

# COMMUNITY NEWS



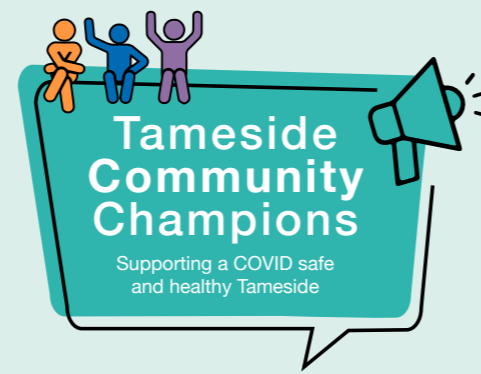
**Issue 2: Age Friendly | July 2021**



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Couch to Out and About P6 | Nutrition and Hydration Week P8 | Walking Map P23

# Become a Tameside Community Champion



## How does it work?

- Sign up to be a champion.
- Access the latest information about COVID-19, the vaccines and the wider health and community support.
- Share this information with friends, family and community members however you want.
- Let us know feedback and questions on any issues.
- Access workshops, training and ad hoc projects.

## Come along to our Champions workshop (via Zoom)

### Workshop 3 - 'Having difficult conversations'

This workshop is all about how to follow a simple plan that will help you to have those more difficult conversations. How to start the conversation and how to end it on a positive note.

**Date: Thursday 15th July**

**Times: 10am – 12am OR 6pm – 8pm**

To reserve a place or for more information email:  
[community.champions@tameside.gov.uk](mailto:community.champions@tameside.gov.uk)

"The translated materials and emails are very useful."

"I look forward to the sessions and have really enjoyed them."

"I really enjoy these meetings and it is very reassuring for the public that we have these channels of communication open."

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.

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



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

The Community Champions Team.

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### Message from Graham Thomas, Community Champions Programme Manager

*"Hi everyone, first of all may I introduce myself. I have taken on the role as above and joined the Tameside Council Team on the 14th June and have already been made very welcome. Recently I worked on Census 2021 as the Census Engagement Manager for Tameside and have recognised a number of residents who assisted greatly in that project. It will be great to build on those relationships.*

*I am really excited to take on this role and look forward to meeting many Tamesiders over the coming months. The team in Tameside have already done a brilliant job with the Community Champions Programme and you have all made a big contribution to tackling the pandemic and sharing vital information on COVID-19 with friends, family, colleagues and the wider community. Tamesiders, we owe you all a massive debt of gratitude.*

*I look forward to seeing you all at upcoming meetings, sharing ideas, discussing and resolving issues but, most of all ensuring that all our communities have a voice."*



# It's never too late to get your Covid vaccination

Vaccination remains vital to stopping people getting really ill or dying from Covid – and it will also reduce the amount that Covid is spreading.

It's never too late to get your first dose. It's also important to get your second dose, which is proving highly effective against variants and will give the maximum possible protection.

Tameside and Glossop's Vaccine Van is visiting the heart of our communities this summer to make it even easier to get the life-saving jab. If you're registered with a Tameside and Glossop GP you can just turn up to these pop-up clinics with no appointment or ID needed and for first or second dose. To get the latest schedule visit [www.tameside.gov.uk/covidvaccine](http://www.tameside.gov.uk/covidvaccine). Or look out for these mobile clinics being advertised on social media or on leaflets and posters in your neighbourhood.

To book your jab locally just head straight to our booking site

[www.tamesideandglossop.nhsvaccinations.co.uk](http://www.tamesideandglossop.nhsvaccinations.co.uk)  
or call your GP Practice

Alternatively you can book at the mass vaccination centres by visiting

[www.nhs.uk/coronavirus-vaccination](http://www.nhs.uk/coronavirus-vaccination) or by calling 119



**Wash hands**



**Cover face**



**Make space**



**Fresh air**



## Cases of the Delta Covid Variant of Concern are rising in Tameside

### How you can play your part:

- ✓ **Get vaccinated**
- ✓ **Get tested** even if you don't have symptoms and even if you have had one or two doses of the vaccine
- ✓ **Self-isolate** if positive and if eligible access the available financial support to help do this
- ✓ **Work from home** if you can
- ✓ **Be cautious when meeting others** who are not in your household
- ✓ **Socialise outdoors**
- ✓ **Minimise travel**

If we all take this action, we can help break the chains of transmission in Tameside  
#itworks

### All adults are eligible for rapid testing in Tameside

Around 1 in 3 people who have COVID-19 don't have any symptoms and can spread it without knowing.

