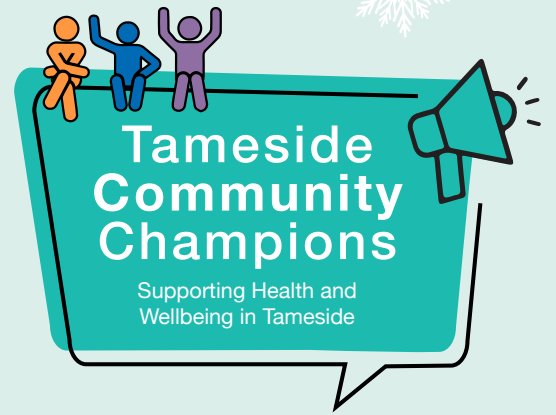


COMMUNITY NEWS



Issue 5: Age Friendly | December 2022



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



Once again this newsletter is brought to you by Age Friendly Tameside within Population Health at Tameside Council and the Tameside Age Friendly Champions, who are a network of residents, volunteers and staff from various charities and organisations across our borough. The network works together alongside Tameside Council to ensure you have the information and support you need to live healthy and happy lives.

The big topics in this edition is how we can help our Communities get through the Winter months. We have many fabulous community minded organisations in Tameside offering all sorts of help, advice, tips to enable everyone to tackle the cost of living “crisis” and many are featured here including our Helping Hands Campaign and the Greater Manchester Winterwise booklet. At the same time as we head towards the festive season we hope to bring a little community cheer by sharing some of our good news stories.

If you’d like to be part of future Champions meetings, simply become a Champion! Information on our 4 Tameside Champion opportunities and how to get involved is below. We hope you find this information in this newsletter useful, interesting and inspiring.

The Tameside Champions Team

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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 and 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



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



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



What have we been up to?

Since the last Age Friendly Newsletter in June 2022, Age Friendly Tameside including our Age Friendly Champions and Nutrition & Hydration Champions have been very busy organising and attending events, demonstrations, holding stalls, giving advice, and ageing well in Tameside and so, so much more!

Here is just a flavour of some of our activity over the last few months:



We have now completed the **Tameside through the Seasons Photography competition**, A shortlist of 24 Photographs were selected by the Age Friendly Panel at the beginning of November. There were some great entries for every season and it was a difficult task to narrow down the selection to 24, 6 for each season. A public vote then took place via Survey Monkey between November 8th and November 13th. The public were requested to choose 3 for each season and the calendars will be available at the same time as this Newsletter is printed to be ready for Christmas. Calendars will be available from our normal partners.

For enquiries please email community.champions@tameside.gov.uk.





Amrit Mistry is stepping down as President of Shree Bharatiya Mandal, Indian Association, Tameside

Amrit Mistry has resigned his position as President of Shree Bharatiya Mandal, Indian Community Centre after 5 eventful years in the role. The Association was established in 1964 and Amrit has been there from the beginning. Since those early days Amrit has held posts as Secretary, Treasurer to finally President and will remain active on the Association's Committee.

Since retirement 20 Years ago Amrit has become more involved with charity work with the Association and beyond. He also currently acts as a volunteer for Tameside Hospital working on wards assisting patients to attend clinics. He is also a Tameside Community Champion having been involved with the programme since the beginning in 2020.

Commenting on his stepping down, Amrit said "I love to volunteer and get a huge amount of self satisfaction from being involved with other people, helping both my own community and the local area wherever needed"

Amrit will be handing the Presidents baton to Manhar Taylor. In taking over the role Mahar commented on Amrit's contribution, "Amrit has been a massive help to the Indian Association for many years. His wide experience and his knowledge of the Indian Community has been invaluable to the Association"

Both Amrit and Manhar reaffirmed that the Association continues to go from strength to strength delivering more activities to its own and wider communities. The future of Shree Bharatiya Mandal, Indian Association, Tameside is certainly in good hands.

Meals On Wheels Service



Left to right - Dinesh Chauhan (Treasurer), Amrit Mistry, Manhar Taylor (President)



Then & Now – An Edwardian Walk In Stamford Park

The 12th October at Highfield Pavilion, Stamford Park saw the official launch of Then & Now – An Edwardian Walk in Stamford Park. It is the brainchild of Tameside Community and Age Friendly Champion Ken Morris, using his collection of Edwardian postcards of the Park.



It has been designed to share the flagship Tameside Park's culture and history with the community with the added benefits of offering meaningful exercise and wellbeing.

