

# COMMUNITY NEWS



Issue 1: Age Friendly | Feb 2021



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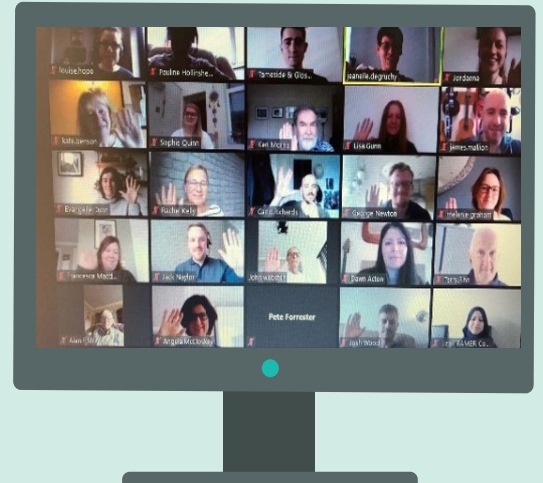
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# Become a Tameside Community Champion



## How does it work?

- Sign up to be a champion.
- Access the latest information about COVID-19 and the vaccines.
- Share this information with friends, family and community members however you want.
- Let us know feedback and ask any questions.



Visit [www.tameside.gov.uk/communitychampions](http://www.tameside.gov.uk/communitychampions) to register today  
Email [community.champions@tameside.gov.uk](mailto:community.champions@tameside.gov.uk) for more info

## If you are self-isolating and have nobody to support you We are here to help



**Call 0161 342 8355**  
[www.tameside.gov.uk/coronavirus](http://www.tameside.gov.uk/coronavirus)



# Welcome to the first edition of the Tameside Community Champions 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.

Whilst the Coronavirus pandemic has had a devastating impact on so many of our residents lives here in Tameside, we do hope that you have managed to find some comfort and joy over these past 10 months - whether that be virtual parties using your newly developed computer skills, watching your grand-daughter's TikTok dance routines or reconnecting with the great outdoor spaces that Tameside has to offer. 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!

## Message from Tameside Council Executive Leader, Cllr Brenda Warrington

*"I'm incredibly proud of how our community has pulled together to support each other through the pandemic – there are so many stories of people going that extra mile to help others and I know how individually we have all made sacrifices to help protect our loved ones and the wider community. You have my heartfelt thanks for this. Please don't give up now, there is light at the end of the tunnel and we all now need to dig deep.*

*"The good news is the covid vaccination rollout in Tameside and Glossop is going exceptionally well – with over 39,000 people having had their first vaccination already. There is also lots of support available for anyone who is struggling through these difficult times – be it mentally or with accessing food or other types of support. This newsletter is packed with information I hope you find useful but if you haven't found the information you need please visit our website at [www.tameside.gov.uk/coronavirus](http://www.tameside.gov.uk/coronavirus) or you can call us on 0161 342 8355."*



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# TAMESIDE IN NATIONAL LOCKDOWN

**AROUND 1 in 3 people will have no symptoms which means they may be spreading COVID-19 without realising. So it's important, now more than ever, that everyone continues with efforts to protect each other.**

**Do not leave your home except where necessary. Exceptions are as follows:**

- shopping for basic necessities, for yourself or a vulnerable person
- going to work, or providing voluntary or charitable services, if this cannot reasonably be done from home
- exercising with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your

local area.

- meeting your support bubble or childcare bubble where necessary, but you are legally permitted to form only one bubble
- seeking medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attending education or childcare - for those eligible

**Remember:**



Hands



Face



Space

Full details of these rules can be found on the **gov.uk** website.

## Updated advice for Tameside's Clinically Extremely Vulnerable

**TAMESIDE residents who are classed as Clinically Extremely Vulnerable to Coronavirus are advised not to attend work or educational settings.**

The latest guidance is to limit the time spent outside the home and to only go out for medical appointments, exercise or if it's essential. It is strongly advised to work from home if you can. If you cannot work from home, then you should not attend work and may be eligible for the Coronavirus Job Retention Scheme.

Please make sure your GP has your most up to date contact details, including your home address and, if possible, a personal email address, so that you can be contacted quickly in the event that guidance changes in the future.

If you are self-isolating and have nobody to support you, help is available locally on **0161 342 8355**.

# Tameside Local Testing Sites

We now have two semi-permanent COVID-19 testing sites in Tameside which you can choose to book a test at:

<b>Every day (Mon-Sun) 8am - 8pm</b>	Darnton Road Car Park, Ashton-under-Lyne <i>(next to the boating lake, opposite Stamford Park)</i>
<b>Every day (Mon-Sun) 8am - 8pm</b>	Beeley Street Car Park Hyde, SK14 2TB

## What to do if you test positive for COVID-19

If you test positive for coronavirus you need to self-isolate for at least 10 days.

