used. The handymen can offer the following services, such as changing light bulbs, hanging curtains, replacing tap washers and help after a burglary.

## Home Fire Risk Assessment

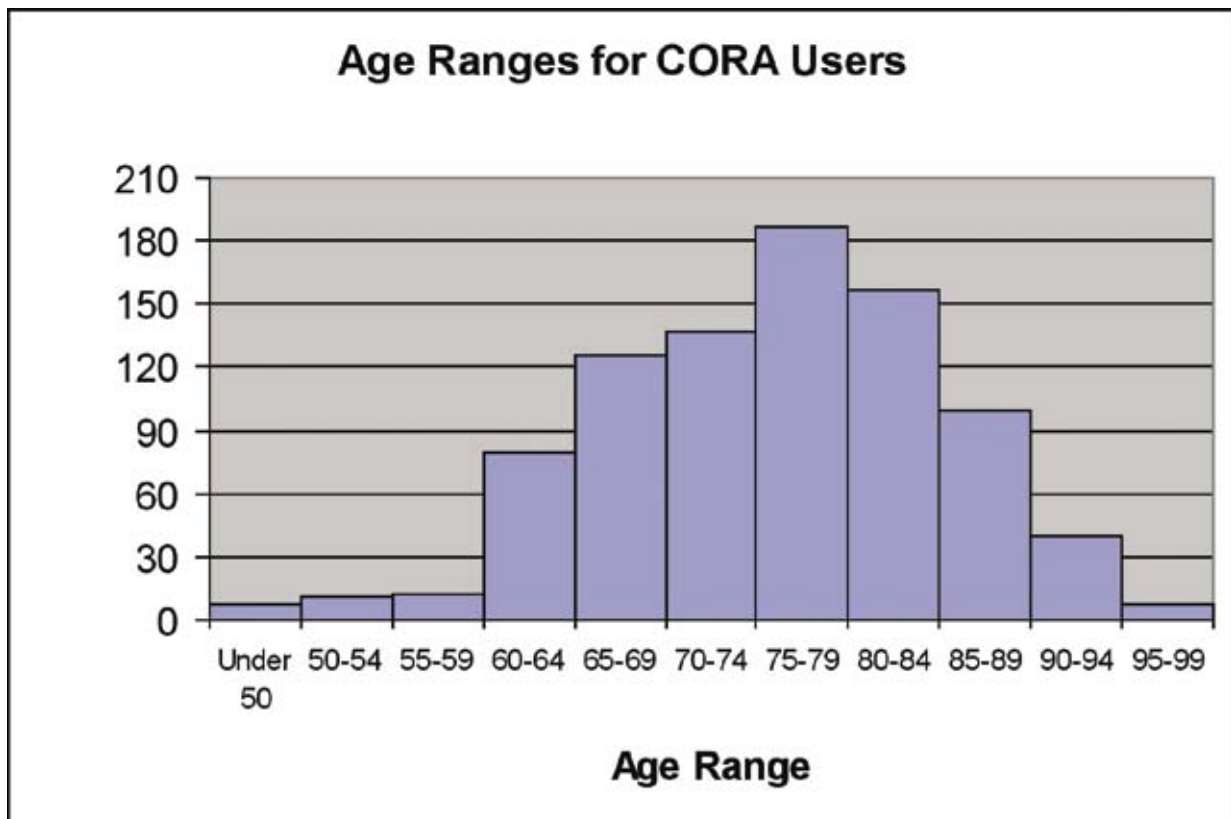
### Greater Manchester Fire & Rescue Service Tel 0800 555 815



Greater Manchester  
Fire and Rescue Service

When you book a home fire risk assessment, you will receive a visit in your own home from a trained assessor, who will accompany you around every room in your property with the aim of Identifying potential fire risks in your home, Making sure you know what to do in order to reduce or prevent these risks, Developing an escape plan and Providing & fitting a FREE ten year working smoke alarm.

The **Opening Doors for Older People** project has been successful in reaching people from all ages and backgrounds. As can be seen from the graph below, most people using the service are aged 65+, with the majority being aged between 75 and 84 years.