Get tested twice a week, even if you have had one or two vaccine jabs, to help protect your friends, families and community by:

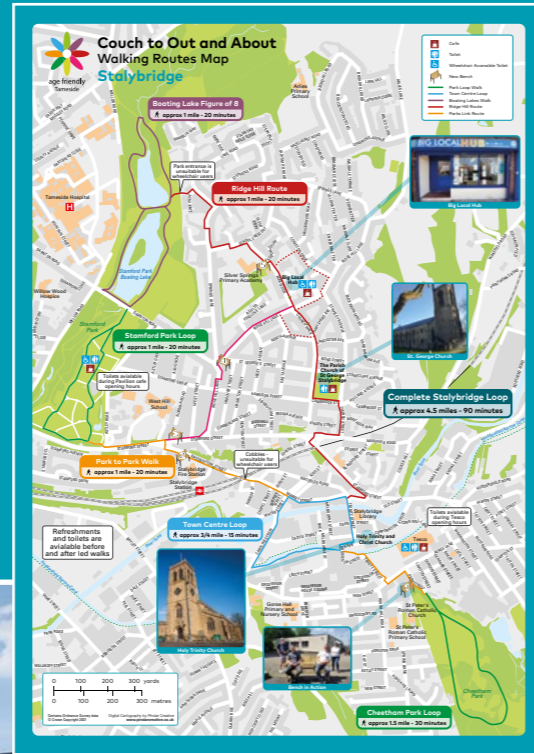
- Ordering a home testing kit online
- Collecting home test kits from a 'Community Collect' or 'Pharmacy Collect' site – including Tameside's 8 libraries
- Visiting a local asymptomatic testing site



# Couch to Out and About Stalybridge Walking Routes

**WE are proud to announce that the Age Friendly Tameside walking, benches and socialising project Couch to Out and About for Stalybridge has now launched!**

The project is based around encouraging people of all ages but mainly the older generation who may have been shielding over lockdown to get out in the fresh air and stretch their legs slowly and safely.



A map has been developed (last 2 pages of this newsletter) which shows the walking routes as well as the locations of 5 strategically placed social talking benches which allow walkers and residents to rest whilst out and about and to have a chat with friends or passers-by.



The benches have also been supported by our local taxi firms including Tameside Taxi's, Cavalier and Radio Cabs, so if you get a bit lost or confused, call up a local taxi and state the number on the back of the bench and they will come to collect you.

Walkers may choose to walk by themselves, but there are also guided walks led by BigLocal hub, St George's Church and Holy Trinity Church available (listed on the map) with different themes around local history and creativity. This gives residents of Tameside the option to enjoy a more social experience that has been missing over the last year.

This Age Friendly Stalybridge project was launched on Tuesday 29th June by Lauren Foster from Population Health who created, designed and developed the project with partner organisations including The Shed, Dukinfield who made the benches, The BigLocal Hub, St George's Church and Holy Trinity Church. The project also had support from local residents and several Councillors including Cllr Eleanor Wills, Cllr Jacqui Owen and Cllr Pearce.

Feel free to use the map at the end of this newsletter to experience the walks for yourself.



# Nutrition and Hydration week

IT was Nutrition and Hydration week 14th-20th June where we work to raise awareness of malnutrition and dehydration in the over 65's.

Weight loss and malnutrition is not an inevitable part of ageing and can be prevented by understanding the reasons causing it. Malnutrition causes delayed wound healing, prolonged ill health and extended hospital stays, suffering for the individual that we all would like to prevent.

A series of short films were made to celebrate the week, which are available online at: [tameside.gov.uk/publichealth/olderpeople](https://tameside.gov.uk/publichealth/olderpeople)

These feature an introduction to nutrition and hydration and why it is important to raise awareness and do our bit to prevent malnutrition and dehydration in the community, adaptive technology and a quick smoothie recipe.

Nutrition and Hydration Champions have been recruited across the borough to raise



awareness of these avoidable conditions in the community and these Champions have also been trained.

We held our last training session on 17th June which was a great success and the next session will be on Thursday 29th July 10am-12:30pm online, followed by Monday 27th September 2pm-4:30pm also online.

Please contact Lauren on **07971 766557** if you would like to become a Nutrition and Hydration Champion, we particularly welcome those that work or volunteer in places that older people most frequent.



## Stressed, anxious or feeling low?

Our online self-help programme SilverCloud helps you to learn how to think and feel better.

Silver Cloud is an online platform provided by Tameside & Glossop Healthy Minds. You can self-refer or get referred via your GP. It has set modules for helping with stress, anxiety and feeling low and is very flexible as you can access the online platform at a time that is best for you. The online platform also offers help to those dealing with the effects of a long-term health problem or chronic pain, post-natal depression, OCD, phobias or eating difficulties. Silver Cloud can offer weekly online support from a therapist. It has been shown to be more effective than one-one therapy.