The 10 days start from when your symptoms started. If you have not had symptoms, the 10 days start from when you had the test.

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. You could be fined if you do not self-isolate.

Find more information, guidance and advice:

[www.tameside.gov.uk/coronavirus](http://www.tameside.gov.uk/coronavirus)

## Self-isolation

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).

This helps stop the virus spreading to other people. If you are self-isolating you must:

- not go to work, school or public places
- not go on public transport or use taxis
- not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- not have visitors in your home, including friends and family – except for people providing essential care
- not go out to exercise – exercise at home or in your garden, if you have one.



# BE WELL TAMESIDE



Pennine Care  
NHS Foundation Trust

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](mailto:bewelltameside@nhs.net)

f Be Well Tameside

🐦 @BeWellTameside

📷 @bewell\_tameside

BECAUSE THERE'S ONLY  
**ONE YOU**

## Being There Tameside

Being There is a small local charity founded 38 years ago. Being There supports people with cancer, strokes, heart disease, COPD and other life limiting illnesses. Being There provides transport to hospital appointments, a listening and befriending service, respite sitting, a fortnightly social group and a counselling service. Due to the current Covid restrictions we are providing a telephone befriending service to our vulnerable clients. Our team of trained volunteers are keeping in touch with many people across Tameside who are experiencing isolation, uncertainty and potential mental health issues. We also support clients online through our new Social group, our Wellbeing group and via our counselling service.

If you have a life limiting illness and you think that Being There can help you through this difficult time or you would like to support our clients and join our friendly volunteering team, please contact Being There Tameside on **0161 711 0643** or **07709 522631** or email [tameside@beingthere.org.uk](mailto:tameside@beingthere.org.uk)

### Access our telephone befriending service now

- Listening Line for people with limiting illnesses
- Manchester, Salford, Trafford, Tameside
- Self-refer using details below. Don't forget to give us your details
- Professionals can complete a referral form at: [www.beingthere.org.uk/professionals/referral-form](http://www.beingthere.org.uk/professionals/referral-form)

### Contact our Tameside office on:

**07709 522 631** or **0161 711 0643**

[tameside@beingthere.org.uk](mailto:tameside@beingthere.org.uk)

Visit our website at:

[www.beingthere.org.uk](http://www.beingthere.org.uk)

**being there**



life limiting illness support

# Covid vaccination drive on course in Tameside and Glossop

**MORE than 39,000 residents in Tameside and Glossop have received their Covid vaccine as the local vaccination programme rapidly evolves.**

Residents are advised to wait for their vaccination appointment with the programme on track for everyone in the top four priority groups to be vaccinated by mid-February.

NHS Tameside and Glossop Clinical Commissioning Group (CCG) has worked quickly in partnership with GPs and Tameside Council to establish GP-led Primary Care Network (PCN) vaccine hubs.

A drive-through Hyde NHS Covid-19 Vaccination Service opened at Hyde Leisure Centre on 16 December followed quickly by hubs in PCNs for Ashton, Glossop (covering Gamesley), Denton (covering Droylsden and Audenshaw), and Stalybridge (covering Dukinfield and Mossley). Vaccinations are taking place as soon as batches of the vaccine arrive.

Residents will receive an invitation to come forward for the vaccine at the right time. For most this will be a letter, either from your GP or the national NHS, and will include all the information you need to book an appointment, including your NHS number. Please do not contact the NHS or your GP to get an appointment until you receive this letter.

Following extensive trials, the Pfizer/BioNTech vaccine and the Oxford-



AstraZeneca vaccines are the first safe and effective vaccines for Covid-19 to be approved by regulators.

We've had fantastic take up of the offered appointments and have now vaccinated over 90% of our over 80s.

It is important that even when someone has received their vaccine, they must continue to follow government guidance on social distancing and wearing a face covering, as well as the additional measures in place in the local area. This is because it will take around two weeks for the vaccine to provide protection and while the vaccine helps prevent serious illness from the Covid-19 virus, you can still contract it and pass it on.

For more information on the vaccine, please visit [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or [www.tameside.gov.uk/covidvaccine](http://www.tameside.gov.uk/covidvaccine) for local information

# The 2021 Local and Greater Manchester Mayoral elections will take place at a time when COVID-19 continues to present risks to public health.

**WHILE the elections are not until 6 May, we're already making plans to help you stay safe while casting your vote. However, if you are concerned at all about voting in person due to the Covid pandemic, or are unable to get to your local polling station, please do apply for a postal vote.**

Voting by post is secure and safe and you will mark your vote on the ballot paper in secret, sealing the envelope yourself.

Postal ballot papers are usually dispatched within 10 working days prior to the Election and the deadline for applications is Wednesday 21 April 2021. We advise submitting applications as soon as possible rather than leave it to nearer the election, as you will be included in the earliest possible dispatch.

