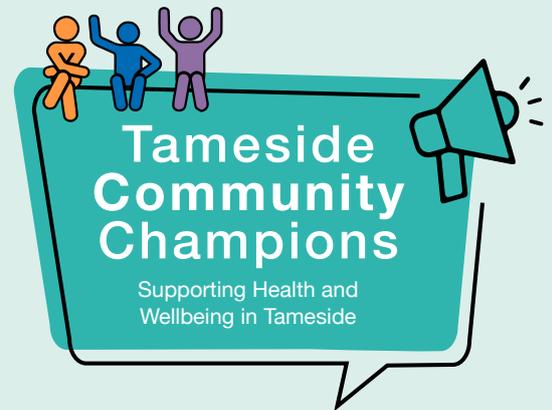


COMMUNITY NEWS



Issue 3: Age Friendly | December 2021



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Welcome to the third edition of the Tameside Community Champions Age Friendly Newsletter:



We are a network of residents and staff from various charities and organisations across our borough. We work together alongside Tameside Council to ensure you have the information and support you need to live healthy and happy lives. We recognise that the messages around the pandemic, the restrictions, and what is and isn't operating, can often become confusing or overwhelming. Therefore, we would like to offer some clarity, support and also spread a little community cheer by sharing some of the information you need, whilst letting you know some of the great things that have been happening around Tameside recently and what is coming up. If you'd like to be part of future Champions meetings, simply become a Community Champion! Information on how to do this is below. We hope you find this information in this newsletter useful, interesting and inspiring.

The Tameside Champions Team.

A note from our Age Friendly Lead, Lauren Foster:

Hello Tameside! My name is Lauren Foster and I work for Population Health with a remit of ageing well and age friendly communities. As part of my role, away from Covid-19 work, I run the Age Friendly Champions network, as well as the Nutrition and Hydration programme across Tameside. I also have my finger in many pies and I often work with partners across the borough to project manage many projects such as the Couch to Out and About walking and social benches project for Stalybridge and the Super Six Walks Tracker. We are currently looking at doing a similar Couch to Out and About project for Hyde Newton for next year. My main areas of focus are tackling social isolation and falls prevention, along with increasing our healthy life expectancy as we age, so you will also often find me attending or organising events such as the Tea Dance for International Day of Older Persons, the Wellness session for Self-Care week or prevention/wellness and intergenerational sessions in the community. I also put these Age Friendly Newsletters together! If you have access to the internet, our resources can be found at: www.tameside.gov.uk/publichealth/olderpeople but we always try to print out and distribute our resources through our partners too.

If you are interested in becoming a Champion, please see the opportunities listed on page 32 and how to get involved.

Happy reading!



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Covid 19 has not gone away

TO protect yourselves and others wear a face cover, wash hands regularly, keep rapid testing even if you've been vaccinated.

Booster Jabs are now available as follows:

- people aged 40 and over
- people who live and work in care homes
- frontline health and social care workers
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
- people aged 16 and over who are a main carer for someone at high risk from COVID-19
- people aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)



The Vaccination Bus is out and about in Tameside together with the regular vaccination sites.

For more information go to www.tameside.gov.uk/covid19information

What have we been up to?

WE have been very busy over the last few months in the Age Friendly world!

Since our last newsletter in July, with Covid restrictions easing in the UK, our Champions have been hard at work raising awareness and planning and hosting sessions and events across Tameside. We have also had more Champions come on board as the message spreads; if you would like to become a Champion, please see page 32 for a list of our opportunities and how to get involved.

One great event, was the Ageing Well event at George Lawton Hall in Mossley on 28th July, organised by the Dukinfield, Mossley and Stalybridge Primary Care Network. Here over 500 over 65's attended for a free lunch, health checks and stalls.



Smoothie demo

In addition, a lovely luncheon was held for older people at Active Copley on 31st August. We were lucky enough to have Madam Mayor attend and chat to all 30 guests, and had a nutrition and hydration smoothie demo as well as presentations and stalls. Another Ageing Well event was also held at Denton Festival Hall on 7th September, with over 1000 people attending.



Gorse Hall School Pupils

For International Day of Older Persons on 1st October, we had several events going on across the community. Firstly, Gorse Hall School pupils yarn bombed the **Couch to Out and About** bench outside the Stalybridge Labour Club.

Secondly, we organised a session with the Youth Justice Service with plants, bird boxes and letters of kindness at Millbrook Care Home. This was a lovely event that the residents enjoyed, with some even writing back there and then.



Millbrook Care Home

Lastly, we had a fantastic tea party hosted by Eclectic Avenue Café at 4C Community Centre in Ashton, where attendees were welcomed by a singer and had amazing food including sandwiches and cake prepared by the café. Guests said they can't wait to come back to such a well catered event where they felt so welcomed and valued.

Jodylee, manager at the café, is a fantastic Age Friendly and Nutrition and Hydration Champion.

We have planned 2 more events for Christmas, an afternoon tea carol singing event on Wednesday 15th December 2pm-4pm for £6 and a Christmas dinner event with a crooner' Christmas singer for £7.50.

Please email Eclectic_avenue@outlook.com or pop into the café for tickets and information.



Malnutrition Awareness Week Stall

11-17th October marked Malnutrition Awareness Week, another big week for us! We organised an interactive cooking demonstration with chef Noel Goulding from the Veterans Food Co. Noel cooked up a storm at George's Kitchen, Stalybridge on 14th October for the On Your Marks, Cook Smart session including a very nutritious and hydrating butternut squash soup made with coconut milk and croutons, and a chickpea curry with rice. The food went down very well and cost less than £10, feeding 15 people, with many going home with leftovers. The food was locally sourced where possible, and the session focused on batch cooking with foods that are good for the environment, which is a crucial topic for our current and future generations.

In addition, we were joined by many professionals from across the borough on Friday 15th October for the Malnutrition Awareness Week stall at Ashton outdoor market. We spoke to over 100 people on the day and gave out advice and information on how to have good nutrition and hydration all the way through into older age and how to prevent malnutrition and dehydration.

We also gave away lots of fruit and vegetables for FREE which were kindly donated by Dave at Wilson's Fruit and Vegetable Stall in Ashton Market, Lesley at Heyrod Food and Floral, as well as water donated by Wilko in Ashton and a lovely homemade apple and plum crumble made by the team at Eclectic Avenue café.

Self-care week was 15th-21st November, so naturally, we were out with gusto! Age Friendly Tameside organised an intergenerational event for Remembrance Day and Self-Care week on 15th October at Millbrook care home. This session involved the Youth Justice Service and residents of the care home exchanging letters of kindness, painted rocks and stories, ending with a yoga session led by local practitioner Claire Clayton.

The residents commented on how our visit and session had really brought joy to their day and were looking forward to our next visit. One lady was so impressed with the yoga moves, she continued to do them after the session had finished.