The council's community Champions Programme and Greenspace Development Team worked with Ken on the project, which involves a guided tour around Stamford Park, parts of which are located both in Ashton and Stalybridge. The walk incorporates eight display boards featuring the "Then" postcards and "Now" photographs with informative historical notes.

The walk is accompanied by a booklet explaining the park's origins and development through detailed maps and images. There is also a children's activity sheet, to provide fun as well as education, for families enjoying the walk and park. The launch opened with a welcome and introduction followed by a guided walk with Ken Morris.

Special guests including the Civic Mayor of Tameside Cllr Mike Glover and Tameside Council Leader Cllr Ged Cooney who attended to mark the occasion and experience the walk for themselves.



Cllr Cooney said: "The park has long been a popular amenity within the local community and it is fantastic to work with the community on this project and celebrate the park's history and cultural story."

"I would like to thank Ken for his hard work on this project and for sharing his knowledge and insight so that more people can learn about the park and enjoy its heritage."

Community Champion Ken Morris said: "During the Covid-19 Lockdown in 2020, Tameside's Victorian and Edwardian parks were rediscovered by many as a safe place to get out and about."

"Each of our parks has a story to tell as to how they have developed into what you see today."



"As a tribute to my late wife, who was a champion of local history, and Stamford Park in particular, I have been able to work with the Community Champions Programme to use a collection of old Edwardian postcards to tell its story matching the view in the card as it was then with photographs today"

Booklets and activity sheets are available at Highfield Pavilion where the walk begins and all Tameside Libraries as well as online at www.tameside.gov.uk/walking/shorttownwalks





Bloom Allotments Open Day 14th July 2022

It now seems a while since the warm Summer months but Bloom Allotments held an open Day on the 14th July and it was a glorious day as well

Organised in collaboration with Age Friendly Tameside from Population Health at Tameside Council. On the day we all had a very informative and insightful site tour, and listened to activity talks, There was a fantastic Bloom cooking demo, and the food was delicious and went down a storm with the attendees. We learnt about Bloom's community activities and those of their partners, all washed down with some entertainment, a raffle and a light lunch.



Bloom allotments are open Monday to Friday 9am-3pm, and offer a wide range of activities with a focus on eco-therapy, nature and wellbeing. We work together to grow our produce which we use at our luncheon club, or make jams and preserves or share our harvest with the community.

We have a wonderful team of staff, volunteers, and participants all working together to get the most out of every opportunity.

But at Bloom, we don't just garden! We hold pottery painting classes, go on nature walks, keep healthy and moving sessions, parties, shopping trips, pantomime and theatre trips, garden center visits, bowling, crafting, in-store sales days.



We are also delighted to announce that we are opening a Community Green Project at our Allotments in Dukinfield and will be offering a wide variety of workshops and activities. This is a chance to meet new friends, reduce isolation and loneliness, stay active, learn new skills, enjoy being in nature, and improve your mental health and wellbeing.

We are currently working on our new wellbeing garden as well as sowing seeds and getting ready for the outdoor planting season to go full steam ahead! We have also started a walking group followed by lunch on Thursdays at 10.30am.

Bloom allotments are located at 130 Grange Road South, Hyde, SK14 5NP. We are at the top of Peel St, turn right, then down the path on your immediate right, look out for the big yellow sign.

T: 0161 366 9966 | M: 07709524072;
Bloom@stpeterspartnerships.org

Would you be interested in volunteering with us?

If you are green fingered, good at crafting or love cooking/baking and have a day a week to spare, Bloom might be just what you are looking for! The kettle is always on and there is always a friendly face to have a chat with.

Get in touch! 0161 2148300;
Facebook: [BloomallotmentsLeap](https://www.facebook.com/BloomallotmentsLeap)





Wonderful Community Support from Dipak Dristi to Willow Wood

Local community group Dipak Dristi has, for the second year, raised a wonderful donation for Willow Wood by taking part in the Hospice organised event, the Twilight Wander.

Volunteers at the group, which translates as, 'Light of Focus' meet up at the Broadoak and Smallshaw Community Centre and this year raised £1,473.50, taking the total raised to over £2,000. Dipak Dristi was initially set up three years ago by Champaben Mistry following the loss of her husband. Feeling isolated and without a sense of purpose, Champaben decided to do something practical that would also help others in a similar situation and so the group came into being.



