

# HERE FOR YOU

A one-stop-shop of support in Tameside

Issue 1 | Summer 2024

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# Welcome to the first edition of **HERE FOR YOU**

A one-stop-shop of support in Tameside  
Issue 1 | Summer 2024

Welcome to the first edition of *Here for You!*

This summer edition is a one-stop-shop of support in Tameside for you and your family. We have tips and tricks to help you with managing your money, keeping your health in check, employment support and getting online.

Now we're in the sunny season why not get out and about and explore our local towns, villages, countryside, and greenspaces. Make sure you take a look at our advice on how to stay cool in hotter weather.

From highlighting the vital cogs of our communities to what's going on near you, there's something for everyone!

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## Support for Carers in Tameside

### The Tameside Carers Centre

**If you are a Carer, the Carers Centre offers a safe environment to access tailored support and advice. Friendly Wellbeing Advisors can:**

- Help with Carers Assessments to see how we can help you and the person you care for.
- Give advice on benefit entitlements such as Carers Allowance.
- Provide emotional support.
- Signpost you to local support and advice services, social groups, and advocacy.
- Keep you connected by giving you regular updates via our newsletters, events, coffee mornings, and Facebook page.
- Help you to access Radar Keys, Message in a Bottle and Tameside Emergency Cards (TEC)

Drop-in support is available 10am until 2pm through the week (excluding Wednesdays) at the Carers Centre in Ashton-under-Lyne.

Monthly coffee mornings take place at the Carers Centre 10am to 12pm on the last Tuesday of each month, where you can chat to Wellbeing Advisors and meet other Carers over a brew.

**Tameside Carers Centre**

There's no need to book but if you would like to schedule a time or ask any questions please get in touch.

**The Carers Centre in The People Place at Tameside One, Ashton-under-Lyne OL6 6BH.**  
☎ 0161 342 3344

✉ [CarersCentre@tameside.gov.uk](mailto:CarersCentre@tameside.gov.uk)  
🌐 [www.tameside.gov.uk/carerscentre](http://www.tameside.gov.uk/carerscentre)

Connect on Facebook by searching  
📱 Tameside Carers Centre

**Who is a Carer?** A Carer is someone who looks after a loved one who cannot manage at home without the Carers help. Many people are employed to provide paid formal care, but when we talk about Carers here, we mean those who provide unpaid and informal care for a loved one.



## Community Response Service

### Supporting People to Live Well at Home

The Community Response Service (CRS) is a telecare/alarm service for anyone over the age of 18 operating 24 hours a day, 365 days a year. CRS can reassure you, your family, and friends as alarms can monitor if someone falls, there's smoke or carbon monoxide present in the home, someone leaves a tap on, or medication hasn't been taken at the right time.

Once triggered, staff at the control centre are notified and decide on the best actions to take to keep you living well in the place you call home.

Barry from Dukinfield accesses telecare support from CRS and says:

**"CRS gives me so much more confidence and helps me stay independent in my own home. It gives me peace of mind that they're only a call away if I need support."**

If you're interested in finding out more about how CRS can support you or your loved one and prices for the service please visit

🌐 [www.tameside.gov.uk/CRS](http://www.tameside.gov.uk/CRS)  
✉ [community.response@tameside.gov.uk](mailto:community.response@tameside.gov.uk)  
☎ 0161 342 5100





## Active Tameside – Live Active



Live Active is an exercise and health referral service delivered by Active Tameside, embedded in Active Tameside centres. Live Active staff support people living with acute and chronic health conditions to become more physically active, with the aim of improving their physical health and mental wellbeing.

The service works with clients on a one-to-one basis, using a 'person-centred approach.'

A bespoke plan of action and personal goals are created for each client, taking relevant health conditions and medications into account. Examples of support include increasing day-to-day activity at home, attending community-based sessions, specialist classes or structured gym sessions.

Live Active offers subsidised use of the Active Tameside facilities and signposting to access free community sessions. The service aims to reduce social isolation, improve physical and mental health, and help people to become more independent and confident in progressing with their own wellbeing plan. Participants achieve weight loss, improved mental health, reduction in pain and increased physical fitness.

The service is open to residents who have an injury or long-term health condition and feel they need support with safely increasing their physical activity levels.

To join the scheme:

- The client must have an acute or chronic health condition (mental health, osteoarthritis, chronic pain, joint conditions, diabetes, obesity, COPD, stable heart conditions, long COVID etc.)
- The client must be currently inactive
- The client cannot have been a member of an Active Tameside gym or facility in the past 6 months



Referrals can be made by your GP, or you can self-refer by completing the Live Active Service Referral form. To request a referral form, please email [liveactive@activetameside.com](mailto:liveactive@activetameside.com)

All forms must be fully completed with the referral's information and details, and returned to the encrypted NHS email address [sarah.berne@nhs.net](mailto:sarah.berne@nhs.net)

## Age UK Tameside



Age UK Tameside is an organisation that offers a variety of social and leisure activities as well as services including free benefits advice, affordable footcare and mental health wellbeing, all in the heart of Ashton. Attendees can enjoy their social offering including the 131 Club, Studio 131 (a fully accessible space for fitness and dance classes) and Blokes and Brews (a men-only group to create new friendships and to socialise).