Millbrook Care Home

Age Friendly Tameside also organised the Wellness Event at 4C Community Centre on 16th November. This featured warm up sessions from Active Tameside, informative talks from Action Together and infection prevention, strength and balance exercises from our local NHS physio's and the opportunity to have a health check from Be Well. It finished with a very calming and refreshing Tai Chi and meditation session from Age UK Tameside, all topped off with refreshments courtesy of Eclectic Avenue café and fruit smoothies from our Nutrition and Hydration Champions!

The event was well attended and feedback on the day was that attendees had learnt so much and had a chance to talk with each of our professionals, as well as enjoying the interactive nature of the session.



Active Tameside Warm Up Sessions

Money worries?

We are here to help. Come along and speak to an adviser for free.

If you are in debt, you are not alone. Statistics show that UK residents have an average debt of over £4,000.

We can help you deal with debt, get expert guidance about managing your money, benefits, Universal Credit and tax credit.

Citizen's Advice Bureau
FREE advice sessions

Every other Wednesday

• 10am – 1:30pm •

Here at The Oasis Community Resource Centre.



we are here to help

We know that everyone's circumstances are different, so we will listen to you and tailor our support to suit your needs. And we will always offer confidential and non-judgemental advice.

citizens
advice

☎ 0300 561 1111

✉ contact@irwellvalley.co.uk

📱 /irwellvalleyhomes

funded by



BE WELL TAMESIDE

Being well is important to us all. We all want to feel good, healthy and happy. So if you're looking to make some small changes that will benefit your health and wellbeing, we can help you.

-  **BE SMOKEFREE**
-  **MANAGE WEIGHT**
-  **MOVE MORE**
-  **SLEEP BETTER**
-  **DRINK LESS**
-  **STRESS LESS**
-  **EAT WELL**

Call us for more information or to make a telephone or video appointment on 0161 716 2000 or email bewelltameside@nhs.net

f Be Well Tameside @BeWellTameside @bewell_tameside

BECAUSE THERE'S ONLY
ONE YOU

FEELING good is important to us all. We all want to feel well, healthy and happy.

The Be Well Tameside service can help you achieve this by supporting you 1:1 to stop smoking, do more physical activity, drink less alcohol, eat healthy, manage weight, sleep better and stress less. You can also have a health check which can highlight any issues and give you the opportunity to make lifestyle changes with FREE support from our team.

Here is a brief case study of a recent intervention from our community team:

"I attended a Health and Wellbeing event at a Tameside workplace where I ran a stall offering lifestyle support and resources. A staff member came over for a chat and told me that I had taken her blood pressure a couple of years earlier which was extremely high during a number of readings. I had advised her to see her GP (that day if possible). She left work early to see her practice nurse who told her it was still very high, the GP came in and put her on medication there and then. This lady has been on medication ever since.

She told me she didn't feel unwell at the time and considered herself fairly healthy (although she admitted that looking back she probably drank too much alcohol and didn't eat as healthy as she should). She told me if we hadn't checked her blood pressure that day, she dread to think what could have happened and was very grateful to us and her workplace for providing the service. Her BP is now stable."

Cancer Warriors Information and Support Centre



WE at Cancer Warriors are very passionate about cancer awareness and support.

Throughout our cancer support coffee mornings (Stamford Park, Ashton and The Grafton Centre, Hyde), information leaflets, social media presence and extensive knowledge, we are able to offer and provide a local support service.

We work closely together with other organisations, groups and Macmillan cancer support to ensure anyone living with and beyond cancer or affected by cancer can access services that they may need.

At our volunteer run centre we can offer you a range of services such as alternative therapies, benefit and welfare advice, final arrangement packages and links to legal advice for Power of Attorney matters and much more.

Alternatively you could become involved and be part of our volunteer team. Would you like to give some of your time each week to help in our centre at 51 Melbourne Street, Stalybridge, SK15 2JJ.

“ Cancer can be a hard time for anyone to deal with. We at Cancer Warriors believe that no one should face cancer alone. ”

Coffee morning times and dates:

Stamford Park Pavilion Café

10am-1pm, 2nd Friday of the month

The Grafton Centre

11am-1pm, 4th Tuesday of the month

How to contact us:

☎ 01613385010 / 07538339665

✉ cancerwarriors@mail.com

📘 CancerWarriorsUK

🐦 WarriorsCancer



Energy Advice from Jigsaw Homes



EARTH'S atmosphere helps to keep it at a constant temperature, however certain gases released into the air, known as Greenhouse gases, act like a blanket keeping the heat in which contributes to climate change. Carbon dioxide (CO₂) is the most harmful of the greenhouse gases and almost half of the UK's CO₂ comes from every day activities.

Surprisingly we produce more of it in our homes than when we drive! As well as reducing carbon emissions and helping the planet, it is estimated that the average household could save up to £300 per year on energy bills by being more energy efficient.

How to run your home for less: A few simple steps could help you run your home for less as well as producing fewer harmful CO₂ emissions. More than half of the energy we use at home is used for heating and hot water.

What can I do?

- Turn your room thermostat down by just 1°C. This could cut your heating bill by 10%, which is an average saving of £35 per month.
- Close your curtains at night and make sure they are tucked behind the radiators to reduce the amount of heat escaping through your windows.
- 15% of heat loss occurs through draughts. Draught proof your window frames, doors, keyholes and letterboxes.
- Set heating controls so that your property is only heated when you are in the house.
- If you have adjustable radiator valves, turn radiators down to their lowest setting in unused rooms, but not off.
- Bleed radiators regularly to ensure they are working at maximum efficiency.
- Drying clothes on radiators blocks heat from warming the room and causes condensation. Dry on a clothes horse instead.
- Turn the pressure down on the power shower. A high pressure power shower is a great luxury to have but you'd be surprised how much water they use – sometimes even more than a bath.

Lighting and electricity

What can I do?



- Check you are with the cheapest supplier. Visit the Uswitch website www.uswitch.com
- Switching from a 60W bulb to an energy efficient 20W bulb will save you £5-£10 a year on your electricity bill per bulb. Energy efficient bulbs last 10 times longer than regular bulbs, which will save you even more money – and they can be recycled making them even more environmentally friendly!
- In the UK we waste £140 million a year by leaving lights on unnecessarily. Remember to turn the lights off when you leave a room; no matter what the kind of bulb you have, this can save you £7.50 a year.
- The average household wastes £37 a year by leaving appliances on standby. This amounts to almost a billion pounds in total in the UK. Turn things off at the mains when not in use or fully charged, especially overnight.
- Make sure pans are on the right size hob or you could waste up to 40% of the heat, and keep lids on to decrease cooking time and reduce condensation.
- Most people overfill the kettle. Boiling the right amount is one of the easiest ways to cut your energy usage and you could save as much as £25 per year.
- Laptop computers use 5 -10 times less energy than desktops.
- Look for appliances with the highest efficiency rating A++ and the energy saving recommended logo. The EU energy label rates products from A++ (the most efficient) to G (the least efficient) and by law the label must be shown on all refrigeration and laundry appliances and dishwashers. An A rated washing machine will use less than seven pence worth of electricity per cycle and save on the amount of water used.
- Limit washing machine cycles to full loads, this is much more efficient than doing two half loads, even when using half load settings.
- The dryer is one of the most energy intensive appliances in the home. If you must use it, spin or dry clothes as much as you can beforehand so you use it less.
- Defrost freezers regularly and keep them full. If your freezer is not full, then putting newspaper or carrier bags in the gaps saves money by reducing the air space.
- Keep your fridge/freezer at the correct temperature. This is 2°C to 3°C for a fridge and -15°C for a freezer.