Meeting on Mondays the group provides a valuable service to the community, with activities including arts and crafts, music, dance with the aim of promoting a healthy lifestyle and wellbeing for those over 55. The initial contact between Willow Wood and Dipak Dristi

was made only two days before the 2021 Midnight Wander, when assistant practitioner Billinda Dyson visited the group. Although the primary aim was to see how the Hospice and Dipak Dristi could support each other, she took information on the sponsored walk and 12 volunteers immediately signed up, raising £600 in just 48 hours.

Laura Marinelli, the organiser of the Twilight Wander said, "We were thrilled last year to meet the group at the event, and it has been wonderful in the meantime to visit each other to find out more about our aims and objectives. Sue Wicks, our departmental administrator and myself were invited to attend their Diwali celebrations recently where we were presented with the donation and had a really lovely time.

We can't thank them enough for their support and hope we can continue this strong and very valuable relationship." Since our last article in December 2021 newsletter, we have been very busy at Dipak Dristi during the last few months. In August we took our members and their friends and family on a coach trip to visit a Hindu temple in Preston where we had an amazing time singing, dancing and learnt the history of the temple. From there we went to Blackpool where we had a wonderful time walking along the promenade

This year, Dipak Dristi have launched 2 new projects, one is working with 'Playlist for life' where we are creating a personalised playlist with focus on



Gujarati music. The personalised playlist will help people living with dementia to reduce social isolation & improve their memories. It will also support family and carers to care for their loved ones. The focus on Gujarati music and traditions will allow people to live a quality life and to reconnect to their heritage, culture and family traditions. Listening to music that is personally meaningful has many psychological benefits meaning anyone can benefit from a playlist. It can reduce anxiety, improve your mood and evoke memories that can help families and carers connect.

As part of the project we have been hosting musical tea parties to our current group members and their families in the Gujarati community that might be affected by memory loss, Dementia and loneliness. This consists of yoga with music and movement as well as singing and dancing to traditional music.

Our other project is working with Answer Cancer and promoting greater uptake of cancer screening. Cancer and mental health carry a huge stigma in our Asian community due to cultural aspects and we as a group need to learn to discuss and bring awareness and engagement within the community.

Our aims will be to support the Gujarati community members to:

- increase their knowledge of signs and symptoms of cancer
- learn about the three cancer screening (breast, bowel and cervical) programmes

- encourage more community members, families, friends and carers to attend their screening appointments and carry out bowel test kits when it is time to do so.

Currently we have recruited 10 Answer Cancer champions and we have already delivered some Answer Cancer awareness sessions in the community in our Gujarati language. We are already seeing signs of positive change in the Asian community.

Our work at Dipak Dristi is going from strength to strength and continues to progress with the help of our dedicated team of volunteers. 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



Winterwise Booklet

Greater Manchester Central Authority have produced a Winterwise Booklet to help the Older Community

“This winter with the rise in cost of living, it’s even more important to look after ourselves and each other. That’s why we’ve produced this guide with Independent Age so that older people in Greater Manchester have the information to help keep warm, well and safe” Andy Burnham, Mayor of Greater Manchester

“Older people in Greater Manchester, especially those on fixed incomes need to know the facts and what help is out there. The Cost of living crisis touches all aspects of our lives – health, home, food, energy. By following this guide, we can help ourselves, our friends and neighbours” Bhim Virmani, Manchester



Booklets are available from our usual partners. If you have any enquiries please contact **community.champions@tameside.gov.uk** for your nearest supplier

Contents

About this guide

1. Staying warm

Managing your costs

Keeping yourself warm

Paying your bills

2. Staying safe

Fire safety and carbon monoxide awareness

Slips and falls

Scams

Health emergencies and COVID-19

3. Staying well

Mental health and wellbeing

Eating and moving well

Getting your jobs








In collaboration with
GREATER MANCHESTER
DOING AGEING DIFFERENTLY

To order your free guides, call **0800 319 6789** quoting 'Free Guide 338'.

BE WELL TAMESIDE

The Be Well Tameside service continues to offer support and advice around health and wellbeing to all Tameside residents, who work/volunteer or are registered with a Tameside GP.

The service supports people who wish to make changes to their lifestyle to improve their health and wellbeing. We offer one to one appointments, regular contact, advice, support and practical tips on a wide range of lifestyle issues:

-  **Stopping smoking and using smokeless tobacco**
-  **Weight Management**
-  **Healthier Eating and Nutrition**
-  **The benefits of increasing physical activity**
-  **Promoting better oral health**

The service is now fully open again and will be accepting new referrals.