As the project moves into the second year, we will continue to try to reach as many older people as we can, and we need your help to do this. If you know somebody in your neighbourhood or at your local community or faith group, who you think would benefit from a visit from one of our **CORA** Advisors, please ask them to contact us, or ask them if they would like you to contact us on their behalf.

If you would like a copy of the frequently asked questions flyer and it is not enclosed with this newsletter, please contact a member of the team on the number below.

You can contact a member of the **Opening Doors for Older People** project team on 0161 370 1179 or e-mail [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)

## FREE 4-Week Trial of TELECARE Equipment

Don't forget that as a **CORA** user, you are entitled to request your **FREE**, no obligation 4-week trial of the range of telecare equipment that is available through the Community Response Service. The equipment includes alarms that can be fitted to detect the presence of fire, gas, flooding, carbon monoxide and hypothermia. Sensors can also be fitted that switch on lights when you get out of bed to help prevent falls, and fall detectors that can be worn so that you can summon assistance if you have a fall or an accident.

When activated, the sensors and alarms automatically trigger a call to the Community Response Service who will make contact by phone to check if the person is OK and, if necessary, arrange for a visit from a Community Response Warden.

Ask your **CORA** Advisor to contact the service on your behalf, or contact them direct on 0161 342 5100 or email [joanne.strothers@tameside.gov.uk](mailto:joanne.strothers@tameside.gov.uk)

**Opening Doors for Older People**

In Partnership with Tameside's **Community Response Service**

**NO OBLIGATION**

**4 WEEK FREE TRIAL**

*Serving the Community - All Day Every Day*

**! STOP PRESS !**

No Obligation, FREE 4-Week Trial of TELECARE Equipment for all Older People using the CORA Check and Support Service. **For a Limited Period Only**

To request your FREE 4-Week Trial

Contact the CORA Coordinator on:  
**0161 308 5007**

**FOR A LIMITED PERIOD ONLY**

Tameside Older People's PARTNERSHIP  
Opening Doors for Older People

**Tameside** Metropolitan Borough  
"An excellent council"

## CORA Users - Case Studies

### Mr B - Ashton

**Mr B** was finding it difficult to keep his house clean and to do his weekly shopping. He was very houseproud and was upset that he could not keep on top of things. During his Check and Support visit **Mr B** told his **CORA** Advisor how much this was upsetting him and that he did not know where to turn as his family lived far away. His **CORA** Advisor referred him to his local Choice shop that can provide information on care services such as meals on wheels, shopping and cleaning. He could rest assured that the people who were helping him were trustworthy, helpful and honest. **Mr B** now has a cleaner once a week and now feels relaxed knowing the house is clean and tidy. He also has help with his shopping.

## Making Links with the Community

Over the past few months, members of the project team have, through outreach work, contacted and made links with a wide variety of groups and individuals, putting them in touch with the **Opening Doors for Older People** Project.



Information Stand in Ashton Arcade

There have been presentations, talks, stalls and drop-in sessions to spread the word about the project. Requests have been received not only for the Check and Support service, but also for information on applying for funding through the project and the Help the Aged joint fund (as detailed on page 15)

A particularly successful event was the drop-in sessions held at Ryecroft Hall during the week of 2nd June. Around 400 people attended the sessions and almost 25% of those people requested a **CORA** Check and Support visit at the time. The project team would like to thank Pam and her staff at Ryecroft Hall for making space available for the drop-in sessions, and their support for the work of the project since it began last May.



Drop-in session at Ryecroft Hall

If you are a community group and would like staff to come along to talk about the project, either the **CORA** Check and Support service, or the funding available to groups, please contact the project team on 0161 370 1179 or email [popp@tameside.gov.uk](mailto:popp@tameside.gov.uk)

***“I thought it was very helpful advice you gave telling where to go for things I need. Thanking you”***

**Mrs P**

# SERVICE USER INVOLVEMENT

## CORA User Reference Group

The third **CORA** User Reference Group meeting was held on 30th April at Ryecroft Hall. The meeting was well attended by over 20 **CORA** Users and Carers.

The purpose of these meetings is to obtain feedback from users about their experience of the project, and how it can be improved and made better for older people in Tameside.