To ensure voting by post is secure you are asked to provide your Date of Birth and Signature, also known as your personal identifiers. When the postal ballot paper has been returned, the personal identifiers are paired with the ones you used on the postal vote application and the ballot paper remains sealed so giving this information will not affect the secrecy of your vote.

If you are registered to vote, all you need to do is fill out the application form on the next page and post back to: Elections Office, Tameside One, Market Place, Ashton-under-Lyne, OL6 6BH. Alternatively you can call our elections office on **0161 342 3036** or email **elections@tameside.gov.uk** who will send you a personalised, barcoded application form and a pre-paid envelope to return.

If you need to register to vote or for more information on other ways to vote, please visit **[www.electoralcommission.org.uk](http://www.electoralcommission.org.uk)**

**Polling stations will be safe places to vote in May, but there are other ways to vote.**

Want to vote by post? Apply early





## Voting by post

Voting by post is an easy and convenient way of voting if you do not want to vote in person at a polling station.

You can use this form to apply to vote by post for a particular election or referendum, for a set period of time or for all future polls. Postal votes can be sent to addresses in the UK and abroad.

You must be registered and eligible to vote.

## How do I apply to vote by post?

- Fill in the postal vote application form.
- Make sure you complete all sections of the form and supply your date of birth and signature. Your date of birth and signature are needed on this application form, and again when you use your postal vote. This information is needed to prevent fraud. If you are unable to sign this form, please contact your local electoral registration office.
- Return your form to your local electoral registration office. **You can find their details and more information at [electoralcommission.org.uk/voter](https://electoralcommission.org.uk/voter).**

**Please do not return your form to The Electoral Commission.**

The deadline for returning your postal vote application may vary depending on which country you live in. Please visit [electoralcommission.org.uk/postalvote](https://electoralcommission.org.uk/postalvote) for more information about deadlines.

If you are not already registered to vote, you must register before applying for a postal vote. The deadline to register to vote is **midnight, 12 working days before the poll**. Register to vote online at [gov.uk/register-to-vote](https://gov.uk/register-to-vote)

**This form and these deadlines do not apply in Northern Ireland. Visit [eoni.org.uk](https://eoni.org.uk) for more information.**

## What happens after I've returned this form?

- When an election or referendum is going to be held, your ballot paper will be sent to you in the post. To find out when your ballot paper will be issued you can contact the elections office at your council.
- Make sure you return your postal vote so that it arrives by the close of poll, otherwise it will not be counted. A Freepost envelope is included in your postal ballot pack. But, if you are sending it from overseas, you may need to pay the postage.
- If it is too late to send your vote back by post, you can hand it in on polling day to the elections office at your council, or drop it off at certain polling stations.

## Privacy statement

We collect information under the legal basis of a task carried out in the public interest, as set out in the Representation of the People Act 1983 and related regulations. We will look after personal information securely and follow data protection legislation.

If you opted-out of the open register we will only use the information you give us for electoral purposes, including matching it against other sources of data to support the electoral register. We will not give personal information to anyone else, unless we have to by law. The law requires us to share your information with candidates, political parties and campaigners for democratic engagement purposes and credit reference agencies to check your identity when you apply for credit.

If you have not opted-out of the open register your name and address can be bought by anyone and used for lots of purposes, including direct marketing.

The Electoral Registration Officer is the Controller. For further information relating to the processing of personal data you should refer to their privacy notice on their website. You can find their website address and contact details at [electoralcommission.org.uk/voter](https://electoralcommission.org.uk/voter).





# New electoral wards for Tameside

**THE Local Government Boundary Commission for England (LGBCE) are undertaking a review of electoral wards for Tameside. There'll be two rounds of consultation. The first round is now open and runs until 5 April 2021.**

The LGBCE have already completed stage one of the review and decided Tameside should have 57 councillors – the same as now. This next stage of the review is to decide the boundaries and names of wards that will be used from the May 2023 local election.

To help them understand the different communities of Tameside and how that translates into workable ward boundaries the LGBCE need input from local people. The consultation is being led by the LGBCE independently, but we are helping them to spread the word.

The aim being to ensure anyone who is minded to take part is aware of the opportunity and where to go to have their say.

You can find out more and have your say at

[www.lgbce.org.uk/all-reviews/north-west/greater-manchester/tameside](http://www.lgbce.org.uk/all-reviews/north-west/greater-manchester/tameside)

## Tameside COVID-19 Rapid testing For public-facing keyworkers with no symptoms

If you don't have Covid-19 symptoms, are unable to work from home and need to come into contact with others at work, you're eligible for our rapid testing programme.

Dukinfield Town Hall - Chapel Street entrance King Street, Dukinfield, SK16 4LA	Monday - Friday	7am - 7pm
Stalybridge Civic Hall - (Old Market Hall) entrance near the Statue, Trinity Street, Stalybridge SK15 2BN	Monday - Friday	9am - 5pm

No need to book, drop in to one of our rapid testing centres and bring ID and proof of occupation.