People are able to self-refer or professionals can refer clients via the on-line referral form found on the website www.tameside.gov.uk/healthyeatingandnutrition/bewelltameside

For residents 40-74 years old without a pre-existing health condition, Be Well also offer free NHS Health Checks in community venues or with local businesses to improve staff wellness.

Appointments are available at a number of venues across Tameside, including telephone and video appointments. For more information or to make an appointment contact us on 0161 342 5050 or email bewelltameside@tameside.gov.uk

NHS



Aged 40-74? Find out about our **FREE** NHS Health Check

You can now book on to one of our
**Community Health
Check Clinics**

To book a slot please call or drop us an email

0161 342 5050

bewelltameside@tameside.gov.uk



Live Active at Active Tameside

Do you want to feel better, improve your health and wellbeing, and have fun doing it?

Do you have any health conditions or prescription medication?

The Live Active team can help you improve your health through our specialist exercise referral scheme our community sessions.

Our team of exercise specialist can assist you on your journey, we work with clients with joint pain, high blood pressure, arthritis, covid rehabilitation, pulmonary conditions, cardiac rehabilitation and many more.

Our specialist sessions include Strength and balance sessions, low intensity circuit classes, back care sessions, Tai chi for falls prevention and arthritis and supported gym sessions.

Our community sessions include five walk and talk groups per week all free of charge. Other activities come with a small fee - allotment sessions, indoor kurling, active sessions which start with social sit down and brew followed by strength and balance exercises and other activities

To find out more about Live Active you can visit Active Tameside website www.activetameside.com/live-active Here you can find downloadable timetables for our sessions.

Our scheme accepts self-referrals and referral through health professionals who we have strong partnerships with, if you are unsure please consult your GP and they can refer you if you prefer.

ACTIVE TAMESIDE



RING BEFORE BOOKING TO CHECK AVAILABILITY
OR FOR FURTHER DETAILS: **07714 235 736**

DEMENTIA *Cafe*

**Providing support,
fun and friendship
to those living
with Dementia
and their carers**



11.30pm - 2pm

**Held on the first and third Fridays of the month.
Lunch provided free of charge**

St. Georges Church
Church Walk, Stalybridge
SK15 1DL

15

 **Dementia
Friends**
An Alzheimer's Society initiative



Age UK Tameside have started wellbeing walks every Friday morning at various locations throughout the Winter months Gareth Jones, Get up and Go Engagement Officer at Age UK Tameside, offers drop-in sessions at different venues offering advice around mental wellbeing and their other services.

Wellbeing Walks with Age UK Tameside

Join us for walks in the tameside area. Walks will last 45 minutes with a trained walk leader on routes. A chance to get active, outside and chat. Walks are FREE. Please note it is important to contact the centre in case walks are cancelled or rerouted due to weather or staffing.

Contact Age UK Tameside on - 0161 308 5000

Or speak to Gareth on 07498 457 336 or email JonesG@ageuktamside.com

Walking Location & Details	Date & Time	Meeting Points
<p>Hyde Park and Woodland Walk SK14 2EL</p> <p>Hyde park is a fully pathed park suitable for all abilities, there is a slight hill climb which should be fine for all. No toilet facilities on site</p> <p>Level: Beginners</p>	<p>Friday 2 December 2022</p>	<p>Meeting at 11am outside Bayley Hall (main building in park)</p> <p>Hyde – parking on the streets or disabled bays in the park</p> <p>Postcode: SK14 2EL</p>
<p>Chadwick Dam Stamford Street Stalybridge SK15 1NJ</p> <p>A walk around the local park and dam and then finish in the local café for tea.</p> <p>Level: Beginner</p>	<p>Friday 9 December 2022</p>	<p>Meeting at 11am, outside the Bowling Greens near to Café Postcode: SK15 1NJ</p>
<p>Cheetham Park and Eastwood Nature Reserve Mottram Rd, Stalybridge, SK15 2QS</p> <p>A hilly walk taking in the park and nature reserve of Cheetham park, paths can be uneven in Eastwood nature reserve</p> <p>Level: Intermediate</p>	<p>Friday 16 December 2022</p>	<p>Meeting at 11am, Outside the archery club on Mottram Road SK15 2QS</p>

BLOKES AND BREWS



15 December 2022 / 12 January 2023 / 26 January 2023

2:30 - 3:30 at Age UK Tameside

CREATE FRIENDSHIPS, MEET
NEW PEOPLE, SOCIALISE AND
HAVE FUN





Tameside Libraries have services and activities for you to enjoy whether you're on your own or with a friend. From finding a book to read, to enjoying an author visit, we have something for everyone.