Find further energy saving tips on the Jigsaw Energy Advice booklet, or find the rest of the information in the Next Age Friendly newsletter.

AT Age UK Tameside we have a free counselling service that anyone over the age of 50 can use.

Our Get Up and Go Coaches are in a unique position to be able to offer home based or meetings at local community venues delivering Cognitive Behaviour Therapy (CBT). Offering a home-based service makes it accessible to people who can't travel, or who are less mobile. We have an interpreter service too for those who don't speak English as their first language.

The Get Up and Go service is easy to access, we can accept referrals from you, health care professionals and other services. We have four pathways we can help you with Get There- for Living with Loss, Get Busy- for Loneliness and Get

Going- for Anxiety and Depression. We have helped clients throughout lockdown, during the restrictions we quickly adjusted and moved to telephone support instead of home visits. This allowed us to help and support people in Tameside during a very difficult time. As restrictions have lifted, we are now back in the community visiting people at home and raising awareness of mental well-being.

The work we do helps people to make real life changes, it gives you the space and time to understand your own thoughts and feelings, come to terms with life events that have impacted on you and leave you with tools to help you manage life's ups and downs when they come.

If you would like any more information on our Get Up and Go service, please contact us at Age UK Tameside **0161 308 5000**.

What our clients say

“ **Get Up and Go changed my way of thinking, from negative to a positive outlook on life** ”

“ **Get Up and Go is helping me to be comfortable with my decisions** ”

“ **You have helped me become more confident in my own decisions and made me feel in control again** ”



Our Mental Health Helpline is here for anyone living in Tameside and Glossop requiring urgent mental health support

Call 0800 014 9995

24 hours a day, seven days a week.



What kinds of support will be available?

We can:

- Listen to you and help you work through immediate problems
- Work with you to find ways to move forward or suggest ways of working
- Give you information about other services that may be helpful to you or the person you care for

Who will I be speaking to?

The support line is run by experienced mental health professionals who can provide mental health support and advice.

**Call 999 if there is an immediate risk of danger to life.
Call 111 for urgent medical queries.**

Older and Greener: Tackling the climate emergency together in Greater Manchester

ON 1 October, Greater Manchester celebrated International Day of Older Persons, championing the unheard voices of older citizens in tackling climate change.

The 'Older and Greener' campaign showcased older environmental activists across the ten boroughs and emphasised the importance of engaging with older people to develop well-rounded climate policy solutions.

BBC North West Tonight covered the International Day of Older Persons celebrations, interviewing local older activists Dorretta Maynard (pictured), who has spent most of her life volunteering in Trafford, and Chris Barnes who has turned a patch of wasteland in Salford into a community garden.



Both star in a new video created for the day by the Talking About My Generation team of older community reporters and the Greater Manchester Older People's Network. 'This is what an activist looks like' video features older and younger residents across Greater Manchester promoting green transport, litter picking, protesting and growing their own food.

The over 65s are the fastest growing age demographic and among those groups most at risk from the effects of climate change yet older people's voices are rarely sought when it comes to solving the crisis. Despite headlines that suggest a generational divide on climate change, new research from Kings College London shows that older people are actually more likely than

younger people to feel that acting in environmentally conscious ways will make a difference.

Elaine Unegbu, Chair of Greater Manchester Older People's Network Steering Group, said of the new video:

"We wanted to share a positive message about how important it is for the generations to come together to tackle big issues like climate change. This is not about young versus old, it's about all of us doing our bit, we need to celebrate what people are already doing and inspire others to do the same. Ageism tries to divide generations – but the fight against climate change is uniting them."

More than twenty partners contributed to the campaign, including Ashton-under-Lyne based award winning creatives Made By Mortals who produced an Armchair Adventures podcast on composting in collaboration with over 55s theatre group, Hearts & Minds (pictured). Transport for Greater Manchester shared videos of older adults Carl, Libby, Trevor and Atuku on why they walk and cycle, and Monica who gets her cycling confidence back through a course.

The 'Older and Greener' campaign was coordinated by the Greater Manchester Ageing Hub at the Greater Manchester



Combined Authority, a partnership of public, voluntary and private sector organisations including Tameside Council working to make the city region a great place to grow older. The city region has declared a climate emergency.

Cllr Brenda Warrington, Leader of Tameside Council and Greater Manchester lead for Age-friendly and Equalities said:

"Greater Manchester's older people have a key role to play in protecting our environment and it's everyone's business to get older people's views heard."

The activity was part of a nationwide push by the UK Network of Age-friendly Communities across more than forty areas, challenging misconceptions around older people and seeking to inspire further action.

What's on in Tameside?

Free Internet and Support from The **Digital Diamonds** in the Linda Fletcher Community Base at the bottom of Rycroft House Ashton, just off Stockport Road, OL7 0SA.



Want to learn the basics? Don't know where to start? No problem. We have staff and Volunteers to help on a 1-1 basis. We offer a warm, welcoming safe environment with great facilities. You can browse the internet for free and have a cuppa too! Why not call and see how we can help you.

Please call Nicola on **07802866323** or **0161 343 8128** for more information. 10-4pm Week days (closed Wednesdays).

The **Magical Memories** is on every Tuesdays 1pm – 3pm.

It's aimed towards the lonely and isolated, mixed aged group and those that wish to start socialising and become active in their community.



We run active sessions once a month which include, indoor bowling and other light fun activities, this is to help tackle health and wellbeing. All washed down with tea/coffee and cakes. We have an Art for Health group every Monday's, this is an external self-run group. Times are 1pm till 3pm. The majority are retirement age.

Will you be alone at Christmas this year?

Call us on **0333 772 1939** for a free Christmas dinner and bag of gifts delivered to your door on the day! Calls to this number are the same rate as 01 numbers.



Please note places are limited and priority will be given to those who will not have any contact with anyone on the day.

Mottram Monday Matinee

Come along each week from 2-4pm to find a warm welcome and refreshments. Each month includes: quizzes, chair aerobics, sing-a-longs, visits from the local primary school and a retro cinema experience!

