

Millergore

Mobility Specialists
OLDHAM 0800 377 7898

Whether it's here at our offices, in your own home or a place to suit you, WE CAN HELP.
Call us on 0161 930 5117 or e-mail action@gorvins.com

ACT ON IT
PLANNING FOR YOUR FUTURE

STEP SOLUTIONS
Code: M0223

WHATSOEVER YOUR FAMILY SITUATION GORVINS CAN HELP:

Our specialist approach to Planning for the Future will ensure you and your family are protected to give you total peace of mind.

Everything we do at Gorvins Solicitors is designed to make things as easy and stress-free as possible for you.

A New Approach for Your Family Legal Services

GORVINS SOLICITORS

- Probate
- Elderly Care
- Estate Administration
- Inheritance Tax Planning
- Deputyships
- Life-time Trusts
- Court of Protection
- Lasting Power of Attorney
- Making and Updating your Will



One-to-one at home care. Tailor made to your individual requirements.

- Companionship Services**
 - Offer companionship & conversation
 - Assist with appointments
 - Make travel arrangements
 - Help with reading
 - Participate in hobbies & crafts
 - Monitor diet & eating
 - Accompany to lunch or dinner
 - Attend plays, concerts or clubs
 - Home Help Services**
 - Light housekeeping
 - Dusting & vacuuming
 - Washing & ironing
 - Make beds & change bed linen
 - Help with general shopping
 - Meal preparation
 - Supervise home maintenance
 - Oversee home deliveries
 - Assist with pet care
 - Collect prescriptions
 - Personal Care Services**
 - Help with bathing
 - Assist with dressing
 - Provide grooming
 - Help with incontinence care
 - Assist with eating
 - Provide medication reminders
 - Assist with morning/wake up routines
 - Assist with evening & bedtime routines
 - Dementia Care Services**
 - Medication reminders
 - Cooking & monitoring meal times
 - Help with medical visits/ appointments
 - Social activities
 - Assistance in the community
 - Company & conversation
 - Stimulation of memory
 - Safety & security
- Services may vary by individual Home Instead Senior Care office location.

Would you like to make a difference?

BECOME A CAREGiver

Home Instead Senior Care is looking for CAREGivers in the local area. People who can make a difference in their community, caring for seniors in their own homes.

- Excellent training
- Great rates of pay
- Previous experience not necessary

Call us today on 0161 480 0646

HOME INSTEAD AWARDED NUMBER ONE CARE PROVIDER FOR THE ELDERLY*

*By LaingBuisson the healthcare experts

At Home Instead Senior Care we are immensely proud of the work we do supporting our clients and their families.

We consistently achieve market leading inspection scores from the auditing bodies (The Care Inspectorate & Care Quality Commission) and have won numerous awards for the quality of care we provide.

If you feel we could help you and your family please just get in touch, we are here to help.

**Home Instead Senior Care,
Randolph House,
37-41 Longshut Lane West,
Stockport, SK2 6RX**

Call us today on
0161 480 0646

Email: stockport@homeinstead.co.uk
www.homeinstead.co.uk/stockport

Each Home Instead Senior Care® franchise office is independently owned and operated

Home Instead SENIOR CARE
To us, it's personal.