Library Clubs

Why not come along to one of our clubs where:

- Most clubs arrange speakers, workshops or quizzes
- All clubs are free, friendly and fun!
- You can meet new people and have a chat
- All venues have easy, level access
- You can choose books and talking books to borrow
- Refreshments are available

Droylsden Lively Minds Club - First Wednesday of the month, 10 - 11.30am. Call **0161 342 5700** for details.

Dukinfield Lively Library Club - Second Wednesday of the month, 10.30 - 11.30am. Call **0161 342 2828** for details.

Reading Friends - First Thursday of the month, 1.30 - 2.30pm, Hattersley Library. Call **0161 342 2031** for details. Reading Friends meet to read (or be read to), chat and have fun! We do this by starting conversations through reading and sessions may also include activities such as crafts and guest speakers.



Readers' Groups - various venues and times

If you enjoy reading books and chatting with others about them, our Readers' Groups might be just up your street. We have regular groups at most of our libraries including one that has a non-fiction/theme focus. There's even a virtual readers' group that you can enjoy from the comfort of your own home. See contact details below for all of our libraries.

Home Library Service

If you have reduced mobility, and no-one who could regularly visit the library on your behalf, enquire about accessing the Home Library Service. The service has two library vans which visit people in their own homes. With a wide range of standard and large print books, talking books and CDs there's no need to miss out on your reading. Call **0161 342 2266** for more information.



Get Digital

Beginners and more confident users can access digital services at Tameside Libraries. Use our online catalogue to look for a book, manage your reservations or renewals.

Why not download our eReading apps and sign in with your library card number and PIN for eBooks and eAudiobooks with BorrowBox, eMagazines with Libby

and much more? You could be reading or listening for free within five minutes. If you need help with computer skills, free and simple online courses are available for beginners with Learn My Way whilst iDEA lets users increase their digital skills. Call **0161 342 2031** for details.



TechKnow Buddies

TechKnow Buddies are volunteers who are skilled at helping people with little or no experience of computers. So, if you don't want to do a course but do need basic help to set up an email account or search the internet ring **0161 342 2031** for details of how to book a one to one session.

If you are confident on computer basics and could spare a few hours a week as a volunteer TechKnow Buddy contact **information.direct@tameside.gov.uk** for further details.

Health and Wellbeing

Our libraries have a range of health information, books, services and resources available, including free leaflets to take away and recommended health websites for those preferring to do their own browsing.



Reading Well

Tameside Libraries stock all of the titles on

the national Reading Well booklists by The Reading Agency. These books could help you or a loved one manage health conditions such as diabetes, arthritis, anxiety, dementia and many others. Call **0161 922 5332** for more details.

Health Information Centre

The Health Information Centre is based at Tameside Hospital. The Centre, which is managed by Tameside Libraries, provides confidential health and care information to local residents and patients.



Information on health conditions, healthy lifestyle, local and national support groups can be obtained by contacting the Centre (Mon - Fri) on 0161 922 5332 or emailing **healthinfo@tgh.nhs.uk**

Tameside libraries aren't just fair weather friends – we're just as welcoming in the colder months too! So come along; get warm; read a book, magazine or a newspaper; browse the internet or enjoy an event. Oh...and don't forget to say 'Hello' to our friendly staff.

TAMESIDE LIBRARIES

Information Services (Ashton Library)

0161 342 2031

Ashton Library

0161 342 2029

Hattersley Library

0161 342 2552

Denton Library

0161 342 3406

Hyde Library

0161 342 4450

Droylsden Library

0161 342 5700

Mossley Library

0161 342 3787

Dukinfield Library

0161 342 2828

Stalybridge Library

0161 342 2727



Made By Mortals is a not-for-profit organisation, based in

Tameside and runs free weekly creative groups for adults to create podcasts, films, and original music theatre shows over a cuppa and biscuits. Meeting weekly at Guide Bridge Theatre on a Thursday, one of the groups share their experiences in a relaxed and fun environment to create the award-winning podcast Armchair Adventures created by people over 55 in Tameside for kids aged 6-10.