Hope Christian Centre, Stalybridge Road, Mottram, SK14 6NF. Call **07446 893 445** for more info.



The Together Centre's 'What's On' Autumn Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am – 11.30am Grow Your Own Fruit and Vegetable Allotment Activities. £5.00	9.30am – 11.30am Grow Your Own Fruit and Vegetable Allotment Activities. £5.00	9.30am – 11.30am Grow Your Own Fruit and Vegetable Allotment Activities. £5.00	9.30am – 11.30am Grow Your Own Fruit and Vegetable Allotment Activities. £5.00	9.30am – 11.30am Grow Your Own Fruit and Vegetable Allotment Activities. £5.00
10.00am – 11.00am Sing-along Fun with Gentle Exercise and Dancing. £3.00	10.00am – 11.00am Autumn Walks and Hot Chocolate. £3.00	10.00am – 11.00am Board Game Relaxation. £3.00	10.00am – 11.00am Sing-along Fun with Gentle Exercise and Dancing. £3.00	10.00am – 11.00am Kurling and Boccia Sports. £3.00
1.30pm – 2.30pm Baby Messy Play. £5.00	10.00am – 11.00am Cook Together. 10.00 – 11.00am FREE!	1.00pm – 2.00pm Talking Teacups and Bingo. £1.50	10.00am – 11.00am Autumn Crafty Corner with Hot Chocolate. £3.00	1.30pm – 2.30pm Mediation and Relaxation Therapy. £3.00
4.30pm – 6.30pm Children's Forest School. £6.50	7.00pm – 8.00pm Ladies Boxing. £5.00			4.30pm – 6.30pm Together Tribe Youth Club. £6.50
7.00pm – 8.00pm Zumba Fitness. £5.00				

If you or someone you know would like to find out more about any of our Workshops, please contact us:

☎ 0161 366 1987

📘 @TheTogetherCentre

✉ leanne.bold@thetogethercentre.org.uk

🌐 www.thetogethercentre.org.uk

Readers' Group

Our Virtual Readers' Group currently meets once a month via Zoom. The group agrees a book to discuss that is available as an eBook and eAudiobook via BorrowBox. Our meetings are usually the first Monday of the month from 6-7pm, if you would like to join the group please call us on 0161 342 2031 or email information.direct@tameside.gov.uk

Reading Friends are back in person at Hattersley Library

Meet new friends, have a chat and share stories. Reading Friends meet regularly to talk and share stories. We do this by starting conversations through reading and sessions may also include crafts and guest speakers. Reading Friends meet up to read, chat and have fun.

We're now meeting on the first Thursday of the month from 1.30 – 2.30pm at Hattersley Library, The Hub, Stockport Road, Hattersley, SK14 6NT.

They are free events for adults but booking is required. See [tamesidelibraries.eventbrite.co.uk](https://www.tamesidelibraries.eventbrite.co.uk) to book or call **0161 342 2031** or email information.direct@tameside.gov.uk

Droylsden Lively Minds Club

Funny Turns

A celebration of the entertainment and the entertainers of days gone by with Dave Moylan. It's a mix of comedy, magic, daft songs and routines remembering some of the UK's best-loved entertainers.

Wednesday 1st December 10am – 11.30am

Droylsden Library, Guardsman Tony Downes House, Manchester Road, Droylsden. Tel **0161 342 5700**

The event is free but booking required. See [tamesidelibraries.eventbrite.co.uk](https://www.tamesidelibraries.eventbrite.co.uk) or email information.direct@tameside.gov.uk

Dukinfield Lively Library Club

Join us to listen to our guest speaker and have a chat afterwards. The events are on the second Wednesday of the month.

They are free events for adults but booking is required. See [tamesidelibraries.eventbrite.co.uk](https://www.tamesidelibraries.eventbrite.co.uk) to book or call **0161 342 2031** or email information.direct@tameside.gov.uk

Wednesday 8th December 10.30am

– 12pm. Six Lessons from the Winter Smallholding & Six Wintry Readings with writer and smallholder James Ellson.

Wednesday 12th January 10.30 – 11.30am. All in a Days Work – reminiscences from 30 years in the Police Service with Chris Helme.

Virtual Library Club

Join us for our free online Library Club sessions. Listen to our guest speaker and have a chat afterwards all via Zoom. See [tamesidelibraries.eventbrite.co.uk](https://www.tamesidelibraries.eventbrite.co.uk) to book or call **0161 342 2031** or email information.direct@tameside.gov.uk

Thursday 16th December 10 – 11am. Season's Greetings: a Christmas Miscellany. Join Ann Featherstone for poetry and stories to put you in the festive mood. There will be favourite seasonal verses, a Christmas feast with Agatha Christie and memories of a family Christmas in the 1960s.

Winter Festival

Join Tameside Libraries for our fantastic Winter Festival which runs from 29th November to 18th December. We've got lots of events, both digital and in person, including Panto Tales, Creative Writing Sessions, an Author Visit, a Seasonal Craft Session and much more.

All the events are free. For booking and full details see www.tameside.gov.uk/libraries or call **0161 342 2031** or email information.direct@tameside.gov.uk

eReading: Free digital content for everyone

Tameside Libraries have a wide range of eReading content available to everyone, all you need is a Tameside Library card, and if you don't have one yet it's free to join and easy to do. With free Wi-Fi in all Tameside libraries and many public spaces, you'll always have something to read. eReading is perfect for those of us who struggle to get in to the library regularly, you can also change the font style, size and lighting to your preference or check the settings for further accessibility features.

- Free to all library members; Available 24/7
- Get the apps and download to read or listen anywhere, anytime

BorrowBox - eBooks and eAudiobooks

- Borrow up to 6 eBooks and 6 eAudiobooks at a time, free of charge, each for up to 21 days.
- Read or listen on many digital devices.
- Reserve eBooks and eAudiobooks that are currently on loan to other customers.
- Renew your loans (you can also renew a title once, even if another customer has reserved it).
- Return eBooks and eAudiobooks early or let them return automatically at the end of the loan period so there's no late return fees.



- Wide selection of adult and children's fiction and non-fiction with new titles being added regularly, there's even a spotlight collection of titles each month with unlimited access perfect for reading groups.
- Browse the categories or search for book titles or authors.

"I absolutely love the Borrowbox service, as I struggle to find the time to get to the library to take out 'real books!'"

"I love the Borrow Box app! I still listen to a book whilst going about my daily business. No time - No problem!"

Libby - eMagazines
If books are not your thing, Libby provides full digital copies of magazines for free from your computer, smartphone or tablet. Magazine titles include Ideal Home; Men's Health; Popular Science; National Geographic; Empire; What Car? and much more.



"That is so cool, there's something for everyone!"

"Tameside Libraries eMagazines app saves me so much money."