At the last meeting the project team took the opportunity to ask users to share their knowledge, experience and thoughts about a number of issues such as:

- *the development of a Localised Directory of Services for older people in Tameside*
- *the top ten questions that need to be asked as part of the CORA Check and Support Service to help identify needs*
- *incentives to encourage people to use the service*

The feedback from these sessions will be used to help inform and shape the future of the project and ultimately the services that will be developed for older people in Tameside.

Sincere thanks are sent to all members of the **CORA** User Reference Group for taking the time and effort to be involved.

If you are interested in hearing more about the **CORA** User Reference Group please contact the project team on 0161 370 1179, [e-mail popps@tameside.gov.uk](mailto:popp@tameside.gov.uk) or complete and return the enclosed registration form.



CORA Reference Group

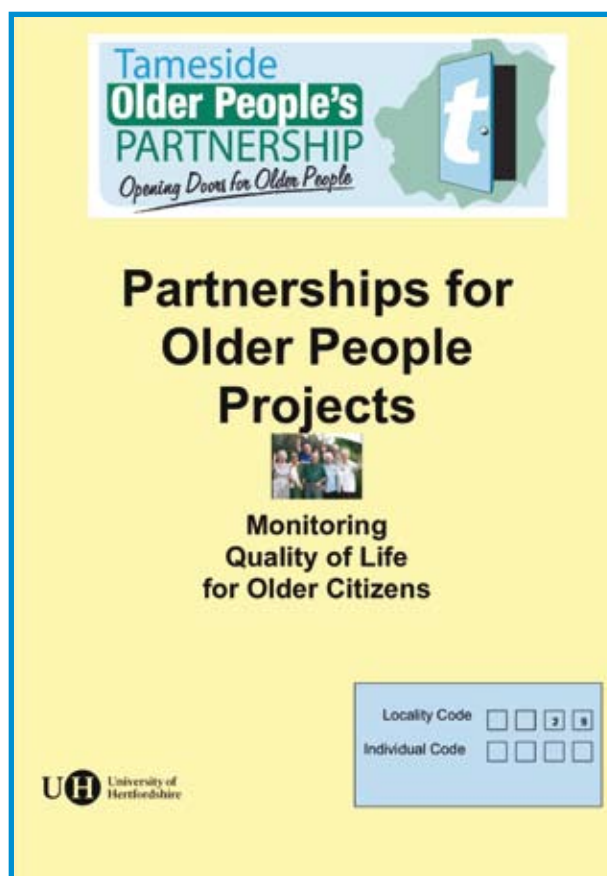


## Quality Of Life Survey

In order to check that the **Opening Doors for Older People** project is helping to improve the health and well-being of older people in Tameside, we will be carrying out a survey of some of our customers over the coming months.

If you receive one of our survey forms through the post, we would ask that you please do complete and return it, to help us to improve services for older people into the future. All responses will be treated in confidence, and will only be used by the **Opening Doors for Older People** project.

If you have any queries, please contact a member of the project team on 0161 370 1179 or email [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)



## CORA Users - Case Studies

### Mr E - Audenshaw

**Mr E** requested a **CORA** Check and Support visit at his local Age Concern Centre in Ashton. He considers himself very independent but could not do all the things around his home that he used to be able to. The smoke alarms in his home were hung high on the wall and he would have struggled to replace them.

His **CORA** Advisor referred him to the Greater Manchester Fire and Rescue Service who came round to his home within the week and replaced his old smoke alarms with new 10-year ones. They also offered him very useful fire safety advice.

**Mr E** also wanted his kitchen decorated but was concerned about how to contact a reputable firm of Painters and Decorators. His **CORA** Advisor was able to send him a list of companies that the First Call team at Age Concern can provide.

**Mr E** was so pleased with the support from the **Opening Doors for Older People** project that he recommended the check and support service to friends and family.

# SPOTLIGHT ON SERVICES

## Tameside Community Safety Unit



The Community Safety Unit is a multi-agency Unit which implements plans to deal with issues such as Emergency Planning, Domestic Violence, Anti-Social Behaviour; Drugs and Alcohol, and reduction of Burglary. The Unit also includes the Council's Patroller Service and monitors the Borough's CCTV cameras

Debbie Murray is the officer responsible for raising awareness around Doorstep Crime, including distraction burglary, bogus officials and rogue trader crimes. Under reporting is a significant problem with regard to doorstep crime victims. Many people feel too embarrassed to admit that they have been conned, and it is estimated that only one in ten doorstep crimes are reported to the police. Debbie visits many groups within local communities delivering awareness messages and tips on how to keep yourself safe.