The group works with musicians, actors, writers, researchers, and people who work in health and social care to help others, to improve health and wellbeing, challenge health and social inequalities and provide high-quality arts and cultural experiences within Tameside.

In September Made By Mortals was delighted to win a BBC Make a Difference Award 2022 in the Together Category. Made By Mortals is currently looking for more people in Tameside to join their Thursday groups at Guide Bridge Theatre.

Armchair Adventures



Armchair Adventures was created at the beginning of lockdown in March 2020 and has since gone on to win multiple awards including Bronze at the British Podcast Awards 2022 for Best Family Podcast, a Digital City Award 2022, and has just been chosen as the first in-flight children's podcast for Virgin Atlantic.

Paul Hine, Chief Executive Officer of Made by Mortals, said: 'Armchair Adventures is a fun, interactive podcast for children, aged 6-10 years old, made by people over 55 here in Tameside. The whole story centres around a teenager (Connie) whose family run a travel agent in Ashton and during the pandemic it's going bust due to no one taking any holidays. So she teams up with her customers, all of whom are over 55 from Tameside, to come up with this idea of an alternative version of a holiday – a journey of the imagination. All the children who listen are able to go on this imaginative, playful, fun, sing- and move-along journey every episode.'

If you're over 55, live in Tameside, and would like to join our free, fun, friendly and creative weekly sessions to create new episodes of Armchair Adventures, come along to Guide.





Fresh Start Club

Victoria Park Community Centre M34 2AP
Monday's 9.30am til 11.30am

Everyone welcome

Refreshments available

Plus plenty of chat we need give activity ideas



Bring a friend neighbour or come alone.
Make new friends, maybe find old friends.

If you need further info please email
sharon.power@tameside.gov.uk

Knit & Natter

Every Thursday 1pm - 3pm

£2 per session

All crafters are most welcome
or come to learn a new skill

Knit - Chat - Sew - Crochet

For more information contact

Christine 07502 974756

or

Jeanette 07922 695878



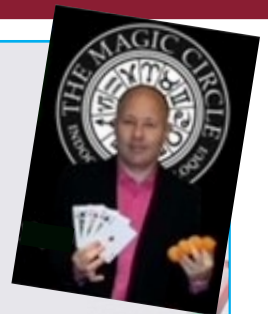
Victoria Park Community Centre, Market Street, Denton, M34 2AP

t: 0161 336 7061 e: info@victoriaparkcc.co.uk



Christmas Lunch

Three course with Entertainment - The Magical Show with Rob Bardsley
Friday 9 December 2022 arriving 12.30pm for 1pm start
Members and Guests £19.95 pp



Starter

Pancetta, Leek & Potato Soup
Vegan alternative: Leek & Potato Soup

Breaded Brie
with spiced tomato chutney

Classic Prawn Cocktail
Atlantic prawns bound in Marie
rose layered on baby gem salad

Main Course

Roast Beef
roast potatoes, seasonal vegetables,
stuffing, Yorkshire pudding & gravy
with festive trimmings

Roast Turkey
roast potatoes, seasonal
vegetables, stuffing & gravy
with festive trimmings

Cajun Spice Sweet potato Roulade
filled with vegan cream cheese and a
sweet and spicy red pepper and onion
Cajun chutney. Served with roast potatoes,
seasonal vegetables & vegan gravy

Dessert

Christmas Pudding
served with brandy sauce

Red Velvet Cheesecake
dressed with clotted cream
and fresh fruit

Chocolate Tart
with vegan ice cream

To book contact Club Secretary 07714246630 and
Team Captains by 1 December with meal choice

Tickets to be collected Monday 5 December
from Clubhouse 12.30 - 2.30pm Denton Golf
Club Manchester Road M34 2GG

Denton Park Social Bowling Club, Victoria Park, Victoria Street, M34 3GU

info@dentonparksocialclub.co.uk

being there



life limiting illness support

Being There is a small local charity founded 40 years ago. We provide emotional support and practical assistance to people with cancer and other life-limiting illnesses such as strokes, heart and respiratory illnesses, along with those closest to them, such as family and carers. Being There volunteers are able to listen confidentially to concerns. Our service provides face to face and telephone befriending, a social group, counselling support and practical assistance such as helping someone to go shopping or transport to hospital appointments.

Our team of trained volunteers are supporting many people across Tameside who are experiencing isolation and long-term health issues. Our aim is to make a difference by 'Being There' for people in need.