PressReader – eNewspapers
PressReader has over 5000 daily newspapers and magazines from more than 100 countries, in over 60 languages. Read a newspaper or magazine in its original or screen-friendly format, print articles, listen to audio narration, and translate content from around the world in up to 17 languages.



- UK national daily and weekend titles
- Browse or choose your favourites for automatic daily download
- Create a personalised news channel
- Bookmark articles and set up email alerts for news topics
- Share articles over social networks
- Add comments and opinions to articles

"I'm so glad I can read newspapers from my country in my own language"

"I like being able to check the news in different newspapers for free."

www.tameside.gov.uk/libraries/ereading



Social Prescribing



TAMESIDE'S Social Prescribing team is here to support you to focus on improving your wellbeing through meeting new people and trying new activities in your local community.

Who is it for?

Tameside residents, who are experiencing the following:

- Anxiety
- Loss of confidence
- Low mood
- Loneliness
- Life changing events such as bereavement, new born, retirement
- Long term health conditions
- Poor health linked to housing
- Challenges with finances, work or relationships

What are the benefits?

- Improve mental and physical health
- Meet new people
- Participate in new activities
- Increase self esteem
- Access work, training and volunteering

How much does it cost?

FREE to all.

How do I get involved?

If you feel that you are ready to open your world please contact us. Tell us a bit about yourself and how you think social prescribing might be able to help you:

☎ 0161 830 6833
✉ socialprescribing@actiontogether.org.uk



Hi readers! I'd like to introduce myself, my name is Lisa and I'm the new Community Development Officer for Active Tameside, which means my role is to get Tameside's older community more active!



I joined Active Tameside back in August, just as Covid-19 restrictions were lifting and we were able to be more social again. This meant I could start planning a community timetable. So far, it's been a great role, I have had the pleasure of meeting some wonderful characters out in our community, and it's been really positive getting our sessions up and running. We now have a large selection of activities for all levels of fitness and everyone is welcome to all sessions, even if you only want to be social.

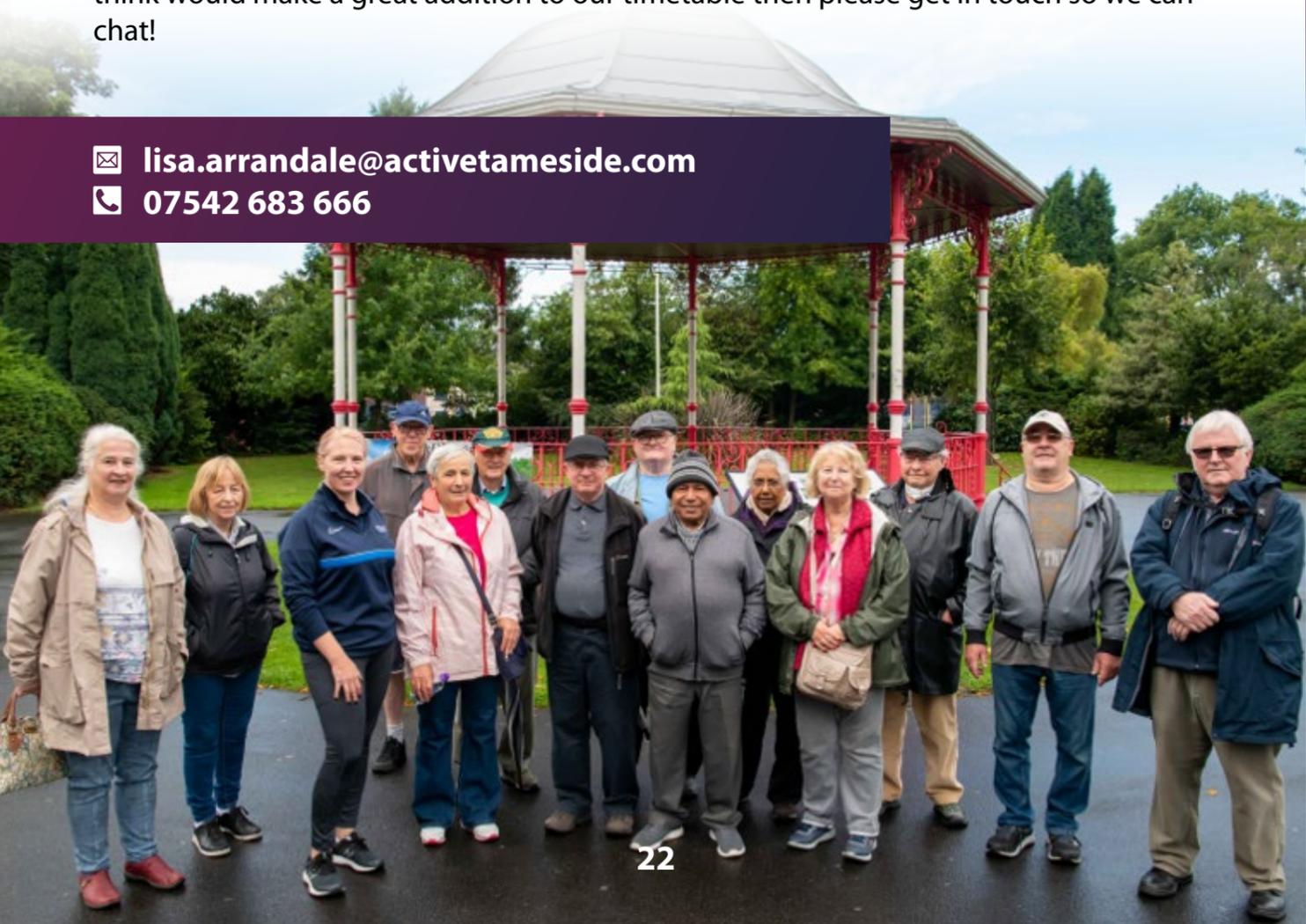
Some of our sessions include curling, bowling, local walks, and a community allotment session. We also have active morning and afternoons, these are varied sessions that last 1.5 hours, every week is different. The only thing that stays the same is we have a brew, a giggle and a catch up as well as getting active!

I have lots of ideas for the future as well. One new addition is our monthly Tea Dance, these will be at Tameside Wellness centre on the 3rd Sunday of every month 12.30-3pm, it's a great chance to meet people and have a dance.

My main focus is YOU, you are the community, and so if you have any ideas on what you think would make a great addition to our timetable then please get in touch so we can chat!

✉ lisa.arrandale@activetameside.com

☎ 07542 683 666



Let's Dance

New Monthly Tea Dance Session

It's time to dust off your dancing shoes

- 3rd Sunday of each month
- Denton Wellness Centre
- 12.30pm - 3pm
- Dance, games & refreshments included
- Accessible for all
- Only £4



Dementia Inclusive

Live Active Sessions

Our active sessions are fun and social, relaxed and plenty to do for all levels!