For more information or to self-refer visit: [penninecare.nhs.uk/healthymindstameside](https://penninecare.nhs.uk/healthymindstameside)



# Digital Wellbeing Project

**THE charity PCRefurb launched their NHS funded 'Digital Wellbeing Project' back in September 2020.**

The project aims to help bridge the 'digital divide' by providing a device (smartphone, tablet or laptop) via their Lending Library, and digital skills training in order to help people use the internet in everyday life. Digital Champion volunteers teach clients the very basics, such as how to use a device, how to set up an email address and how to use social media or make video calls, which as we know have been a real necessary lifeline during the pandemic. They also teach more difficult tasks, such as how to shop online, order prescriptions and carry out safe online banking.



One-to-one visits in people's homes are still on hold until restrictions are lifted, however training is now able to take place in community venues. Their very first client, Enid age 85 (pictured), loved her session! She arrived with her tablet and notebook to jot things down, and her Digital Champion Sam showed her

how to use the internet safely, how to use the Google Play Store to download health apps and also cancelled a rolling subscription that she didn't want anymore, saving her money too!

Claire Webber, the Digital Wellbeing Project Manager, explains how varied the referrals can be, saying 'The requests for help required is so diverse. We have families that need help to support their children's education online, people who are wanting to learn digital skills to improve their employment prospects and individuals that want to manage their long-term health conditions using health apps. The clients that really amaze me however, are the ones in their 80's and 90's who tell me that they think it's about time that they learnt about 'this internet' that everyone is talking about! Showing an older client how to search for photographs of past memories online, or how to immediately track down and listen to the music from their youth is just such a joy! Never mind being able to improve their lives by teaching them how to quickly and easily order prescriptions or make GP appointments - people really do say that the Digital Wellbeing Project has changed their lives for the better.'

Beginner's group sessions are set to begin in September, the details of which will be advertised once plans are confirmed. For more details about the project and how you could become a Digital Champion volunteer please email:

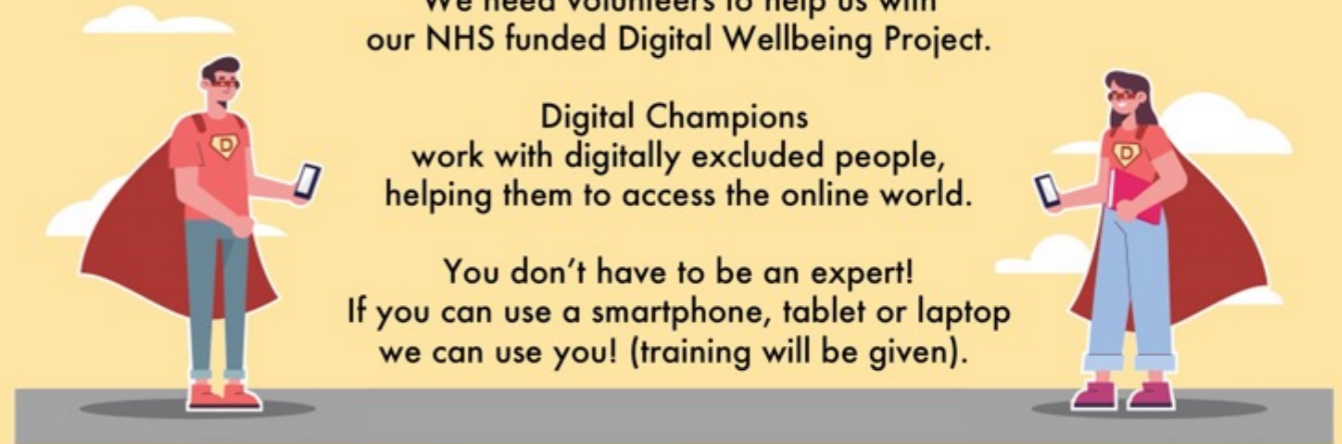
[info@digitalwellbeingproject.org.uk](mailto:info@digitalwellbeingproject.org.uk)

## Fancy being 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 the online world.

You don't have to be an expert! If you can use a smartphone, tablet or laptop we can use you! (training will be given).



For further details and a role description email: [info@digitalwellbeingproject.org.uk](mailto:info@digitalwellbeingproject.org.uk)

## Supporting you in your tenancy.



Our aim is to provide a quality service to help you live independently and maintain your tenancy.

### We can help with:

- Your changing needs
- Settling into your new home
- Isolation
- Mental health & emotional difficulties
- Drug & alcohol issues
- Signposting and referrals to services

Even if you're unsure that we may be able to help, get in touch for a chat.

Email: [tenancysupportreferrals@onward.co.uk](mailto:tenancysupportreferrals@onward.co.uk) or call: 0300 555 0600

**Onward**  
Creating positive spaces

Onward Homes have a tenancy support service for all their tenants. They can help with a number of matters to ensure people are safe and happy in their homes. The service, which is only available to Onward tenants, can also signpost to any relevant services if they are unable to assist with the support needed. People can self-refer by contacting 03005550600 but referrals can also come internally or from external partners.