# Keeping Well this Winter

**WINTER can be a tough time for many people, and with the added concern of Covid-19, this year it is especially important for those use who are older and those with pre-existing health conditions to take extra care and be prepared.**

Here's a keeping well at home daily goals checklist:

## Keeping in touch

- Talk to family and friends via the phone or over the fence.
- Talk to others about how you feel or help you may need.

We all need advice and reassurance and others likely feel similar to us.

- You may want to chat to a befriender or volunteer yourself.



## Moving more

- Try to move more throughout your day, if possible getting out in the fresh air for a walk, or in the garden, or standing on your doorstep.
- Try building seated and standing exercises into your daily routine around your home.



## Eating and drinking

- Drink plenty of liquids including water.
- Stick to regular meal times.
- Eat a balanced diet of high protein (meat, eggs and nuts) foods, dairy products, starchy foods (bread cereals, potatoes, pasta or rice) and plenty of fruit and vegetables (fresh, frozen, tinned, dried or juice).



## Keeping busy

- Plan your day – try to get up and go to bed at a similar time each day.
- Do activities you enjoy, such as watch a film, read a book or do some puzzles.



The Keeping Well this Winter booklet includes lots more tips and advice on keeping active and connected, staying safe and well, and managing money and home. Tameside Council has distributed 7975 of these booklets to organisations including Age UK Tameside, Active Tameside, Action Together, the Grafton Centre, Together Centre, social housing, churches and community groups, in order to share with residents.

The booklet is available online at [www.tameside.gov.uk/publichealth/olderpeople](http://www.tameside.gov.uk/publichealth/olderpeople) alongside lots of other useful information – or contact one of the community groups mentioned above to request a paper copy.



# Eating Well in Winter



**Age UK Tameside** is a not for profit charity with its centre based in Ashton under Lyne, we support older people in Tameside. The focus of our work is to enable older people to live their own lives, to make their own choices and thrive in later life. During the lockdown we have been supporting our clients and customers to stay safe and well at home.

Age UK Tameside in partnership with TMBC is delivering its Winter Warm Project again this year. We are giving away lots of helpful information to warm you up during the cold winter months. As well as a warm pack which includes warm knits and an extra blanket.

Please call **0161 308 5000** for more info, or email [referral@ageuktameside.com](mailto:referral@ageuktameside.com)

at least 24 hours in advance. Please note that during Covid some lunch time meal sittings may change to a meal delivery service.

## Eating Well in Winter

The winter months can be challenging for older people. Not only is it colder so you may not want to go out as much to go food shopping, but you may also experience colds, coughs, breathing difficulties or joint pain and, for some of us, winter weight gain.

Winter is a really important time to make sure you stay on top of your diet and keep yourself well-nourished to help maintain your immune system. Should you fall ill, a nutritious and varied diet can also help speed up your recovery.

## Top tips for eating well in winter from Age UK:

- **Keep basic food items in your cupboard or freezer** in case it's too cold to go shopping.
- **Don't be afraid of using frozen and tinned food** - they are sometimes more nutritious at this time of year! Stock up on pulses, peas, fruit and oily fish.
- **Soups, stews and casseroles** are great ways to get more fibre-filled vegetables into your winter diet.
- **Porridge!** Adding frozen berries, apples, seeds, nuts and cinnamon make it healthier & more exciting!
- **Eat seasonally**, think root veggies and brassicas like Brussels sprouts, cabbage, leeks, kale, and spinach. Roast or mash hearty swede, parsnips, carrots and turnips for an extra boost for winter.

- **Omega 3 & vitamin D** are particularly good immune boosters. Try eating oily fish, eggs, flax/linseeds, cheese, walnuts, almonds and pecans and fortified foods such as spreads and breakfast cereals.
- **Try eating vitamin C powerhouses** like peppers, citrus fruits, (frozen) berries, broccoli, Brussels sprouts and green leafy vegetables.
- **Get regular warm drinks.** Water in hot drinks helps to wash the germs and viruses out of our immune system and keeps our body hydrated.

Age UK also has a free healthy eating guide, please enquire at your local centre.



## Nutrition and Hydration

'Losing weight is not a normal part of ageing'. The Nutrition and Hydration programme raises awareness of and promotes responses to signs of malnourishment and dehydration in those aged 65 and over. Simple conversations and small changes can have a huge impact. If you are losing weight when you shouldn't be, have noticed your clothes are getting looser or that your appetite has reduced, it is really important to try to gain weight through food and weight bearing exercise. Try to add in some extra calories into your day such as peanut butter on toast, flapjacks, dried fruit & nuts, full fat yoghurts, cheese or malt loaf with butter and jam, and eat little and often. Eating with others can also really help, even if it is over the phone or online! More information can be found on the Age UK Salford website: [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)



# Library services

TAMESIDE LIBRARIES

## Home Library Service

For those who have difficulty leaving their homes and have no one to visit on their behalf, Tameside Libraries offer a free Home Library Service.