There's a range of activities which vary each week including:

- Swimming
- Walking
- Gym Equipment Exercise
- Dancersise and more

Do as much or as little as you like! It's a relaxed atmosphere with the emphasis on enjoying yourself!

Sessions are £3 with refreshments included.

WEDNESDAY 12.30pm - 2.00pm

Active Afternoon Medlock: Gardenfold Way, Droylsden, M43 7XU

THURSDAY 11.00am - 12.30pm

Active Morning Copley: Huddersfield Road, Stalybridge, SK15 3ET

For more information contact:

✉ lisa.arrandale@activetameside.com

☎ 07542 683 666



Future Projects: An Edwardian Walk In The Park

TAMESIDE is fortunate in being the beneficiary of so many Victorian and Edwardian public parks.

Stalybridge is doubly blessed in having both Cheetham and Stamford Parks within its borders. Opened in 1873 Stamford Park is situated on the historic boundary between Ashton-under-Lyne and Stalybridge, that also being the historic boundary between Lancashire and Cheshire. If you know where to look you can still see one of the boundary stones in the ground.

One of our Age Champions, has been scanning in his collection of Edwardian and 1930s postcards of Stamford Park and will be photographing the same view as it is today to create a series of then and now pictures.

For example the entrance to the Park at the bottom of Astley Road in 1904 and 2021.



Working with Tameside's Greenspaces and Champions these will be used to produce a self-guided walk with information boards around the park. So you can go back in time and imagine being an Edwardian enjoying a pleasant Sunday afternoon stroll away from the noise and dirt of the cotton mills in the Tame valley below.

We are aiming to have these walking guides for all ages early in 2022.



Tameside Through The Seasons Photography and Calendar Project

TAMESIDE is fortunate in being the beneficiary of so many Victorian and Edwardian public parks.

We are pleased to announce that we will be launching the 'Tameside Through the Season's: Finding the Beautiful in the Every Day' photography project this December. This is a Tameside Champions project where we are encouraging residents, old and young, and multi-generationally, to come together and explore Tameside's beauty (don't forget your camera/phone camera when you pop out for a walk!).

While exploring, we'd like you to take pictures of different places across the borough throughout each changing season from 1st January 2022 to 1st November 2022 to ensure we capture all the seasons of winter, spring, summer and autumn. Please only send pictures from between these time periods (not from previous years) to keep it up to date. If you have taken a picture and it includes a person/people, please do ask for consent and include the consent approval with your picture, or you can just take pictures of your surroundings.

The submitted pictures will then be shortlisted down to a small number for each month and a public vote will take place from 8th-13th November to choose the final winners for each month's pictures for the Tameside through the Seasons calendar.



The calendar will then be printed and distributed. We hope to have this calendar available in various places across Tameside, including leisure centres, libraries and community centres from mid-December 2022.

The pictures from each season has its own deadline to keep to schedule, please only send the picture for the correct season during this time to community.champions@tameside.gov.uk

If you don't have access to email, please send your pictures to: Big Local Hub, 4 Ambleside, Stalybridge, SK15 1EB.

Winter picture deadline: 04/03/2022
Spring pictures deadline: 03/06/2022
Summer pictures deadline: 09/09/2022
Autumn pictures Deadline: 01/11/2022

Dipak Dristi

Dipak Dristi (Light of Vision in Gujarati), is a Tameside charity run by volunteers that since 2017 has been working to reduce isolation and loneliness in the local community.

Our sessions promote social interaction and we run various activities which aid memory, mobility and health and well-being such as yoga, art and crafts, games, trips. We also provide a light healthy lunch.

Prior to Covid restrictions, we offered groups twice a week. During lockdown periods we supported members by initially delivering food and activity packs, progressing to running sessions online (where the majority of our members used Zoom for the first time). We supported the individual/family to use these digital methods, and this has encouraged our members to stay connected with their own family members and friends, here and around the world via FaceTime and WhatsApp.

Now restrictions have eased, we now provide a schedule of 5 day weekly sessions open to all. On a Monday, our two hour session is split up into a 1 hour activity, which could be a talk from a guest speaker, a sing-along, arts and crafts, etc. and a fitness hour, which can include mat or chair based yoga exercises, adapted to all ages and abilities, finished with a healthy lunch.



On Tuesdays, we do chair based exercises on Zoom and also provide our members with tips on what food to eat and how to live a healthy lifestyle.

On Wednesdays, we have joined the Tameside Health Walks which are a series of 1-2hr guided walks aimed at promoting a healthier lifestyle for all. On Thursdays, partnering with Age UK Tameside, we coordinate and deliver a dementia focus support group in our own Gujarati language held at Age UK's base in Ashton.

On Fridays, we are currently trialling a drop-in session, activities include games, arts & craft, IT sessions on how to use tablets/mobile phones, Zoom & WhatsApp, or just sit and chat. We are also currently participating in learning how to access digital healthcare resources, led by Community Wellbeing Tameside & Glossop.

If you would like to join or trial any of our sessions, or even become a volunteer and make a difference to the lives of others, please contact Champa Mistry on **07918 130591**.



દિપક દ્રષ્ટિ એક ચેરીટી છે, જે ટેમસાઇડમાં આવેલી છે જે ૨૦૧૭થી સ્થાનિક કમ્યુનિટીમાં એકલતા અને અલગતાને દૂર કરવા માટે કામ કરી રહી છે. અમે દર અઠવાડિયે સેશનો ચલાવીએ છીએ, જેમાં લોકો એકબીજા સાથે હળેમળે છે અને જુદી જુદી પ્રવૃત્તિઓ કરે છે, આ પ્રવૃત્તિઓ જેવીકે યોગાના વર્ગો, આર્ટ અને ક્રાફ્ટસ, રમતો, બહાર પ્રવાસ, જેનાથી તેમની યાદશક્તિમાં, હલનચલનમાં તેમજ તેમનું એકંદરે સ્વાસ્થ્ય અને સુખાકારીમાં સુધારો થાય. અમે તંદુરસ્ત હળવું ભોજન પણ પુરું પાડીએ છીએ.

કોવિડના પ્રતિબંધ પહેલાં, દિપક દ્રષ્ટિ ગ્રુપ અઠવાડિયામાં બે સેશનો ચલાવતા હતા. લોકડાઉનના સમય દરમિયાન શરુઆતમાં અમે ભોજન અને પ્રવૃત્તિઓ કરવા માટે પેક મોકલાવી સભ્યોને સપોર્ટ કર્યા હતા. ત્યારબાદ ઓનલાઇન સેશન કરવાનું શરુ કર્યું. જ્યાં વધારે ભાગના સભ્યો પહેલીવાર ગ્રુપ વાપરતા હતા. આમાં અમારો આધાર તેમજ તેમના પોતાના પરિવારના સપોર્ટ સાથે દરેક ઓનલાઇન જઈ ફેઇસટાઇમ અને વોટ્સઆપ ધ્વારા એકબીજા સાથે હળીમળીને તેમની એકલતા અને અલગતાથી ઉભરવા માટે આધાર મેળવ્યો. ટેકનોલોજીનો ઉપયોગ કરતા શીખીને અમારા સભ્યોને એકબીજા સાથે તે ઉપરાંત તેમના પોતાના પરિવાર સાથે, અહીં અને દુનિયાભરમાં જોડાઈ રહેવા માટે પ્રોત્સાહન મળ્યું હતું.