THE QUEEN'S AWARDS FOR ENTERPRISE: INNOVATION 2016

WHAT'S ON WHERE GUIDE

A GUIDE TO ACTIVITIES & CLUBS FOR ADULTS

Tameside West Edition 1

To us, it's personal

What's on Where Guide for Older People in Tameside West Edition 1

Event	Venue	Area	Day	Time	Contact
Coffee Mornings and Afternoon Tea					
Coffee Morning	Droylsden Methodist Church, Dunkirk Street, M43 7DZ	Droylsden	Monday	1000 - 1200	0161 370 8116
Coffee Morning	Trinity Church, 230 Audenshaw Road, M34 5WP	Audenshaw	Monday	900 - 1200	0161 427 3010
Tuesday at 10 Coffee Morning with Activities	Church of the Nazarene, 230 Stamford Street, OL6 7LI	Ashton Under Lyne	Tuesday	1000 - 1200	0755 734 4067
Coffee Morning	Dukinfield Methodist Church, Wellington Parade, SK16 4LE	Dukinfield	Wednesday	1000 - 1200	0161 427 3010
Coffee Afternoon	Edge Lane Methodist Church, Edge Lane, M43 6JH	Droylsden	Thursday	1400 - 1600	0161 370 8116
Coffee Morning	Fairfield Moravian Church, Fairfield Square, M43 6AE	Droylsden	Thursday	1030 - 1130	0161 370 1856
Coffee Morning	Dukinfield Congregational Church, Crescent Road, SK16 4EG	Dukinfield	Thursday	1000 - 1200	0161 303 7465
Friday Morning Coffee	St Mary's Church, Duke Street, M34 2AN	Denton	Friday	900 - 1200	0782 665 5560
Coffee Morning	West End Methodist Church, Trafalgar Square, OL7 0LL	Ashton Under Lyne	Friday	1000 - 1200	0161 427 3010
Coffee Morning	Willow Wood Day Hospice, Willow Wood Close, OL6 6SL	Ashton Under Lyne	1st Saturday	1000 - 1200	0161 330 1100
De-Caf Drop-In Dementia Café	Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG	Denton	1st Thursday	930 - 1130	0161 716 3400
Forever Friendship Café	Ladysmith Building Café, Tameside Hospital, Fountain Street, OL6 9RW	Ashton Under Lyne	1st Tuesday	1300 - 1500	0161 922 4482
Café in Church	St Lawrence Church, Stockport Road, M34 6AD	Denton	2nd Tuesday	1000 - 1600	0161 320 4895

Breakfast/Lunch Clubs					
Luncheon Club (Ladies Only)	Khush Amdid Day Centre, Holy Trinity Community Centre, Deans Street, OL6 7HD	Ashton Under Lyne	Monday	1000 - 1400	0780 542 5956
Breakfast Club	Woodford Court, Williamson Lane, M43 7BJ	Droylsden	Monday	1000 - 1200	0770 286 4957
New Horizons Luncheon Club	Dukinfield Congregational Church, Crescent Road, SK16 4ET	Dukinfield	Tuesday	1200 - 1400	0778 796 1562
Breakfast Club	Park House, Gorsefields, M43 6DX	Droylsden	Wednesday	1000 - 1200	0770 286 4957
Luncheon Club	Denton Methodist Church, Hyde Street, M34 3AF	Denton	Wednesday	1230 - 1400	0161 337 8419
Breakfast Club	Hope United Reform Church, Stockport Road, M34 6AB	Denton	1st Saturday	1000 - 1200	0161 336 3645
Veterans Breakfast Club - SSAFA	Portland Basin Museum, Portland Place, Heritage Wharf, OL7 0QA	Ashton Under Lyne	2nd Saturday	1000 - 1200	0796 283 2925

Support Groups and Therapy					
Arts for Health	Haughton Green Centre, Tatton Road, M34 7PH	Denton	Monday	1300 - 1500	0161 336 5354
Chartist House Activity Group - Alzheimer's Society	Mount Street, SK14 1RW	Hyde	Monday	1300 - 1500	0161 477 6999
Dementia Wellbeing Group - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Tuesday	1300 - 1500	0161 308 5000
Rita & Geds Retreat (Was Carers Connect)	Fairfield Arms, Manchester Road, M34 5GB	Audenshaw	Tuesday	1300 - 1500	0758 354 6377
IT Support Drop-in Sessions - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Tuesday	1000 - 1200	0161 308 5000
Musical Memories	Oasis (Haughton Green Library), 2 Tatton Road, M34 7NP	Denton	Tuesday	1300 - 1500	0161 336 0970
Singing Group - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Wednesday	1100 - 1200	0161 308 5000
Hurst Circle Of Friends	Hurst Community Centre, Kings Road, OL6 8EZ	Ashton Under Lyne	Thursday	1300 - 1500	0161 339 5901
Noah's A.R.T	Loxley House, Birch Lane, SK16 5AU	Dukinfield	Thursday	1030 - 1200	0797 345 3942
Sing for Fun	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Thursday	1030 - 1130	0161 368 4110
Stroke Association Carers Support Group	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Friday	1400 - 1600	0161 308 5000
Tameside & Glossop Support Group - Parkinsons UK	Loxley House, Birch Lane, SK16 5AU	Dukinfield	1st Monday	1330 - 1530	0161 330 4006
Tameside & Glossop Support Group	Denton Methodist Church, Hyde Street, M34 3AF	Denton	3rd Tuesday	1330 - 1600	0344 225 3655