More information can be found on: [www.onward.co.uk](http://www.onward.co.uk)



# Age UK Tameside



**Age UK Tameside (AUKT) has been working in the community since March last year (2020), as our Centre base in Ashton-under-Lyne closed.**

We have been supporting older people in their homes, providing helplines, offering befriending support, delivering emergency food, fun activity packs and community news to help keep older people connected. As restrictions lifted, we provided some outdoor activities like walking groups for those older people who wanted to get out and about.

From 24th May we were able to open our Centre doors again for customers and clients, with some simple rules to follow to keep everyone safe. The older people we support have told us how much they have missed coming to the Centre, doing the things they enjoy with their friends and getting the help they need to.

We do understand just how tough this pandemic has been for older people and how much they will need a service like ours to support them to get back to their day to day lives.

Between now and August this year we plan to re-open Centre Services, please call **0161 308 5000** to speak to staff about these services:

- Information and Advice Appointments
- Studio 131 Stay Active Classes
- Step Up Falls Prevention
- Next Steps Employment Course
- Dementia Groups
- Legal Clinics
- Lunch Clubs
- 131 Club

Please also visit our website for details of our full range of services that we provide at other community venues or in the home:

[www.ageuk.org.uk/tameside](http://www.ageuk.org.uk/tameside)

## NEXT STEPS

# Employability Programme

A **4 Week Programme** especially designed for people living in TAMESIDE who are **unemployed** and **'Over 50'** delivered by an experienced Coach with digital and IT support to help you:

- **Set your own job seeking goals and stay motivated**
- **Build your confidence and resilience**
- **Better understand your learning styles**
- **Be able to submit quality applications**
- **Strengthen your interview skills**

The Next Steps Programme offers follow on support with access to an IT suite and other resources to help you apply for jobs.

**If you are interested in joining the next available course starting Tuesday 6th July 2021, speak to our Next Steps Coaching Team on 0161 308 5000 or email your enquiry to [next\\_steps@ageuktameside.com](mailto:next_steps@ageuktameside.com)**



**Tameside Adult and Community Education (TACE)** is open to all ages but offers a high quality curriculum in a welcoming and supportive environment, giving learner's great opportunities to develop their skills and confidence. The staff are committed to supporting learners to achieve their goals and prepare for next steps to further learning or employment. This environment is particularly welcoming to older learners who have not studied for a long time and need time to grow in an education environment. For more information about our courses or to book your place, please call **0161 342 4063**.

If you would like impartial information, advice and guidance about how we can meet your learning needs please contact student services on **07974 111 676**.

You can also write to us at: Tameside ACE, 68 Old Street, Ashton-under-Lyne, Tameside, OL6 7RX

# Active Tameside Health Walks



Walk and Talk are gentle 30-minute walks with a trained walk leader planning the routes. A chance to get out in the fresh air and socialise with others. All walks are Free and listed below:

Location	Day	Time	Address
Hyde	Monday	10am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance)
Denton	Tuesday	10am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area)
Ashton	Wednesday	10am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark)
Droylsden	Thursday	10am	Active Medlock, Gardenfold Way, Droylsden, M34 7XU (Carpark)
Mossley	Thursday	11.30am	(Volunteer lead) New Bridge Inn, Micklehurst Rd, Mossley, OL5 9HT (Carpark)
Stamford Park	Friday	10am	Stamford Park, Stalybridge, SK151NJ (Meet at bowling hut)

## Jigsaw Homes Tameside



### Energy Advice Winter Warmer Packs

Since February and over the winter, Jigsaw Homes delivered 110 Winter Warmer Energy Advice packs to older tenants who may have found this last winter particularly hard. The packs contained energy advice information, items to reduce energy usage in the home, food and warm accessories to promote keeping warm during the winter months.



### WhatsApp group set up for the over 60's, Newton, Hyde

15 tenants age 60+, met regularly in Hyde every fortnight for over 10 years, with some living alone. During lockdown, we set up a WhatsApp group to help reduce social isolation by creating a platform for everyone to come together. The initiative supported these tenants to use technology in a new way. They have shared recipes, ideas for keeping busy, creative hobbies and encouraged each other to talk. Technology has proven to be a useful and powerful tool to support mental well-being during recent times and particularly over the winter.

### Easter activities

We delivered over 700 Easter Eggs and activity packs this Easter. 150 of these were delivered to older people in Tameside who were at risk of feeling isolated. We wanted to offer this as a small gesture to remind people that we were thinking of them and to acknowledge how difficult the winter had been for many older residents. The packs were very well received and feedback was very positive.