If you are a member of a community group and would be interested in Debbie coming along to give a presentation, which includes showing a video called 'Knock Knock', please contact her on 0161 342 3051 or email [debbie.murray@tameside.gov.uk](mailto:debbie.murray@tameside.gov.uk).

There are a number of security products available **free of charge** from the Community Safety Unit. The Patroller Service is also offering **free** home security surveys to every household in the borough. Simply ask your **CORA** Advisor to contact the Unit to arrange a visit, or contact Debbie direct on the above telephone number.

Crime Prevention advice is also available **free of charge** from the Crime Reduction Advisors at Greater Manchester Police, who can be contacted on 0161 856 9371 or 9372

## CORA Users - Case Studies

### *Mrs MCH - Hyde*

(Following the **CORA** visit) the fitting of the fire alarms, and the flashing light, has now been done, the last being the lights, and what a grand job they do, the men I mean. They have been so helpful in every way, explaining everything, so I can't misunderstand. To know that the fire alarm will surely waken me up if necessary can be in no doubt, because I forgot, the other day, to close my kitchen door while cooking, and the resulting chorus was like bedlam Fantastic! So I would like to thank you so very much for all this help, and may all your efforts be so appreciated.

## RECENT EVENTS

### Tameside Independence Day Brings out New Age Pensioners

Independence Day on 12th March at Ashton Town Hall saw over 140 people battle the wind and rain on one of the wildest mornings imaginable, to prove that even the weather is no barrier to Tameside's over 50s wanting to know more about what is happening in Tameside.



Display stands at Independence Day

Tameside 3rd Sector Coalition (T3SC), as joint organisers with Tameside Adult Services, worked alongside the following agencies to make the event a huge success:

<b>Group</b>	<b>Telephone Number</b>	<b>Contact Name</b>
Action for Blind	0800 915 4666	
Adult Learning	0161 343 8887	Karen Renshaw
Age Concern Tameside	0161 308 5000	Denise Bates
Artists Workshop	0161 336 4060	Mr Cavaljji
Audenshaw Local History Society	0161 370 2025	Mr Pearson
Connect for Life Health Improvement Team (Tameside & Glossop PCT)	0161 304 5300	
Countryside Wardens	0161 330 9613	
Fairfield Floral Arts	0161 371 7203	Mrs Hammond
Friday Writers Circle	0161 330 8797	Mrs Beddard
Huddersfield Canal Society	01457 871800	Dr Gough
Hyde Festival Orchestra	0161 427 1140	Mr Davenport
Janus Road Cycling Club	01457 762639	Mr Brocklehurst
Kamiz Dojo (Ju-jitsu)	0161 434 2371	Barbara
Khushamdid	0161 343 5404	Mrs Sharif
Opening Doors for Older People Project	0161 370 1179	Vicki Gee/Janine Hilditch
Priory Tennis Club	07981 216756	Mr Steele
Retired Teachers Club	0161 370 3166	Mr Pinder
Stalybridge Flower Club	01457 763125	Mrs McCallum
Tameside Allotment Society	0161 320 7779	Mr Irwin
Tameside Archaeology Society	0161 882 9813	Mrs Cookson
Tameside Community Safety Unit	0161 342 3098	Debbie Murray
Tameside Friends of Gorse Hall	0161 666 0639	Mrs Clough
Tameside Libraries	0161 342 2252	Rachel Gee
Tameside Speakers' Club	0161 336 6803	Mr Beresford
Tameside Sports Trust	0161 609 1275	Michelle Murphy
The Cranberries	0161 336 0670	Mrs Ward
Volunteer Centre Tameside	0161 339 2345	Sue Vickers
Wiltshire Farm Foods	01225 756019	
Writers Reign	0161 338 6045	Mrs Bailey

The **Opening Doors for Older People** project had an information stall at the event, which generated interest from people who registered for a **CORA** Check and Support visit, as well as community groups who were interested in applying for funding through the POPPs grant.