Here's what Dennis, a service user, had to say about Being There Tameside...



I have been involved with the Being There service since November 2019 when I was first matched with my volunteer John. Since then John has supported me with weekly visits and has been a constant companion and a great help. John has taken me shopping and to various medical appointments and has been reliable, trustworthy and great company. John and I have a good laugh together and John knows my shopping list by heart now! I really look forward to his visits as this helps me to maintain my independence. I love to get out and I really enjoy our weekly breakfast together at my local café! During lockdown, John also stayed in touch with me by telephone and text messages to check I was ok and this meant a lot. I cannot praise the service highly enough and am very grateful for John's continued support.

Being There is also an inclusive charity and we welcome volunteers and service users from Black Caribbean, Black African, Asian and other minority ethnic backgrounds; people who identify as LGBTQ and people with disabilities. We have bi lingual volunteers who can support those from our diverse community.





If you have a life limiting illness and you think that Being There can help you or you would like to support our clients and join our friendly volunteering team, contact Being There Tameside on **0161 711 0643** or **07709 522631** or email **tameside@beingthere.org.uk** For more information visit our website **www.beingthere.org.uk** or Facebook page **www.facebook.com/BeingThereForYou**

✦ BEFRIENDING MATTERS TAMESIDE ✦

HAVE YOU LOST CONFIDENCE OR SUFFERED A LOSS?
ARE YOU FEELING LONELY OR ISOLATED?

WOULD YOU LIKE SOMEONE TO TALK TO REGULARLY
OR GO TO A GROUP ACTIVITY WITH?

BEFRIENDING MATTERS TAMESIDE IS A FREE SERVICE THAT PROVIDES WELLBEING SUPPORT THROUGH A MIX OF TELEPHONE AND IN PERSON BEFRIENDING, FOR ADULTS EXPERIENCING LONELINESS OR ISOLATION.

OUR FRIENDLY BEFRIENDERS PROVIDE ONE TO ONE SUPPORT, WHETHER IT'S A CHAT ON THE PHONE OR HELPING YOU TO GET OUT AND ABOUT AGAIN.

SERVICE AVAILABLE IN BANGLA & ENGLISH



For more information please contact:

Mahmuda: 07562686183 or email: mahmuda@diversitymattersnw.org.uk
Angie: 0161 214 8300 or email: Angie.Knowles@stpeterspartnerships.org



Tameside Council Customer Services

Customer Services primarily provides specialist advice on Housing Benefit and Council Tax issues including help to make a claim.

To access the service an appointment is required and these will take place either by telephone or face to face. You can book an appointment in a number of ways:

- Telephone **0161 342 8355**
- Email **cs.referrals@tameside.gov.uk**
- Web chat via the Tameside MBC website – **www.tameside.gov.uk**
- By visiting any library in person during staffed hours
- Professionals supporting a vulnerable person can book an appointment on their behalf

Face to face appointments will take place at our Customer Service Centre within the Tameside One building which is located at **Market Place, Ashton under Lyne, OL6 6BH**. For other enquiries including payment of council bills, to submit or get a blue badge form, have documents verified for Housing Benefit purposes or to request a service, all libraries in the Borough are able to assist with this during staffed hours. No appointment is required for services at the library.

Are you feeling the pinch in your pocket?



We can direct you to support services who can help you:



Take control of your finances and find out if you're entitled to financial support



Improving your mental health and wellbeing



Assist you with housing problems



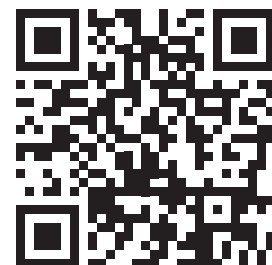
Build your work skills and find routes into employment



Finding local food pantries and foodbanks



Support with your energy bills



Find help local to you

📞 Call our Customer Service Team on **0161 342 8355**

🌐 Visit **www.tameside.gov.uk/helpinghand**

Scan QR code for more information

Tameside Toy Appeal 2022

Every donation counts



Each year Action Together runs the Tameside Toy Appeal. Last year local communities donated over 7,000 toys and gifts 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.

The Tameside Toy Appeal 2022 is needed now more than ever.

Our team of dedicated volunteers are integral to the success of the appeal:

- A team of volunteer Doorstep Donation Elves and Toy Taxi Drivers will collect gifts from your doorstep and deliver to local families.
- Our volunteer Social Santa's will promote the appeal via social media and our Festive Fundraisers will help to raise funds for the appeal.