### Pantry opening

Supported by Smallshaw Hurst Children's Community, Ashton United in the Community and St John's The Evangelist Church the new Smallshaw Hurst Pantry Store is opening to the community at the Pavilion, Cedar Park, Ashton-Under-Lyne, on Tuesday 13th April and will be open every Tuesday thereafter.

The pantry has been set up to meet the needs of those families who need some extra help in buying their groceries. The Pantry store will stock a wide range of products including chilled and frozen food (please note, food available may vary from week to week).

This is a member's only store. Those living in Hurst, Hurst Cross and Smallshaw can register for FREE, for those outside these areas, the joining fee is £5. Members pay a small fee of £3 each time they shop with us and in return can expect a basket of food products to the value of at least £12.

For further information and to see the full list of Terms and Conditions, please contact Andy Finnigan on 07523 919185 or email [community.manager@aitc.co.uk](mailto:community.manager@aitc.co.uk)



# TAMESIDE LIBRARIES

## Activities and Events for Adults

**Tameside Libraries events are a great way to keep active, find out more and meet new people.**

All virtual events are via Zoom and are free but booking is required. Zoom is easy to use via the internet or by downloading the app. Our brief guide to using Zoom is available at [tinyurl.com/5skykbnv](https://tinyurl.com/5skykbnv) or give us a call and we can explain how it works.

### Social Events

**Virtual Library Clubs** - Listen to our guest speaker and have a chat afterwards all via Zoom.

- Thursday 8 July 10am-11am
- Thursday 10 August 10am-11am

**Virtual Reading Friends** - Come and share your stories on a different theme each time or you can just sit back and listen.

- Tuesday 20 July 10.30-11:15am

### Activities

**New Virtual Readers' Group** - Our Virtual Readers' Group currently meets once a month to discuss that is available as an eBook and eAudiobook via BorrowBox. If you would like to join the group please call us on **0161 342 2031** or email [information.direct@tameside.gov.uk](mailto:information.direct@tameside.gov.uk)

### Basic I.T. Virtual Coffee Mornings -

Make your own drink and join us for a chat about what you need to help you do more online or get to grips with your device. Call us on 0161 342 2031 if you'd like to join in.

- Tuesday 20 July 11am-12noon
- Tuesday 17 August 11am-12noon

### TechKnow Festival

9-14 August 2021 Tameside TechKnow a week-long festival of events and activities helping you to explore digital solutions to everything from employment to hobbies; from managing your finances and avoiding scams to having fun and creating things. Bookable workshops and drop-in events will be available throughout the week for all ages aimed at a range of abilities from complete beginner to those wanting to get a bit more confidence or just find something new.

Information will be available via [tameside.gov.uk/libraries](https://tameside.gov.uk/libraries) or you can call us on **0161 342 2031**

### Bookings

[tamesidelibraries.eventbrite.co.uk](https://tamesidelibraries.eventbrite.co.uk)  
**0161 342 2031** - Call us if you would like any further information  
[information.direct@tameside.gov.uk](mailto:information.direct@tameside.gov.uk)

### eReading – Books, Audiobooks, Magazines and Newspapers at a tap

**BorrowBox** is our fantastic eBook and eAudiobook download service bringing you a massive choice of bestselling eReading for all ages and tastes. Download the app and start reading or listening within five minutes.



You just need your Library card number, 4 digit PIN and an email address to create a Borrowbox account. Just follow the instructions when you open the app and if you are not a library member yet, you can join online.

**Libby** lets you read full digital copies of free magazines from your computer, smartphone or tablet. Thousands of magazines are now available covering a wide range of interests. Magazine titles include Ideal Home; Men's Health; Popular Science; National Geographic; Radio Times; Gardener's World and much more.



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



 [tameside.gov.uk/libraries](https://tameside.gov.uk/libraries)  
 [facebook.com/TamesideLibraries](https://facebook.com/TamesideLibraries)

## Noah's Art

**Our dog friendly coffee morning began on 25th June from 10-12 and runs weekly every Friday! All welcome with or without dogs.**

We also have smaller huts if people have anxiety about being in a busy space.



# Greater Manchester Ageing Hub



**Did you know that Greater Manchester is the UK's first age-friendly city region?**

Old frame, new picture: changing the way we think about ageing in Greater Manchester.

Older people are priority. In 2017 Greater Manchester became the UK's first age-friendly city region - as recognised by the World Health Organization, meaning the city region is committed to improving how services and spaces can better meet our needs as we age. Councillor Brenda Warrington, leader of Tameside Council, oversees the work on ageing in Greater Manchester supported by the Greater Manchester Ageing Hub at the Greater Manchester Combined Authority.