Tameside Community Radio (103.6FM) provided the music and there was lots of opportunity for networking, with much community spirit generated.



Project Team Members at Independence Day

Tameside Television also captured some rare footage from visitors, such as **Top Tips for Staying Healthy**, which included:

- Adopting a positive attitude to life
- Developing lots of interests
- Getting involved! (This included joining social clubs and groups as well as the Forums and Participation groups organised by social care and health trusts.)
- Giving a little and getting a lot back by volunteering to do something you enjoy
- Meeting up with friends at least once a week.
- Getting a regular health check, especially blood pressure
- Eating a varied diet
- Not smoking
- Staying out of debt

For more information about Independence Day, contact Eden Carruthers on 0161 370 1179 or e-mail [eden.carruthers@tameside.gov.uk](mailto:eden.carruthers@tameside.gov.uk)

## CORA Users - Case Studies

### *Ms Y - Ashton*

**Ms Y** was recovering from an operation on her knee when she heard about the **Opening Doors for Older People** project. She was feeling quite low and isolated as her knee problems made it hard for her to get out and about as she had done previously.

Her **CORA** Advisor carried out a Check and Support visit and gave her information about local community groups happening in her area, where she could meet new people and take part in low impact exercise that would ease her knee pain.

**Ms Y** has made new friends and the community group she has joined has become a regular part of her weekly routine. She has new friends who she spends time with and her confidence has improved greatly.

## Tameside's got Talent!

Thursday 29th May 2008 saw the annual Pensioners' Party take place at Dukinfield Town Hall. The party is arranged by the Dukinfield Councillors – Jackie Lane, Brian Wilde and John Taylor - for older people in Dukinfield and is part funded by the **Opening Doors for Older People** project. A number of volunteers help out at the party, serving food and drinks and generally making sure that everyone has a good time.

This year, Dukinfield's very own 'Britain's Got Talent' entrant, 8-year old Alex Lees, was in attendance to give a helping hand. Alex appeared on telly on 26th April, where he sang in front of the 3 Judges, Piers Morgan, Amanda Holden and Simon Cowell, as well as thousands of TV viewers. Alex didn't make it forward as a singer, but the judges loved his character and stage presence so much that they invited him back to perform as a comedian. Sadly Alex didn't make the final rounds of the programme, but did extremely well by getting into the last 177 acts out of an original 130,000!

TV's loss was our gain – Alex gave out hundreds of packs and goodies to the older people at the Pensioners' Party, encouraging them to sign up for our service. Thanks for your help Alex, and good luck in the future, from the **Opening Doors for Older People** project team.



Alex Lees helping out at Dukinfield Pensioners' Party

## CORA Users - Case Studies

### *Mrs E - Ashton*

**Mrs E** heard about the **Opening Doors for Older People** project through her friend at her local community group. **Mrs E** was concerned about keeping her independence within the home she had lived in for 46 years. She had been having difficulty hanging her washing out and hanging clean curtains. This was upsetting for her as she considers it very important to keep her home clean and tidy.

After her initial Check and Support visit, her **CORA** Advisor referred her to the First Call Handyman Service at Age Concern Tameside. A handyman visited **Mrs E** within the week and hung new curtains for her. He also fitted grab rails at her back door so that she could steady herself whilst carrying some washing. **Mrs E** is very pleased with the help provided by the **Opening Doors for Older People** project, as she no longer has to struggle in her own home whilst carrying out her daily routine.

## Health Walk's Launch

Working in partnership with the **Opening Doors for Older People** project, Tameside Sports Development and the Sport and Physical Activity Alliance have developed 6 health walks around Tameside, and produced a Health Walks booklet.

The launch of the Health Walks took place on Monday 9th June 2008, at Pensioner's House in Hyde and was attended by Stephanie Butterworth, Director of Adult Services, and Debbie Bishop, Service Unit Manager for Health Improvement.

The day was opened by Michelle Murphy from Sports Development, with speeches from Janine Hilditch of the **Opening Doors for Older People** project, and Cllr Dave Sweeton, Project Head for Sport and Leisure in Tameside. Over 50 people were present at the launch, and, following refreshments, the group set out from Pensioners House on the health walk around Hyde Park. The walk took approximately 1 hour, and on such a beautiful sunny day, was enjoyed by all. The event was rounded off with a buffet lunch at Pensioners House.