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 9 December 2022. Sorry, but we cannot accept any second hand or soft toys. You can safely donate toys at one of our local drop off points across Tameside, which can be found on our dedicated webpage. You can also donate online on our dedicated Just Giving Page.

To find out more please contact Tameside Toy Appeal via email info@actiontogether.org.uk, telephone **0161 339 2345** or visit: www.actiontogether.org.uk/tameside-toy-appeal



Tameside Toy Appeal 2022

We need new toys/gifts suitable for children and young people aged 0-18 years
e.g. books, gloves, hats, pyjamas, scarves, slippers, socks.



Don't miss out, claim what you deserve

Tameside
Metropolitan Borough

Find help local to you.



#HelpingHandTameside

In Tameside, £5.2 million worth of pension credit remains unclaimed.

Find out if you're one of them at
🌐 www.independentage.org/benefit-calculator
or call ☎ 0800 319 6789

For more financial support services please visit:

www.tameside.gov.uk/helpinghand

Pension Top-up

Could you be eligible for extra financial support? As the cost of living is rising, you could receive additional financial support to help with bills.

It's so important that you don't miss out on the support you may be entitled to. Research shows that estimated £70 million of Pension Credit is currently unclaimed in Greater Manchester with around 36,000 eligible recipients not claiming. In Tameside, £5.2 million worth of pension credit remains unclaimed, this is a staggering 3,042 households missing out on support.

People who receive pension credit can also receive free dental treatments and possible help with Council tax, housing costs and heating bills in the colder months. Eligibility can be checked on independentage.entitledto.co.uk/home/start or alternatively call 0800 319 6789.



“Nowadays my money goes much further – thanks to a pension top up.”

Audrey topped up – have you?

Healthwatch Mental Health Survey - Deadline 31/12/22

**Have you needed support for your mental health in the last 12 months?
Or are you a carer of someone who has?**

In 2017, Healthwatch Tameside completed a project about people's experiences of using mental health services. A number of changes have been made since then. This includes new services being launched.

Healthwatch are carrying out another survey to find out whether feedback about mental health support has improved. This includes services for dementia, autism, learning disabilities and dependency issues. Healthwatch are interested in all services, whether NHS or community/charity services, and are looking at how all the options available come together to provide an overall service.

Healthwatch are careful not to identify anyone in our reports.

How to complete the anonymous survey:

Online at: www.healthwatchtameside.co.uk/share-your-views

Ring Healthwatch on **0161 667 2526** for a paper copy, or for us to call you back and complete over the phone. They have an answerphone.

Who is a Carer?

'A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems' At People's Place based at Tameside 1, we support Adult Carers over the age of 18.

Carers Rights Day
Thursday 24th November
Tameside One, Peoples Place
1.30 – 3.30pm

How to register?

Carers can be referred in by professionals using our Referral to the Health and Wellbeing Service and emailed to

CarersCentre@tameside.gov.uk.

Professionals are able to contact us by email/ telephone, should you have any questions regarding a Carer.

Carers can self-refer by:

- Calling in to our drop in sessions at People's Place
- Phoning the Carers Centre Number – 0161 342 3344
- Emailing CarersCentre@tameside.gov.uk

How can we help?

We can help in a variety of ways at the Carers Centre, we offer emotional and practical support.

- Carers Assessment
- Signposting to services
- Emotional Support, a listening ear
- Quarterly Newsletter – Signpost
- Help and advice around benefit entitlement such as Carers Allowance
- Access to Radar Keys
- Access to TEC Cards – Peace of Mind for Carer
- Drop in sessions, Hubs in Localities
- Information, support and advocacy
- Facebook Page with information – #Tameside Carers Centre

Centre Opening Hours

The Carers Centre, is based at The Peoples Place, Tameside 1, Market Place, Ashton. The Centre is open every day, offering drop-in sessions for Carers.

Monday	10am – 2pm
Tuesday	10am – 2pm
Wednesday	9am – 11.30am
Thursday	10am – 2pm
Friday	10am – 2pm

Future Plans

We are currently looking at our service offer, with plans to increase this in the coming months. We will continue to send up to date information. If you have any questions, please do not hesitate in contacting CarersCentre@tameside.gov.uk. We are able to come along and speak to your Team/Group.

Please do come and visit the centre, to have a look around and speak with our Wellbeing Advisors.