One of the biggest challenges we face is addressing ageism. We work with a range of partners and organisations to amplify older people's voices and focus on the topics that matter most to older residents whilst championing the message that older people are valuable, not vulnerable!

Our partners at Greater Manchester Older People's Network meet regularly to discuss matters of concern to older people and campaign for change -

membership is open to individuals aged 50 and above living in Greater Manchester, as well as organisations and groups working with older people. They currently hold working groups themed around Transport and Out, Housing and Neighbourhoods and Health and Social Care and are developing a campaign to challenge ageism.

If you'd like to learn more, visit [gmopn.org.uk](http://gmopn.org.uk), email [gmopn@macc.org.uk](mailto:gmopn@macc.org.uk) or ring Liz Jones on **01618349823**.

We also work closely with Talking about my Generation - a project which people aged 50 and over become community reporters and change the record on what it means to grow older in the city-region. If you are interested or would like to learn more, visit [talkingaboutmygeneration.co.uk](http://talkingaboutmygeneration.co.uk)

***"People over 50 today class themselves as young, unlike my father's generation who considered over 50 as old. I still believe that I have a great deal to offer."***

*Tameside reporter, website and magazine designer and editor, Bob Alston.*



We know that the pandemic has hit some older people more and created a hugely challenging time, particularly to those who don't access the internet. In response, the GM Ageing Hub partnered with local councils to produce two printed booklets aimed at older people: Keeping Well at Home and Keeping Well This Winter. If you would like a copy you can collect from BigLocal by contacting **0161 465 5447**.

Besides, there is clear evidence that interventions in public health, housing, transport and other areas, can reduce inequalities in later life, and that tackling prejudices against older people plays a critical role in how a society and services support an active later life for all.

***"Older people contribute greatly to society and their communities, whether they are still paid to work or if they are retired and are volunteering...Yet they are often presented in stereotyped way"***

*Greater Manchester Older People's Network member, Pauline Smith.*

Greater Manchester Mayor Andy Burnham continues to prioritise older people in his ambitions for the city-region. The GM Ageing Hub is working to deliver his manifesto commitment to equip over-75s with the skills, connectivity and technology to get online, and build on our network of age-friendly communities.

Together, we're making Greater Manchester one of the best places in the world to grow older.



# Case studies

## Age UK Tameside

**Age UK Tameside have an 82-year-old client named James from Droylsden, Greater Manchester.**

James is usually a very social person, someone that pre-pandemic, enjoyed the freedom to go out to different places and meet different people. However, the Covid-19 restrictions have had a negative impact on James's wellbeing and Age UK Tameside have stepped in to help him cope with these challenges.

As the pandemic developed in the UK and restrictions were put in place, the client (with AUKT support) remained independent and kept themselves in a daily routine. Unfortunately, it was upon the second lockdown that his wellbeing began to be affected. AUKT recognised this concern and increased wellbeing calls, provided over the phone activities, and delivered activity packs to try to encourage James to stay active both physically and mentally.

When the second lockdown was ending, James was anxious about being in Tier 3, so AUKT suggested a weekly home visit which would provide 'five ways to wellbeing' activities and support him in his own home. Although he was reluctant at first, AUKT encouraged the



James from Droylsden

client to give home visits a try, and he very much enjoyed these, even taking up chair-based exercise at home. James received a winter warm pack in January 2021, commenting: "It was excellent, greatly appreciated and very useful during the colder months."

James also shares quizzes, provided by AUKT, to host covid safe quiz events with friends and family and has described how this has helped with his mental and physical well-being. He is very thankful for the support he has been given and he realises that he wasn't coping as well as he had thought, but with support from AUKT, James is feeling much more positive about the future.

In March 2021, after AUKT helped him to complete his Census online, the client said: "I really can't thank you enough, I had no idea how I was going to get the Census done. You were able to do it for me, and stop me worrying."

Since being unable to attend the 131 club, the client misses the social connection and face to face contact, he said: "I am looking forward to getting back to the 131 club, I miss the social side and really miss the trips out. Until then, the support I receive from you is helping me to get through, I don't think I would have coped without the support I've received."

*Case study received by Age UK Tameside, with consent from the client.*

## Be Well Tameside

**Margaret from Be Well Tameside (pictured) has provided a case study about one of her clients:**

A lady came to Be Well Tameside for support, she was in her 60's, having raised a family and had become both a grandmother and great grandmother. Following problems with her mobility and a range of other health issues that were impacting her life, she had moved into supported accommodation. She was looking forward to joining the supported accommodation's activities but due to lockdown, she was confined to her flat and was beginning to feel isolated and lonely.