Ready for the Off!



Health Walk around Hyde Park

The Health Walks are an introduction to walking for those people who are not currently active or those would just like to get to know Tameside a little better. All the health walks are led by qualified volunteer walk leaders and provide different distances to suit all levels. Although these walks have been designed for people to attend with a walk leader, they are also suitable to do with friends or family.

All the walks around Tameside will take place on a planned basis as follows:

**Hyde – Monday at 10.30 am**

**Stalybridge – Monday at 4.30 pm**

**Dukinfield – Tuesday at 10.00 am**

**Mossley – Wednesday at 2.00 pm**

**Audenshaw – Thursday at 1.00 pm**

**Droylsden – Saturday at 11.00 am**

If you would like to know more about health walks, or would like a copy of the booklet and it is not included with your newsletter, please contact Michelle Murphy, Health and Physical Activities Manager on 0161 603 5267 or email [michelle.murphy@tameside.gov.uk](mailto:michelle.murphy@tameside.gov.uk)



## Launch of the Opening Doors for Older People project in Droylsden

The **Opening Doors for Older People** project will be active in Droylsden during July, August and September 2008.

Members of the team attended the meeting of Droylsden District Assembly on 5th June to inform local Councillors and residents that the project will be operating in the area for the next 3 months.



Droylsden DA

### Droylsden District Assembly

As a result of staff attending the District Assembly meetings, Mr Frank Hill of the Farley Estate Homewatch Scheme contacted the project office to distribute project information with his newsletter and include an article to promote upgrade of the **CORA** check and support service. We would like to thank Mr Hill for this opportunity.

To mark the move into Droylsden, the team held a launch event on Monday 23rd June 2008 in Droylsden Shopping Centre. As well as the **Opening Doors for Older People** information display, there were also information stands from the Community Response Service, the Community Safety Unit, and Tameside Libraries. Representatives from the Tameside Patrollers and Police Community Safety Officers (PCSOs) gave up their time to attend, and entertainment was provided by some of the Ryecroft Line Dancers, with music throughout the day from Tameside Radio (103.6 FM). The town crier announced the project and introduced Councillor Brenda Warrington, Deputy Mayor, gave a welcome speech at lunchtime, supported by Councillor John Taylor Cabinet Deputy for Social Care and Health. Councillor Jean Brazil also attended as a resident of Droylsden.

The event was extremely successful in raising awareness about the project with members of the public, and in signing people up for the **CORA** Check and Support service.

It was also a great example of joint working, and we would like to thank everyone who helped to make the day a success.

## Launch in Droylsden Shopping Centre

The project team will be holding a series of events throughout the Town during the next 3 months, including drop-in sessions and visits to community groups. If you are a group in Droylsden and would like a member of the team to come along to talk to you, either about the **CORA** Check and Support visits or the funding opportunities that are available, please contact 0161 370 1179 or email [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)



Cllr Warrington



Volunteers at stall

***“Age ain’t nothing but a number. But age is other things too. It is wisdom, if one has lived one’s life properly. It is experience and knowledge. And it is getting to know all the ways the world turns so that if you cannot turn the world the way you want, you can at least get out of the way so you won’t get run over”***

**Anonymous**

# FORTHCOMING EVENTS

## What Else is Happening?

JULY		
08.07.08	Ashton Arcade	10.00 am till 3.00 pm
09.07.08	Ashton Arcade	10.00 am till 3.00 pm
AUGUST		
11.08.08	Hyde Arcade	10.00 am till 3.00 pm
13.08.08	Hyde Arcade	10.00 am till 3.00 pm
SEPTEMBER		
02.09.08	Ashton Arcade	10.00 am till 3.00 pm
03.09.08	Ashton Arcade	10.00 am till 3.00 pm

Visit us at one of our stalls and see what we have to offer!