After an initial chat with a member of staff about your circumstances and eligibility, those who wish to join will be visited by a member of staff every four weeks with a selection of books based on reading preferences.

Tameside libraries are happy to speak to anyone who wishes to join the service, but general eligibility criteria includes: reduced mobility, caring responsibilities, health and mental health issues, or unable to carry books home from the library. The service has been carefully reviewed and risk assessments completed, in order to make it covid safe. This includes

liaising with the user to ensure no contact takes place when delivering or collecting materials, thoroughly sanitising vehicles, being careful to sanitise hands regularly and wear face masks, and all returned stock is placed in quarantine before it goes to another customer. For more information or to request the service please contact: Stalybridge Library **0161 338 2708**, Ashton Library **0161 342 2029** or apply online: **www.**

**tameside.gov.uk/libraries/homeservice**

## What else is available from Tameside Libraries?

All our libraries are now open to customers who wish to browse and select their own books and talking books or use a computer, and this is completely free. You can also reserve books via our library

catalogue, or ask staff to do it for you and quickly pick them up from the library entrance. We also provide free access to a large choice of eBooks, eAudio books, digital magazines and digital newspapers. Although we are not currently able to hold group and events in the library buildings, we do offer a range of activities online for example Readers Group, virtual Library Club. If you want to try using Zoom this is a great opportunity and staff are happy to talk you through getting setup!

We have put safety measures in place at all our libraries to help protect customers and staff from the spread of Covid19. For more information about Library Services in Tameside ring **0161 342 2031** or visit **www.tameside.gov.uk/libraries**

# Digital literacy

PCrefurb, a local charity who refurbishes donated IT equipment to give to other charities and organisations, has now joined forces with the local NHS to deliver the 'Digital Wellbeing' Project across Tameside and Glossop.

The project aims to help individuals who are digitally excluded access the online world, by providing equipment and/or digital skills training via volunteer Digital Champions.

Referrals into the project are made via Action Together (for those in Tameside):

**0161 339 2345** or The Bureau (for those in Glossop): **01457 865722**.



Demand to the project is very high and so if you could donate an unwanted laptop, tablet or smart phone, or if you would like to volunteer as a Digital Champion (you don't need to be an expert and training is given) please contact Claire Webber on **07547 681469** or email: **training@pcrefurb.org.uk**.



## In crisis or emergency; plan to prevent

- If you've run out of credit and need gas or electricity urgently, contact your supplier to ask for temporary extra credit (you'll need to pay this back when you next top up). If you have a prepayment meter because you're repaying a debt to your supplier, you can ask them to reduce the amount you repay each week.
- The British Gas Energy Trust also helps families and individuals experiencing hardship who are struggling with gas and electricity debts by awarding grants to clear those debts. Please contact the Money Advice Service to see if you are eligible on **0800 138 777**.
- The Community Response Service is an alarm service to help people live safely and independently in their own home. CRS employ a team of local workers who will respond in case of emergency. The service provides different types of alarms depending on your needs and health. Some are activated by you, others are triggered by sensors installed in your home. This service is for anyone living in Tameside either in private, rented or owner – occupied accommodation. It is available to anyone over 18 regardless of their personal circumstances. To contact the Community Response Service call: **0161 342 5100** or email: **community.response@tameside.gov.uk**
- In the event of an unexpected major problem within the home or family, call Emergency Social Services: **0161 342 2222**
- If you need to talk to someone confidentially, call the Samaritans on: **116 123**
- Self Help are a user-led mental health charity based in the North of England. They offer a wide range of support, services and opportunities for people living with mental health difficulties such as anxiety, depression, phobias and panic attacks. Their number is **0300 003 7029**
- If you are feeling ill now, you can use the NHS symptom checker online to get advice on what to do medically or call **111** for non-emergency medical advice.
- The Carers Centre: **0161 342 3344**; **www.tameside.gov.uk/carerscentre**
- Citizens Advice: **0300 330 9076**

## Welfare Rights

Tameside Council's Welfare Rights Service is able to offer specialist advice to Tameside residents on welfare benefits and tax credits entitlements. This advice includes checking you are receiving the correct benefits, casework and representation at appeal tribunals. An experienced welfare rights officer is available every day (Monday-Friday) between 9.30am and 12.30pm by telephoning the welfare rights advice line on: **0800 074 9985**.