Here is her story: 'I was feeling very low and was referred to Be Well Tameside for support with my diet. Not being active due to lockdown had impacted on my weight, I was struggling with my health and although I had recognised my weight had increased, I felt I had stopped caring. I had suffered two mini strokes and had been advised that next time, I risked a full blown stroke. To add to this, I was not managing my diabetes well and skipping meals. Although carers were visiting I was unable to meet with other residents due to people being confined to their rooms and my low mood, with the addition of lockdown, made me feel that I didn't belong on this earth anymore and I would often cry. People talk about motivation, well mine was non-existent, until I spoke to Margaret from Be Well and things gradually started to change.



Margaret from Be Well Tameside



# Couch to Out and About Stalybridge Walking Routes

## Contacts

**Big Local Hub:**  
Call 0161 465 5447 or visit [www.facebook.com/BigLocalHub/](http://www.facebook.com/BigLocalHub/)  
If you don't use the internet, please pop into the Hub and leave your contact details. We can call you to keep you up to date. All your details are kept fully secured on the database.

**St Georges Church:**  
For more details of other events at St Georges Church, visit [www.stg.org.uk](http://www.stg.org.uk), email [stgeorgestalybridge@gmail.com](mailto:stgeorgestalybridge@gmail.com) or find St Georges's Church, Stalybridge on Facebook.

**Holy Trinity Church:**  
For further information call: 0161 304 9308 or visit: [hts.church](http://hts.church)

More information on older people's public health can be found on [www.tameside.gov.uk/publichealth/olderpeople/](http://www.tameside.gov.uk/publichealth/olderpeople)

## Welcome to the Stalybridge Couch to Out and About Walking and Benches map!

This map has been developed as part of Age Friendly Tameside, in collaboration with local organisations, residents and the Greater Manchester Ambition for Ageing programme.

The map displays seven walking routes around central Stalybridge and Ridge Hill connected by five social talking benches, designed to encourage social interaction.

These social benches have been strategically placed to give walkers peace of mind that they can rest if they need to, whilst chatting to friends or passers-by.

You may choose to start off small and build up over time. The routes for the walks include the town centre, the canal and river, the two parks of Stamford Park and Cheetham Park, and the area around the boating lake and Ridge Hill. You can walk alone, or with a friend(s) or for a more guided and social experience, you may want to join one of the led walks that are run by 3 local organisations: BigLocal, St Georges Church and Holy Trinity Church (details of these are listed on this map).

## How you can make use of this map and the walks

There are several suggested walking routes on this map. You can use these as a quick walk from A to B, but these routes have been designed for a more mindful and social experience, appreciating the sounds and sights around you either alone, with a friend or group.

Walking regularly doesn't just make us feel healthier, it has also been proven to reduce stress levels and make us feel happier.

All you need to get started is a pair of comfy shoes and this Map. If you get lost, call into one of the partners offices listed on this map during opening hours or call a local taxi to collect you. Each bench has a number on the back to easily locate someone in this situation to give peace of mind to users of the walks.



## BigLocal Guided Walks (4 Ambleside, Stalybridge, SK15 1EB) - every Tuesday at 10:30am

Starting from the BigLocal Hub, this walk heads towards Stalybridge Town Centre, around Cheetham's Park, back into Stalybridge, then towards Stamford Park, the boating lake and the woodland behind, before returning to the BigLocal hub. The full walk is approx. 3 hours, but you can drop on/off as you like.

We aim to encourage people to meet up for walks and talks, and to appreciate the local surroundings and beauty around us, whilst engaging in creative arts such as photography if you wish.

Walks are led by an experienced hill walker and the pace is set by you. We will also be doing several evening walks and for those more adventurous, evening strolls up to Hartshhead Pike will also be available.

You can choose to use your own camera or borrow from the guide on the day. If you find technology daunting, BigLocal have IT experts to guide you.

Any questions, please call the Hub (details on the contacts list) or pop into the Hub on Ambleside.



## Holy Trinity Guided Walks, 19 Corporation Street, Stalybridge, SK15 2JS.

### 1. Monthly prayer walk:

The last Saturday of the month. Meet at the main doors to Holy Trinity Church, Armentiere Square, Stalybridge. Join us for a gentle walk around Stalybridge centre as we pray for our town and its people. 10.00am - 12noon.

### 2. Monthly Men's Walk.

Join us for a gentle stroll in the Stalybridge locality. Meet at the main doors of Holy Trinity Church, Armentiere Square, Stalybridge on the last Wednesday of the month. Meet at 11.30am.

**All subject to COVID restrictions as appropriate.**



## St Georges Church Guided Walks, 10 Church Street, Stalybridge, SK15 1BE.

### Saturday 18th September 2021 Heritage: St Georges's Church. End: 3pm

Start: 1.30pm at St Georges's Church. End: 3pm  
Some uphill/downhill and steps - good footwear recommended. Parking on Church Walk.  
Toilets available at start and end of walk at St Georges's. Refreshments (covid permitting). To book email or for further activities, events or volunteering opportunities, contact [stgeorgestalybridge@gmail.com](mailto:stgeorgestalybridge@gmail.com) or phone 07393 420763.