હવે પ્રતિબંધ ઉઠતાં, અમે ફરીથી અઠવાડિયામાં પાંચ દિવસ સેશનો દરેક માટે શરુ કર્યા છે. દર સોમવારે અમે બે કલાકના સેશન કરીએ છીએ. પહેલાં કલાકમાં જુદી જુદી પ્રવૃત્તિઓ જેવીકે બહારથી મહેમાન સ્પિકરો, ગીત-સંગીત, આર્ટ અને ક્રાફ્ટ. બીજા કલાકમાં ફીટનેશના સેશનમાં જમીન/ખુરશી ઉપર યોગા, જેને સભ્યોની ઉંમર તેમજ આવડત અનુરુપ કરાવવામાં આવે છે. ત્યારબાદ તંદુરસ્ત હળવું ભોજન આપવામાં આવે છે. દર મંગળવારે ગ્રુપ ઉપર અમે ખુરશી પર બેસીને થતાં યોગાની કસરતો ચાલુ રાખી છે તે ઉપરાંત અમારા સભ્યોને કેવો ખોરાક જમવો અને કેવીરીતે તંદુરસ્ત જીવનશૈલી અપનાવવી તેના માટે ટીપ્સ આપવામાં આવે છે. બુધવારે અમે ટેમસાઇડ હેલ્થ વોકસ સાથે જોડાયા છીએ જેમાં દર બુધવારે દોઢથી બે કલાકના વોક થાય છે, જેનાથી તંદુરસ્ત જીવનશૈલીમાં પ્રોત્સાહન મળે છે. દર ગુરુવારે એઇજ યુકે ટેમસાઇડ સાથે ભાગીદારીમાં, અમે ડીમેન્શિયા ફોકસ સપોર્ટ ગ્રુપનું સંકલન કરી ગુજરાતી ભાષામાં આ સેશનો ચલાવીએ છીએ. આ સેશનો એઇજ યુકેના સ્થાને રાખવામાં આવે છે. દર શુક્રવારે, હમણાં અમે ડ્રોપ-ઇન ડે સેશન ચાલુ કર્યા છે જેમાં કોઇપણ ભાગ લઈ શકે. પ્રવૃત્તિઓ જેવીકે રમતો, આર્ટ અને ક્રાફ્ટ, આઇ ટી સેશનો જેમાં ટેબલેટ / મોબાઇલ ફોન ઉપર આપ્સ જેવાકે ગ્રુપ અને વોટ્સઆપ કેવીરીતે વાપરવું તે માટે મદદ, તેમજ માત્ર ત્યાં આવી એકબીજા સાથે વાતચીત. તાજેતરમાં ડિજિટલ હેલ્થ કેર રીસોર્સીસનો કેવીરીતે ઉપયોગ કરવો તે શીખવા માટે ભાગ લઈ રહ્યા છીએ, જે કમ્યુનિટિ વેલબીઇંગ ટેમસાઇડ અને ગ્લોસપ દ્વારા ચલાવવામાં આવે છે.

જો તમારી ઈચ્છા હોય અમારી સાથે જોડાવવાની અથવા અમારા કોઈપણ એક સેશનમાં આવીને જોવું હોય અથવા જો તમારી ઈચ્છા સ્વયંસેવક બની તમારો મહામુલ્ય સમય આપી અને બીજાના જીવનમાં કંઈક ફેરફાર લાવવો હોય તો, મહેરબાની કરી ૦૭૯૧૮ ૧૩૦ ૫૯૧ ઉપર ચંપાબેન મિસ્ત્રીનો સંપર્ક કરો.



Award winning music and dementia charity Playlist for Life is bringing the power of personal playlists to Greater Manchester



Music and dementia charity Playlist for Life are inviting community groups and organisations across the UK to join their free Help Point network to share the power of personal music for people living with dementia, their families, and carers. It's free to sign up to become a Help Point, and each organisation or group will receive a free pack of printed resources to share as part of their activities. Materials are available in English, Welsh, Gaelic, Hindi, Urdu, Punjabi and Polish, with more languages to follow. Staff and volunteers will also be able to attend a free training webinar on Zoom and get more support from their Local Organiser.

Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist.

Personal playlists can:

- reduce anxiety
- improve your mood
- make difficult tasks more manageable
- evoke memories that can help families and carers connect

"It's amazing how powerful music has turned out to be. It has been so emotional and so rewarding to find something that brings back a little of our dad" – Fiona

Please contact Marion on [07478362098](tel:07478362098) or marion.coleman@playlistforlife.org.uk if you are interested in becoming a community Help Point or volunteering. If you have access to the internet, please visit www.playlistforlife.org.uk. The charity also offers training courses for care professionals, care home and hospital staff. Please visit www.training.playlistforlife.org.uk or call Marion.

At My Festive Memory, Playlist for life we are encouraging people to share the gift of music and memories this festive season. Many of our older residents, are or will have been affected by dementia in one way or another and our **'My Festive Memory'** campaign, is about helping to raise awareness of the power of personal music for dementia and those affected by it during this festive season. A time for celebration, connecting with loved ones and making new memories. It can also be a time when we miss those who are no longer with us, when our cherished memories can bring us comfort

Here's how you can get involved!