### Pension Credits

While 1.6 million pensioners live in poverty, almost £3 billion of benefits aimed at older people on low incomes is *unclaimed* in a

single year. The latest annual Department for Work and Pensions (DWP) 'take-up' figures show that over a million pensioner households are missing out on Pension Credit - around 2 in 5 (39%) of those who are entitled to receive it. The figures also show that around 1 in 7 of those who should be claiming Housing Benefit to help pay their rent are missing out (Age UK, 2020). If you think you may be eligible for pension credits and haven't already applied, please call Tameside Welfare Rights or the Age UK Tameside I & A service on **0161 308 5000** to book an appointment by pressing option 1 or emailing: **Info@ageuktameside.com**

# Good news stories from

There has been many successes throughout this pandemic that you may not have heard about. We would like to celebrate these fantastic wins and great community spirit by sharing some of these stories with you.



200 primary school pupils belted out the words to their favourite songs as they performed a playground concert for the elderly living across the road. Children in years four, five and six at Silver Springs Primary Academy in Stalybridge, Greater Manchester, lined up on the school playground for the performance. They put up a sign outside their school urging those living in Kendal House sheltered housing to 'watch this space at 2pm'.

Silver Cord based at Hope Mottram Church delivered 90 Christmas Dinners with a bag of gifts on Christmas Day to those who would have otherwise spent the day alone. This is a fantastic effort that was much appreciated by recipients of the dinners and gifts.

***"God bless and thank you for providing me with Christmas dinner this year... my first Christmas dinner since 1992. I had a wonderful day on Christmas Day due to the hard work from everyone and I thank everyone very very much for it".***

St George's Church, Stalybridge have not been able to hold their spring or Christmas Fair this year so they have held a Virtual Christmas Fair on Facebook instead to raise vital funds for church and to support and encourage local small businesses. There are 18 "stalls" - a mixture of businesses and church members.

One stallholder, Joyce Hansell, a church member, has raised an incredible £465 by making and selling Christmas decorations which she is generously donating to the church!



St George's are hugely grateful to all who have organised and supported this new venture in difficult time, and especially to church warden Val Fallows for setting it up.



# across the community!

Philippa and Peter are two of Action Together's Tameside Neighbourhood Volunteers. They are part of a huge team of Tameside volunteers that have helped us carry out the emergency response across the whole borough. They are both long term volunteers and were involved in volunteering many years before the pandemic began as Miles of Smiles volunteer drivers. Miles of Smiles drivers support people via our community transport scheme to get to medical and well-being appointments.

***"I have been volunteering for a long time now. Supporting my community and the people in it is something that has always been important to me and I find it to be very fulfilling. Volunteering is a useful thing to do and I had the time, so I chose to donate it."***

**Peter**



Case study from Active Tameside's Health Walks: Following their 1:1, we identified two men from Ashton, aged 71 and 74, both with musculoskeletal issues. Both gentlemen had not been out of the house since lockdown apart from essential trips for food etc. Both are keen walkers and regular users of the Live Active scheme's health walks. Both had been extremely apprehensive about going out, but with the support of the team's community officer, both gentlemen attended the health walk.

Pre lockdown 3, they have joined our community officer on 2 new walks we have researched for the programme. Both gentleman report this has really helped their mood and confidence to get out of the house.

***"I hadn't left the house for nearly 3 months after being told to self-isolate. The walks are a real lifeline for me. The chance to get out and do a little activity whilst having a chat"***

# Community activities in Tameside



Due to the pandemic the majority of activities have new measures in place and limited capacity.

Please contact the relevant organisations before attending.

## Peer Support Drop-In

The Anthony Seddon  
Booking essential  
Every Mon - Thurs 12pm, 1pm & 2pm  
**0161 376 4439**

## Ladies Wellbeing Group

The Anthony Seddon  
Booking essential  
Every Thursday 11.45am - 1pm  
& 1.30pm - 2.45pm  
**0161 376 4439**

## Mindfulness

Tameside, Oldham & Glossop Mind  
Online Every Thursday 10am - 12pm  
**0161 330 9223**

## Cancer/Life Limiting Illness Support

Being There  
Telephone listening line  
For more information:  
**0161 711 0643**

## Carers Group

The Anthony Seddon  
12 George St, OL6 6AQ  
Booking essential  
1st & last Tues of month 11.45am - 1pm  
**0161 376 4439**

## Suicide Bereavement Group

The Anthony Seddon  
Booking essential  
Once a month  
**0161 376 4439**

## Knit 'n' Natter

The Anthony Seddon  
Booking essential  
Every Monday 11.45am - 1pm  
**0161 376 4439**

## Pop-Up Fareshare Food Pantry

Ashton United in the Community  
Surry St, OL6 8DY  
Every Thursday 11am - 4pm  
**07866 360 200**

## Bereavement Support Counselling

Finding Rainbows  
Online and telephone support  
**07340 799 387**

## Mindfulness

Tameside, Oldham & Glossop Mind  
Being There  
Online Social Group  
For more information:  
**0161 711 0643**

## Monday Meal

Church of the Nazarene  
230 Stamford St Central  
Free meal for anyone who needs it  
Every Monday 12pm - 1pm  
**07557 344 067**

## Living with Cancer & Beyond

Virtual Support Group  
Every Tuesday - 6pm  
Every Thursday - 11am  
**0161 276 5682**



# Community activities in Tameside



Due to the pandemic the majority of activities have new measures in place and limited capacity.