### Saturday 13th November 2021 Theme - Remembrance

Start: 1.30pm at Stalybridge War Memorial  
End: 3pm at St Georges's Church, Stalybridge  
Some uphill/downhill and steps - good footwear recommended. Parking on Church Walk or in Town Centre. Refreshments (covid permitting) and toilets available at St Georges's. To book please email or for further activities, events or volunteering opportunities, contact [stgeorgestalybridge@gmail.com](mailto:stgeorgestalybridge@gmail.com) or phone 07393 420763.



## Become an Age Friendly Champion

Would you like to become an Age Friendly Champion and help to promote the fantastic activity for this age group across Tameside?

Just contact Lauren Foster on: [publichealth.enquiries@tameside.gov.uk](mailto:publichealth.enquiries@tameside.gov.uk)

We would like to say a huge thank you to Mike Barlow and the team at The Shed in Dukinfield for making the fantastic Age Friendly benches that you see around Stalybridge for this project.

Another thank you goes to our partners BigLocal Hub, St Georges Church and Holy Trinity Church as well as Action Together for your ongoing support for this project and the residents of Stalybridge and beyond. This project would not have happened without any of you.



My diabetes is stable and I eat and enjoy regular meals. My attitude to eating has changed, I now get up and think 'right, breakfast' and plan my meals in advance. I feel that this has also helped my mood as I often had mood swings and they have now subsided. If someone had told me that by eating more I would lose weight I would have laughed but it's true, it's not just about what you eat it's how you eat.

Due to my positive experience with Be Well, I now have more confidence in other services, and allow them to help. For example, the physio service, and I am doing the exercises that I am given. I move around more at home and do some gentle exercises almost every day. I don't use my wheelchair in the flat anymore and can even get around without my stick and manage to do some of my own cleaning. The times that carers were coming have reduced. I can go out and more importantly want to go out shopping with my son, I do have to take my wheelchair for support but my next goal is to be able to walk around the shops without support.

It's funny how your attitude influences what you do and what you don't do in your life. That's one of the things I noticed that has changed during my sessions with Margaret, is my attitude; I now feel more positive and confident and hopefully I will continue to do so.

The best part of the service was being able to talk to someone who I could tell cared and had a good sense of humour, which was something I liked. Margaret motivated me from the very first session she was interested in me as a person and was very patient. Basically she motivated me to start living again. She explained the reasons why I should eat regularly and got me to make tiny goals like cooking simple meals for myself and I soon started enjoying food again. Everything was done at my pace, I never felt hurried or fed up if I had not done what I set out to do. We would discuss it and then look at a different way of doing something. For example, when I felt low and wanted to give up doing things for myself as it was not all plain sailing, Margaret would tell me to take the pressure off myself and then asked what I could do. That's how I managed to reduce my food portion sizes bit by bit, which has helped me lose weight.

I was told about a phone call buddy scheme and I thought that I would give it a go as I was feeling lonely. I was referred to the Silver Line service and I was matched up with a young girl who has been great to talk to, that was in December 2020 and I still receive calls from her, she has been my insight into the outside world.

From the support I have received from Be Well, I have lost weight, almost 4 stone and dropped two dress sizes and at least 2 bra sizes!! I feel fantastic!!





age friendly  
Tameside

# Couch to Out and About Walking Routes Map Stalybridge

- Cafe
- Toilet
- Wheelchair Accessible Toilet
- New Bench
- Park Loop Walk
- Town Centre Loop
- Boating Lakes Walk
- Ridge Hill Route
- Parks Link Route

**Boating Lake Figure 8**  
approx 1 mile - 20 minutes

**Ridge Hill Route**  
approx 1 mile - 20 minutes

**Stamford Park Loop**  
approx 1 mile - 20 minutes

**Park to Park Walk**  
approx 1 mile - 20 minutes

**Town Centre Loop**  
approx 3/4 mile - 15 minutes

**Complete Stalybridge Loop**  
approx 4.5 miles - 90 minutes

**Cheetham Park Loop**  
approx 1.5 mile - 30 minutes



Big Local Hub



St. George Church



Holy Trinity Church



Bench in Action

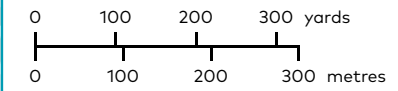
Refreshments and toilets are available before and after led walks

Toilets available during Pavilion cafe opening hours

Cobbles unsuitable for wheelchair users

Toilets available during Tesco opening hours

Park entrance is unsuitable for wheelchair users



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