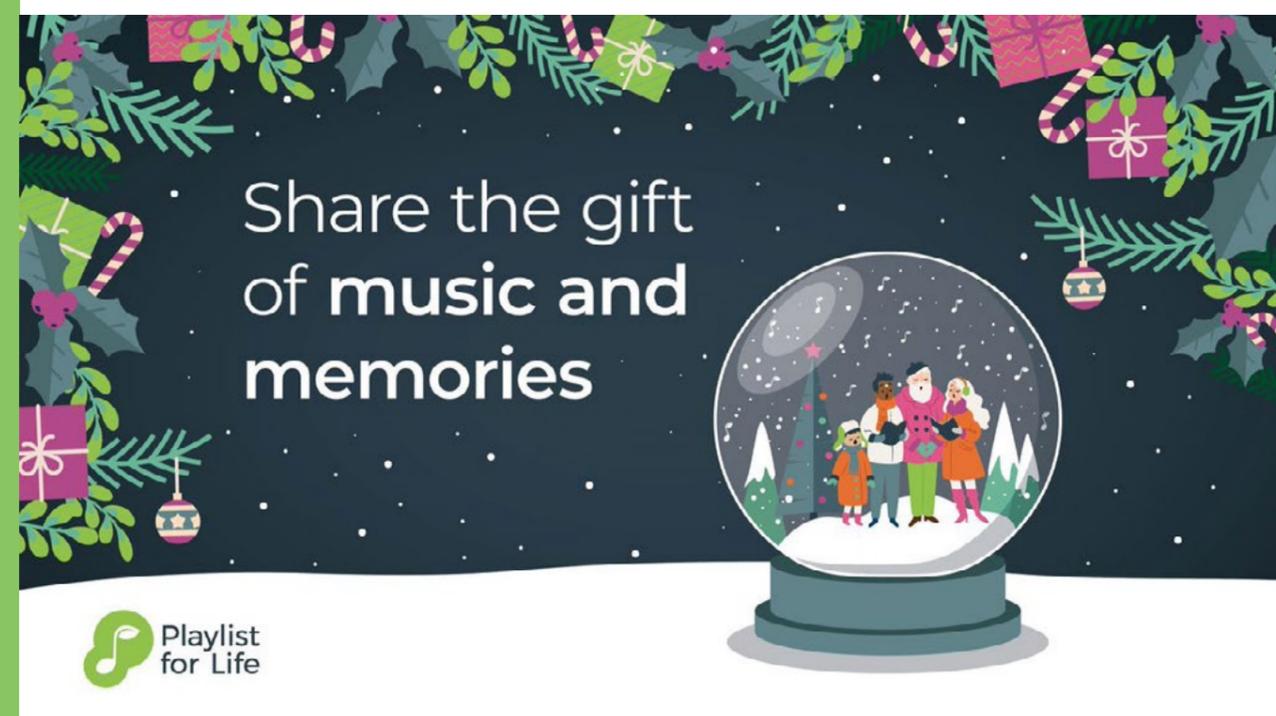
Start a playlist

Have a conversation: Have a conversation with a loved one about songs from their past to unlock fond memories and find the music that makes up the soundtrack of their life. Ask a friend or loved one to look up the Playlist for Life's website to download their free resources – playlistforlife.org.uk/resources

Send a festive memory

Share a festive memory on social media with the #MyFestiveMemory hashtag and tag Playlist for Life's account. You could also share a video or an old Christmas photo alongside your memory.

What song
brings
back happy
festive
memories
for you?



Action Together are Helping to Connect Local People to their community

ACTION Together is the infrastructure organisation for the voluntary, community, faith and social enterprise (VCFSE) sector in Oldham, Rochdale, and Tameside.

We connect people with what's happening in their community, develop community ideas into action, strengthen local organisations, and provide strategic influence for the charity and voluntary sector. Membership of Action Together is free and open to any VCFSE organisation in Oldham, Rochdale, or Tameside.

Our work is organised into these core themes:

- Volunteering
- Development
- Partnership
- Collaboration
- Investment

Action Together supports people to volunteer in their area, and supports local volunteering programmes, policies and roles, whilst working in partnership with other charities and public bodies on thematic work. Action Together also delivers locally-focused projects including social prescribing, Healthwatch Oldham and Tameside, Big Local Oldham, Miles of Smiles, and Rochdale Community Warehouse. Action Together also invests in the sector, and members can apply for



funding from our grants programmes. They also provide support for groups seeking and applying for investment, and direct members to appropriate sources of funding.

Action Together's Tameside Community Team are now based in community venues across the borough to help connect you with what's happening in your local community. You will find the team at 4C Community Centre, Houghton Green Centre, POP Hyde CIC, Together Centre @ Loxley House, Denton West End Community Library, St Barnabus Church, Emmaus Mossley and the Anthony Seddon Fund Centre.

Liz Windsor-Welsh, Chief Executive at Action Together, commented:

“We help build stronger communities by bringing people together to improve the health and wellbeing of local people.”

“Our Tameside Community Team is community focused and now community based in a range of local venues to give residents easy access to lots of community action opportunities. We invite you to come along to meet our staff and ask lots of questions about how we can work together to strengthen local organisations, bring your community action ideas to life and improve the wellbeing of local residents.”

Whether you're a newly formed or a long established group, Action Together's game changing free membership service provides added value to managing the day-to-day challenges, saving you time to focus on what matters most to your group.

To find out more, contact Action Together on Tel: 0161 339 2345; Email: info@actiontogether.org.uk or visit www.actiontogether.org.uk/tameside-community-team

Action Together also run the Tameside Toy Appeal. Last year was its most successful appeal ever, with over 10,000 toys donated to Tameside children most in need. Christmas will be a very difficult time this year for many families in Tameside, particularly those living in poverty. In response to these unprecedented times the Tameside Toy Appeal 2021 is needed now more than ever.



This year the appeal will run differently:

- A team of volunteer Doorstep Donation Elves and Sleigh Drivers will collect gifts from your doorstep and deliver to local families.
- You can safely donate toys at one of our local drop off points across Tameside.
- You can donate online on our dedicated Just Giving Page.

Donate new and unwrapped gifts for babies to 18 year olds. All gifts donated to the Toy Appeal will be given to Tameside children living in poverty. Donate by Friday 10 December 2021. We cannot accept any second hand or soft toys.

To find out how your school, business or community group can support the Tameside Toy Appeal, please email info@actiontogether.org.uk or Tel: **0161 339 2345**.

Champions opportunities

WE have a number of Champion opportunities available, which are listed below:

Community Champions

Do you want to promote Wellbeing in Tameside by providing your family, friends, colleagues and local community the information and support they need? As a Community Champion you will receive regular important updates via email and WhatsApp to share with your networks, attend Info Sessions and training via Zoom. The amount of participation is up to you, as little or as much as you like. Please contact community.champions@tameside.gov.uk or call **07935 014 582** for more information and how to sign up go to www.tameside.gov.uk/communitychampions



Age Friendly Champions

An Age Friendly Champion is someone who is able to offer a respectful and friendly interaction whilst also able to signpost to support the activities in the area. Age Friendly Champions Meetings occur every 2/3 months. Champions can also network with other champions and take on their own project for older people. To become an Age Friendly Champion please contact community.champions@tameside.gov.uk or call **07971 766557**



Nutrition and Hydration Champions

N&H Champions have been trained to promote good nutrition and hydration in the community, and spot the signs or potential triggers of malnutrition and dehydration. We aim to prevent these avoidable conditions which cause ill health, disease and slow healing, help people gain weight, fuel their bodies with nutrition and drink more water. To become an N&H Champion please contact community.champions@tameside.gov.uk or call **07971 766557**



Fancy becoming a Digital Champion?

We need volunteers to help us with our NHS funded digital wellbeing project. Digital Champions work with digitally excluded people, helping them to access to online world. You don't have to be an expert! If you can use a smartphone, tablet or laptop, we can use you!

Training is given. For further details email:

info@digitalwellbeingproject.org.uk