Excercises					
Beginners Line Dancing	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Monday	1000 - 1200	0161 370 8849
Gentle Excercises	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Monday	1000 - 1100	0161 370 8849
Line Dancing	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Monday	1330 - 1530	0161 368 4110
Ladies Excercises	Ashton Central Mosque, Hillgate Street, OL6 9JA	Ashton Under Lyne	Tuesday	1300 - 1430	0797 043 5431
Tai Chi	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Tuesday	955 - 1040	0161 368 4110
Zumba Gold	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Tuesday	1300 - 1345	0161 370 8849
Fit over Fifty	Danebank Garden Society, Windmill Lane, M34 2EY	Denton	Wednesday	1045 - 1145	0798 085 5211
Sequence Dancing	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Wednesday	1315 - 1515	0161 368 4110
Men's Slipper Football - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Wednesday	1100 - 1200	0161 308 5000
Otago Strength & Balance - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Thursday	1100 - 1200	0161 308 5000
Gorton Exercise Group	Gorton Community Centre, Highmead Street, M18 8PE	Gorton	Friday	1230 - 1330	0800 061 4151
Armchair Exercise	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Friday	1015 - 1100	0161 368 4110

Hobbies, Clubs and Societies					
Bingo Club	Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG	Denton	Monday	1400 - 1515	0161 336 7061
Pins & Needles Group	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Monday	1300 - 1600	0161 370 8849
Community Hub	Loxley House, Birch Lane, SK16 5AU	Dukinfield	Monday	900 - 1500	0161 366 9746
Knit & Natter (Anthony Seddon Trust)	The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD	Ashton Under Lyne	Monday	1000 - 1200	0161 320 0334
The Shed	Loxley House, Birch Lane, SK16 5AU	Dukinfield	Monday	900 - 1500	0161 368 4974
Time of Your Life - 50+ Activities Group	Ashton Town Hall, Market Place, OL6 6DL	Ashton Under Lyne	Tuesday	1000 - 1200	0161 308 5000
Time of Your Life - 50+ Activities Group	Dukinfield Town Hall, King Street, SK16 4LA	Dukinfield	Tuesday	1000 - 1200	0161 330 9232
Arts & Crafts Group - Tameside Arts Ltd	Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Dukinfield	Tuesday	1300 - 1500	0161 368 3422
Arts & Crafts - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Tuesday	1100 - 1200	0161 308 5000
Craft Group	Haughton Green Centre, Tatton Road, M34 7PH	Denton	Tuesday	1400 - 1600	0161 336 4429
Craft Group - U3A	Hyde Town Hall, 10 Corporation Road, SK14 1AL	Hyde	Tuesday	1000 - 1200	0161 336 5095
Time of Your Life - 50+ Activities Group	Stalybridge Civic Hall, Trinity Street, SK15 2BN	Stalybridge	Wednesday	1300 - 1500	0161 303 8261
Time of Your Life - 50+ Activities Group	George Lawton Hall, Stamford Street, OL5 0HR	Ashton Under Lyne	Wednesday	1000 - 1200	0145 783 2223
Young at Heart Group	Broadoak Community Centre, Broadoak Road, OL6 8RS	Ashton Under Lyne	Wednesday	1000 - 1200	0161 330 8154
Bridge Club	Ashton Bridge Club, Carr Street, OL6 8ES	Ashton Under Lyne	Wednesday	1300 - 1630	0161 330 1227
Bingo Club (Check for Availability)	Woodford Court, Williamson Lane, M43 7BJ	Droylsden	Wednesday	2000 - 2130	0770 286 4957
Tameside Fishing Group - Stroke Association	Stroke Association, Saxon Street, M34 3DS	Denton	Wednesday	1000 - 1500	0161 320 0976
Craft Group/Coffee Morning	Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Dukinfield	Wednesday	1000 - 1200	0161 336 2552
Fellowship Meeting	Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Dukinfield	Wednesday	1300 - 1430	0161 336 2552
Painting & Drawing - U3A	Hyde Town Hall, 10 Corporation Road, SK14 1AL	Hyde	Wednesday	1000 - 1200	0161 336 5095
Whist Club	Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG	Denton	Wednesday	1330 - 1600	0161 336 7061
Crafty Quilters	Denton Methodist Church, Hyde Street, M34 3AF	Denton	Thursday	0930 - 1400	0161 337 8419
Art Class 2	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Thursday	1400 - 1630	0161 370 8849
Thursday Club	St John the Evangelist, 155 Kings Road, OL6 8EZ	Ashton Under Lyne	Thursday	1300 - 1500	0161 330 7509
Friday Social Club	Tameside Sight, 3 Wellington Parade, SK16 4LE	Dukinfield	Friday	1100 - 1400	0161 343 4090
Knit & Natter	Denton West End Community Library, Windsor Road, M34 2HB	Denton	Friday	1400 - 1600	0161 336 6225
Knitting Group	Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Dukinfield	Friday	1330 - 1500	0161 336 2552
Probus Club	St Marks Parish Hall, Railway Street, SK16 4PX	Dukinfield	1st & 3rd Thursday	1000 - 1145	0161 308 2410
Ryecroft Hall Ladies	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	1st & 3rd Wednesday	1900 - 2130	0161 370 8849
Film Night with Hot-Pot Supper	Denton Methodist Church, Hyde Street, M34 3AF	Denton	1st Saturday	1800 - 2130	0161 337 8419
Droylsden Lively Library Club for Over 55's	Droylsden Library, Manchester Road, M43 6EP	Droylsden	1st Wednesday	1000 - 1130	0161 370 1282
Knit & Natter	Ashton Art Gallery above Ashton Central Library, Old Street, OL6 7SG	Ashton Under Lyne	2nd & 4th Tuesday	1000 - 1300	0161 342 2650
Knit & Natter Group	Portland Basin Museum, Portland Place, Heritage Wharf, OL7 0QA	Ashton Under Lyne	2nd & 4th Tuesday	1000 - 1300	0779 054 4951
Dukinfield Lively Library Club for Over 55's	Dukinfield Library, Concord Way, SK16 4DE	Dukinfield	2nd Wednesday	1000 - 1130	0161 330 3257
Friends & Neighbours Group	St John Church, Vicarage Drive, SK16 5HZ	Dukinfield	Alternate Thursday	1100 - 1230	0161 338 8199
Bingo Club (Check for availability)	Park House, Gorsefields, M43 6DX	Droylsden	Tuesday/Friday	1415 - 1500	0770 286 4957