Please contact the relevant organisations before attending.

## Sewing Group

The Anthony Seddon  
12 George St, OL6 6AQ  
Booking essential  
Every Thursday 11.30am - 2.30pm  
**0161 376 4439**

## Dying to Talk

The Anthony Seddon  
Booking essential  
Once a month  
**0161 376 4439**

## Ashton Westend COVID-19 Support

Mutual Aid  
Online and offline support  
Contact Nicola at:  
**westendaid@gmail.com**

## Cancer/Life Limiting Illness Support

Being There  
Online Wellbeing Group  
For more information:  
**0161 711 0643**

## Information & Advice

Age UK Tameside  
Telephone Support  
For more information:  
**0161 308 5000**

## Friends of Waterloo Response Group

Mutual Aid  
Online and offline support  
Contact us on:  
**0161 915 1078**

## Arts & Crafts

Tameside, Oldham & Glossop Mind  
Online  
Every Friday  
1.30pm - 3pm  
**0161 330 9223**

## Bob in for a Brew

Tameside, Oldham & Glossop Mind  
Online  
Every Tuesday 11.30am - 12.30pm  
**0161 330 9223**

## Hearing Voices

The Anthony Seddon  
Booking essential  
Once a month  
**0161 376 4439**

## Tameside Pulmonary Fibrosis Support Group

Meeting on Zoom  
1st Wed of the month 2pm - 4pm  
**07533 802 620**

## Creative Writing

Tameside, Oldham & Glossop Mind  
Online  
Every Monday 11am - 12.30pm  
**0161 330 9223**

## Smallshaw Hurst Community Action Group

Mutual Aid  
Online and offline support  
Contact us on:  
**07523 919 185**



# For stronger communities in Oldham, Rochdale and Tameside



## Health & Wellbeing Choir

Tameside Voices

Mondays - 4.30pm - 5.45pm

We are a group that love to sing in a relaxed way. Songs range from traditional to the present day. We learn to sing, practice good breathing techniques, have fun and make good friends whilst improving our breathing and general wellbeing. £4 per session. Sessions are running on Zoom. Contact Phil at: **heartvoicenorthwest@gmail.com** for more info and Zoom log in info

## Telephone Befriending

Silver Cord. Monday to Friday (times and days pre-arranged) We are offering extended telephone befriending to respond to COVID-19. As many more people will be isolated or will be self-isolating we are offering friendly phone calls, prayer if desired and signposting for practical support. Call our helpline on: **0333 772 1939** or email: **admin@silvercord.co.uk**

## Parkinson's & Dementia Monthly Cafe

Hattersley Health Champions

Every 1st Thursday - 1.30pm - 3pm

Online on Zoom

Email: **hattersleyhealthchampions@gmail.com** for more info

## Male Support Group - Mentell

Mondays - 7pm - 9pm

Mentell is a men's mental health and peer support group for men who may need a safe and confidential space to talk. We have a weekly online peer to peer support service to help any man over 18+. Meetings take place on Zoom. Email: **admin@mentell.org.uk** for more info A link will be emailed to you that can be used to access the online circle. This link will be sent to you by email every Monday.

## Musical Theatre Podcast Making

Made by Mortals: Hearts & Minds

Thursday 10.30am - 12pm

Over 55s group making original musical theatre podcast/radio for children.

Online - Zoom

Contact - Paul Hind

**paul@madebymortals.org 0161 706 1001**

## Hidden - Made by Mortals: The Johnny Barlow Theatre Company

Thursday 1.30pm - 2.45pm



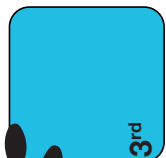

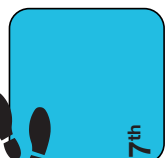

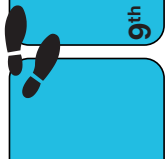
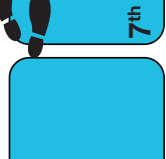



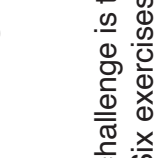
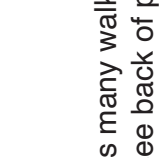
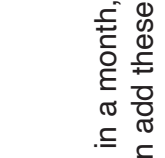
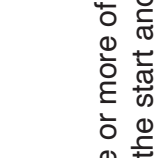
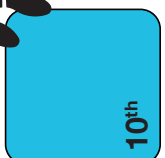
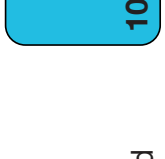
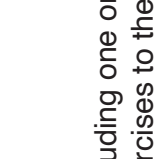