Age UK Tameside also offer specialist support for a range of requirements including a Dementia service, falls prevention course and

community support services for those experiencing isolation.

The knowledgeable team can assist with employability, welfare, benefits and financial issues associated with approaching retirement, all for free. They are able to offer many services in different community languages including Gujarati, Urdu and Polish. There are also volunteering opportunities available.

🌐 [www.ageuktameside.com](http://www.ageuktameside.com)

☎ **0161 308 5000**

📍 **131 Katherine Street, Ashton-under-Lyne**  
(open 9am to 5pm Monday to Friday)

## BE WELL TAMESIDE is here to support YOU!

Be Well Tameside is a health and wellbeing service, who offer advice and support to those who live, work, volunteer or have a GP in the borough.

The service offers of health and wellbeing support on a range of day-to-day lifestyle issues areas such as stopping smoking, increasing physical activity, alcohol awareness, eating well and support with weight.

The support is delivered in various ways such as, one to one appointments, regular contact to help clients achieve their goals and practical tips.

Additionally, they provide free NHS health checks to those who are between 40 and 74, not had a health check in the last five years, and are not on any medication for blood pressure, heart problems or cholesterol.



Be Well Tameside offer appointments via telephone and at a variety of locations for face-to-face appointments, including Ashton-under-Lyne, Denton, Droylsden and more. Appointments for a free NHS health check need to be booked and are available throughout the day, in the evenings, and even at weekends.

To find out more or book your appointment, contact Be Well Tameside

☎ **0161 342 5050**

✉ [bewelltameside@tameside.gov.uk](mailto:bewelltameside@tameside.gov.uk)

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

## Feeling Down? Tameside, Oldham & Glossop Mind Can Help

You're not alone. Whether you're struggling with stress, anxiety, low mood, or loss, Tameside, Oldham & Glossop Mind (TOG Mind) are here for you. TOG (Mind) are a local mental health charity providing a wide range of services to support people of all ages in our community.

Support on offer includes:

- **Expert counselling and therapy:** Talk to a qualified professional in a safe and confidential space.
- **Early intervention and support:** Get help before problems escalate.
- **Information and advice:** Understand mental health and find tools to cope.
- **Peer support groups:** Connect with others who know what you're going through.
- **Training and workshops:** Learn skills to build resilience and improve wellbeing.
- **Dedicated Children and Young People's services:** Including Families in Mind, Community Hive, Take5 and #Thrive.

**They are open to everyone, the friendly team are there to listen without judgment and help you to find the right support.**

Feeling better starts here.  
Contact TOG Mind today.

☎ **0161 330 9223**

🌐 [www.togmind.org](http://www.togmind.org)



**Tameside, Oldham and Glossop**  
☎ 0161 330 9223 ✉ [office@togmind.org](mailto:office@togmind.org)



## DOMESTIC ABUSE AWARENESS

### Elderly Couple Abused by Daughter

A Tameside couple have told the shocking story of how they were abused by their own daughter as she tried to gain control of their finances.

Jack\* aged 79 was hospitalised in April last year, after being strangled by his middle-aged daughter until he lost consciousness. His daughter had angrily attacked him in response to him asking her to leave during a visit where she was repeatedly pestering her 77-year-old mother, Barbara\*, for power of attorney over her finances and wanting access to her bank card.

The couple have agreed to share their story as part of our Sitting Right With You domestic abuse awareness campaign, which this year is particularly aiming to highlight abuse against older people by their family members.

Jack said: "People think of domestic abuse being between partners, you never imagine your own child would turn on you. We want people to be wary of the signs and speak to someone and get advice before the situation gets any worse. No one should feel scared of a member of their own family."

The couple said they had always had a "good and loving" relationship with their daughter until she married her husband, who they believe is troubled and controlling himself,

and gradually the family dynamics began to deteriorate, and they lost trust in their daughter.

The couple were referred to Bridges, Tameside's Domestic abuse support service run by Jigsaw Support on behalf of Tameside Council. With the help of their support worker, they were rehomed to a new area where their daughter does not know their address. The couple have praised the support they have received by Bridges, who have also given them advice on finances and benefits.

Domestic abuse includes a range of abusive behaviours (either physical, sexual, financial, psychological or emotional) between people 16 years or older, who are or were intimate partners or family members, regardless of gender. Domestic abuse can happen to anyone; partners; ex-partners; family members; regardless of sexuality or gender orientation, race, background or upbringing.