WOW GUIDE Tameside West

Our local community in Tameside West offers a range of stimulating activities for older adults to enjoy but it can be difficult to find them.

This guide has been created so you can brighten up your calendar, make new friends and enjoy the best of what your local community has to offer.



Local communities across Tameside are offering a wide range of group activities that are waiting for you to join them. Why not try something different, make new friends, or if you are already involved in a group bring along someone who isn't. Virtually everyone experiences loneliness from time to time. Please help to combat loneliness. This Guide has been created for you to brighten up your calendar.



Age UK Tameside is a local, independent charity supporting older people in Tameside to remain healthy & independent. We provide a range of services to support older people including: Day Support; Information & Advice; Support in the Community & Falls Prevention. At Age UK Tameside, we match the best level of support to your individual needs. For more information, contact us on 0161 308 5000 or visit www.ageuk.org.uk/tameside.

Useful contacts

Action Together
0161 339 2345

Alzheimer's Society
0161 477 6999

Citizens Advice Bureau
0161 342 5005

Macmillan Cancer Support
0161 922 5644

Miles & Smiles
0161 622 2090

NHS Advice
111

Tameside Borough Council
0161 342 8355

Tameside Carers Centre
0161 342 3344

Tameside Community Response
0161 342 5100

Tameside General Hospital
0161 716 3449

Tameside Police Emergency
999

Tameside Police Non-Emergency
101



Dementia Action Alliance brings together organisations and individuals across England, committed to improving health & social care outcomes for people living with Dementia, and those who care for them.
Telephone: 0780 286 1876

If you would like your activity to feature in the next 'What's on Where' guide please call us on 0161 480 0646
www.homeinstead.co.uk/stockport

This guide has been carefully compiled by Home Instead Senior Care but we cannot take responsibility for any errors or amendments to activities listed.