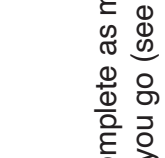


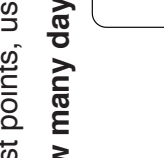
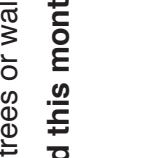




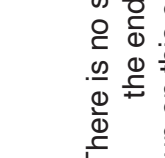
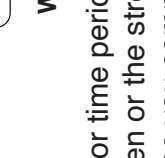
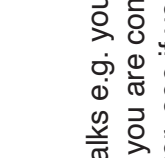
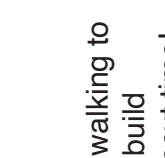


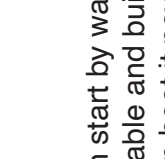
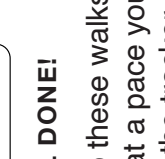
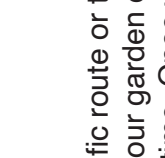
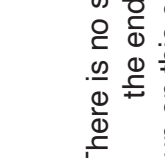
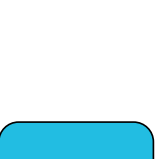


Creating audio experiences by telling hidden stories. Online - Zoom

Contact - Paul Hind

**paul@madebymortals.org 0161 706 1001**



# Your Personal 'Super Six Walks Tracker' Month: \_\_\_\_\_

 31 <sup>st</sup>	 1 <sup>st</sup>	 2 <sup>nd</sup>	 3 <sup>rd</sup>	 4 <sup>th</sup>	 5 <sup>th</sup>	 6 <sup>th</sup>	 7 <sup>th</sup>	 8 <sup>th</sup>	 9 <sup>th</sup>	 30 <sup>th</sup>	 2 <sup>nd</sup>	 3 <sup>rd</sup>	 4 <sup>th</sup>	 5 <sup>th</sup>	 6 <sup>th</sup>	 7 <sup>th</sup>	 8 <sup>th</sup>	 9 <sup>th</sup>	 10 <sup>th</sup>	 29 <sup>th</sup>	 21 <sup>st</sup>	 22 <sup>nd</sup>	 19 <sup>th</sup>	 17 <sup>th</sup>	 14 <sup>th</sup>	 15 <sup>th</sup>	 28 <sup>th</sup>	 23 <sup>rd</sup>	 20 <sup>th</sup>	 18 <sup>th</sup>	 16 <sup>th</sup>	 13 <sup>th</sup>	 12 <sup>th</sup>	 11 <sup>th</sup>	 10 <sup>th</sup>	 9 <sup>th</sup>	 8 <sup>th</sup>	 7 <sup>th</sup>	 6 <sup>th</sup>	 5 <sup>th</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
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**START**

Your challenge is to complete as many walks as you can in a month, including one or more of the Super Six exercises as you go (see back of page). You can add these exercises to the start and end of your walks, or at any rest points, using benches, trees or walls for support if needed.

**Record how many days you walked this month below:**

**WELL DONE!**

There is no specific route or time period to these walks e.g. you can start by walking to the end of your garden or the street at a pace you are comfortable and build up on this each time. Once you complete the tracker, see if you can beat it next time!

A journey of a thousand miles must begin with a single step  
Lao Tzu

What have you been up to?  
How are you?

Why not challenge friends and family to join you on your walks and on the tracker journey!  
Let's see how many walks you can fit in this month!

Further information can be found at: [www.gov.uk/government/publications/staying-alert-and-safe-social-distancing](http://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing)  
Please ensure you are abiding by social distancing measures.

# Super Six Strength and Balance Exercises

# 1



## SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up – using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair – using your hands on the chair if needed.

**Repeat 10 times.**

This will strengthen the muscles in your thighs and bottom.

### How can I make it more challenging?

When you can do this with ease, try using your arms less, and work towards not using them at all.

# 2



## HEEL RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5.

**Repeat 10 times.**

This will help to strengthen your ankles.

### How can I make it more challenging?

Try to use your support less.

# 3



## TOE RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of 3 and lower for a slow count of 5.

**Repeat 10 times.**

This will help to strengthen your ankles and shin muscles.

### How can I make it more challenging?

Try to use your support less.

# 4



## HEEL TOE STAND

Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front.

**Repeat twice on each foot.**

This will help to strengthen your ankles and improve balance.

### How can I make it more challenging?

Try to use your support less and hold the position for longer.

# 5



## HEEL TOE WALKING

Stand tall side on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support.

**Repeat the steps in the other direction.**

This will help to strengthen your ankles and improve balance.

### How can I make it more challenging?

Try walking backwards.

# 6



## ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds.

**Repeat twice on each foot.**

This will help to strengthen your ankles and legs and improve balance.

### How can I make it more challenging?

Try to use your support less and hold position for longer.