Outreach in Ashton

***“The great secret that all old people share is that you really haven’t changed in 70 or 80 years. Your body changes, but you don’t change at all”.***

**Anonymous**

# MARKET DEVELOPMENT - PROMOTING INDEPENDENCE FOR OLDER PEOPLE

## POPPs Funding Panel

The **Opening Doors for Older People** project held its first meeting of the POPPs funding panel on 1st May 2008. The Panel is made up of project staff, Adult Services managers and older people representatives. All applications for funding are considered by the panel, and recommendations made for the allocation of the fund.



Training for Panel Members

The **Opening Doors for Older People** team is pleased to report that the following groups were allocated funding at that meeting:

Project	Activity
Sports and Physical Activity Alliance - Key agencies working together to increase participation in sport and physical activities.	A rolling programme of 6 week introductory sessions that focus on a variety of sports and physical activities including bowls, badminton, swimming, table-tennis and dancing, allowing older people to experience activities that they may not have played before or for some time
Khushamdid – Women’s Social & Lunch Club	Expansion of luncheon club provision and range of activities. Arranged visits to places of interest to increase participation and reduce social isolation
Cranberries - Social Club	Provision of IT equipment and professional tuition for members of the group over a 10 week period
Computer Buddies - Operated by Tameside Libraries	Targeted provision of free 1:1 computer guidance for older people at specific venues, eg Pensioners House, as well as in Libraries, by volunteer computer buddies

Computer Buddies (Computer Course) - Operated by Tameside Libraries	Provision of courses aimed specifically at older people. 5 courses will run across 3 venues
Bibliotherapy - Operated by Tameside Libraries	Facilitated book reading, run in 4 groups across Tameside, including Pensioners House, as a means of improving mental health and reducing social isolation
Tameside African Families Welfare Association (TAFWA)	Provision of culturally appropriate practical support to elderly Africans via a range of activities, information and signposting to services
Duki-Drop In - Social Centre for older people	Establishment of a drop-in centre in Dukinfield, to promote the mental and physical well-being of older people, providing a meeting place, advice and activities

For more information or to request an application pack, please contact the project team on 0161 370 1179 or email [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)

**The money is allocated in a series of rounds, and closing dates for applications are:**

**15th August 2008**

**15th October 2008**

**15th December 2008**

**16th February 2009**

## Working in Partnership with Help the Aged

In the last issue of the newsletter we told you about our new partnership with Help the Aged.

The **Opening Doors for Older People** project has set up a new joint funding process to assist small groups in Tameside to access grant funds. The scheme will be modelled on the success of the scheme currently being run in Manchester.

For the last two years in Manchester, Help the Aged and the Valuing Older People project have run a joint fund to help small groups access monies. The fund was set up so groups could apply for things that other agencies would not necessarily fund. Some examples are:-

- Trips out
- Tutor fees



- Bingo Machines
- Tables & Chairs
- Art & Craft materials
- one-off events
- Indoor bowls sets
- Room Hire

To date, the Manchester fund has helped 94 groups, giving out a total of £15,000

The Small Grant Fund set up between Help the Aged and the **Opening Doors for Older People** project in Tameside aims to replicate the Manchester fund, and encourages as many groups as possible to apply.

At present community groups can apply for help with funding for any services that provide activities which help older people in Tameside, up to a maximum of £300.

The first meeting of small groups the Funding Panel took place on Friday 13th June 2008, when the following projects were considered and granted funding:

<b>Project</b>	<b>Activity</b>
Anchor Trust - Lakeswood	Provision of an exercise class to enable tenants to remain active and independent
Fairfield Floral Art Society	Coach trip for members
St Martin's Community Church	Tai Chi instructor for 8 week course
Unison Retired Members	Day trip for members
Tameside Women's Prime Time	Exercise class for 10 weeks
St George's Guild	Day trip for members
Flowery Field Social Committee	Day trip for members
Denton Independent Blind Centre	Day trip for members

For more information or to request an application pack, please contact the project team on 0161 370 1179 or [email\\_popps@tameside.gov.uk](mailto:email_popps@tameside.gov.uk)

**The money is allocated in a series of rounds, and closing dates for applications are:**

**29th August 2008**

**28th November 2008**

**27th February 2009**

***“If we spent as much time feeling positive about getting older, as we do trying to stay young, how much different our lives would be”.***

**Anonymous**

## **CORA Users - Case Studies**

### ***Mr F - Hattersley***

Dear Sir, I do a lot of voluntary work in the Tameside area, and have done for a number of years while I was still working. My working life came to an end when I had an aorta valve replacement on my heart at 56 years of age, with a number of other health problems. I then went into 5 years of depression, which is an illness in itself. I was so far down the barrel I could see no way out; I never let people know how I felt I also put on a lot of weight and it made me feel worse.

I then embarked on a sponsored slim, and lost 3 stone at the end of 2007. I began to feel much better, eating more healthy foods. I joined a men's group in Hattersley, called the 'Likely Lads' and I began to feel part of the community again. I then met the people from **CORA**, and the doors started to open for me. I went to my first meeting at Ryecroft Hall and found the **CORA** people there and the **CORA** staff all very helpful.

I now feel part of the community again, and I thank you all for helping me get there, and feeling wanted again. Long may it last. Thanking you all.

***“I have a lot of living to do yet. I'm not going anywhere until I'm at least 200!”***

**M G 91**

## This Newsletter can be made available in other languages and formats

یہ خبرنامہ سائیم سائڈ میں میم عمر رسیدہ افراد کے لئے نئے پراجیکٹ کے متعلق ہے۔ اگر آپ مزید معلومات یا سی مضمون کا بیگلی / نجرانی / اردو میں ترجمہ حاصل کرنا چاہیں تو براہ مہربانی ٹیلیفون  
0161 370 1179 یا مندرجہ ذیل ای میل کے ذریعے جنین ہلڈج سے رابطہ کریں:

popps@tameside.gov.uk

এই প্রচারপত্রটি টেমসাইডে বসবাসরত বয়স্ক মানুষের জন্য একটি নতুন প্রজেক্ট সম্পর্কে। আপনি যদি আরও বিস্তারিত তথ্য চান  
অথবা এই লেখাপত্রের কোনোটির অনুবাদ বাংলা/গুজরাতি/উর্দু ভাষায় চান তাহলে দয়া করে যোগাযোগ করুন জেনিন হিলাডিচ  
এর সাথে 0161 370 1179 এই নম্বরে অথবা ই-মেইল করুন popps@tameside.gov.uk এই ঠিকানায়।



आ समाचारपत्रिकांमं ढेढमसाधडमं रहेतां वृधज्जो माटेनां नवा प्रोजेक्ट अंगे माह्ती आपेल छे. जे आप वघाये माह्ती के कोधपत्र लेज (आर्टिकल)  
नो अनुवाद नांवा/उर्दू/गुजराती भाषामं भेलववां मांगतां होय तो कृपा करी, जनीन हीलीयनो 0161 370 1179 नंहर पर संपर्क साधो अथवा ध-  
भेधल करो: popps@tameside.gov.uk



This Newsletter has been produced by the **Opening Doors for Older People** project. We hope you find it interesting and informative.  
Please feel free to feedback any comments about the Newsletter to the project team at:

**Opening Doors for Older People Project**  
**Neighbourhood and Community Services,**  
**Adult Services**  
**Ryecroft Hall, Manchester Road,**  
**Audenshaw, M34 5GJ**  
**Telephone 0161 370 1179**  
**or email [popps@tameside.gov.uk](mailto:popps@tameside.gov.uk)**

FREE

### *Opening Doors for Older People*

#### **Community Options for Remaining Active (CORA)**

**Free home visits** by a Volunteer CORA Advisor are available for older people living in Tameside who do not receive social care services. Volunteer CORA Advisors will offer local information, advice and support to help older people stay active, healthy and independent.

Volunteer CORA Advisors are recruited and trained by Age Concern Tameside, on behalf of the Tameside Older People's Partnership.

For further information, please contact the CORA Coordinator on **0161 308 5007**, email [cora@ageconcerntameside.com](mailto:cora@ageconcerntameside.com) or fill in your details opposite and post this slip back to us in an envelope, no stamp needed.

I am interested in:

A free home visit from a CORA Advisor

Training to be a CORA Advisor

Name .....

Address .....

Telephone .....

FREEPOST RRJY-AJEA-KLSZ

Age Concern Tameside CORA ,  
131 Katherine Street,  
Ashton-under-Lyne,  
OL6 7AW

**AGE** Tameside  
*Concern*