There is support available for everyone. See [www.tameside.gov.uk/domesticabuse](http://www.tameside.gov.uk/domesticabuse) or call Bridges 24-hour helpline 0800 328 0967. **In an emergency you should always contact 999.**

\*names have been changed to protect the couple's identities and help to keep them safe.

## Staying Safe in Summer Weather



As temperatures climb during the summer, looking after your wellbeing becomes essential. Here's some tips to ensure you beat the heat and stay safe.



Keeping hydrated in hot weather is extremely important. Sip water regularly, even if you're not thirsty, to replenish fluids lost through sweat. Avoid alcohol, sugary drinks and beverages containing caffeine, if possible, as these can increase levels of dehydration.



When dressing for the heat, opt for lightweight, loose-fitting clothing in breathable fabrics. Light colours reflect sunlight, helping to keep you cooler. Don't forget to shield your head and eyes with a wide-brimmed hat and sunglasses!



Protect your skin with sunscreen, applying generously and often, especially if swimming or sweating. Sunburn not only causes discomfort, but it also increases the risk of heat-related illnesses.



Pay attention to weather forecasts and warnings. Seek refuge in shaded areas whenever possible, particularly during peak sun hours between 10 a.m. and 4 p.m. If you're outdoors, take breaks in shaded or air-conditioned spots to prevent overheating.



Be mindful of strenuous activities during hot spells. If exercise or work outdoors is unavoidable, pace yourself and schedule tasks for cooler times of day.



Check in on vulnerable relatives and neighbours, especially older people, children, and pets, who are at a greater risk of the heat-related illnesses.

By following these tips and staying informed, you can enjoy the summer while looking after your health.

**Stay cool, stay hydrated, and stay safe!**





# Tameside Through the Seasons calendar competition is BACK for 2025!



Due to high demand, our Tameside Through the Seasons calendar competition is making its return for 2025 to encourage everyone to capture the beauty of the borough.

It gives us a chance to explore our communities and other parts of the borough you may not have seen before, all whilst taking a shot at featuring in the 2025 version of the Tameside Through the Seasons calendar. Each season has its own deadline;  
**Spring 12 June, Summer 11 September and Autumn 6 November 2024.**

Once the final entry is received, a panel of judges including community champions will select the winners. To showcase the winning images a celebration event and exhibition will be held at the Portland Basin Museum for the third year in a row!

To submit your entries for the 2025 calendar please send your summer photographs to [community.champions@tameside.gov.uk](mailto:community.champions@tameside.gov.uk) to be in with a chance of winning. Or you can tag [@TamesideCouncil](https://www.facebook.com/TamesideCouncil) on Facebook or Twitter using [#SummerInTameside](https://twitter.com/SummerInTameside)



## Dementia Choir

'Musical Memories' is a friendly, relaxed dementia support group for people with dementia and their carers hosted by Tameside Music Service.

The group uses music to enrich the lives of people living with dementia by:

- Encouraging social interaction, including carers too.
- Using familiar songs and music to stir memories and encourage reminiscing.
- Encouraging members to make choices and express themselves through music.
- Using a variety of musical activities to encourage motor skills.

The group meets on Thursday afternoons between 1pm and 2pm (during school Term Time only) at Tameside Music Service, Birch Lane Dukinfield, SK16 5AU.

The building is fully accessible with free parking. For more information on the group please email [musicservice@tameside.gov.uk](mailto:musicservice@tameside.gov.uk)

Spaces are limited so are allocated on a first come first served basis, please contact the music service before attending the sessions.



The group in action!

## Dipak Dristi (Light of Vision)



Founded in 2017, Dipak Dristi was set up to combat isolation and loneliness and is run by a group of dedicated volunteers.

The group provides a safe and welcoming environment which encourages members to improve their memory, mobility and overall health and well-being while stimulating their creativity. There is an average of 50 attendees each week at their Broadoak Community Centre location in Ashton-under-Lyne.

Main activities include:

- Arts and crafts (inc. projects with Global Grooves at the Vale Mill)
- Singing and dancing
- Friday group offering a range of activities (including activities suitable for people living with dementia)
- Wednesday Group Walk
- Zoom Yoga, Tuesdays 10:30 – 12:00pm
- Light Yoga and chair-based exercise
- Board games and activities to maintain / improve memory

- Indoor activities (e.g. Indoor Bowls, curling and carrom board)
- Providing a hot healthy lunch (cultural favourite meals that accommodate all dietary requirements, made with fresh ingredients)
- Birthday celebrations (end of each month)
- Woodwork (with The Shed at The Together Centre)
- Playlist for life for people with dementia
- Guest speakers

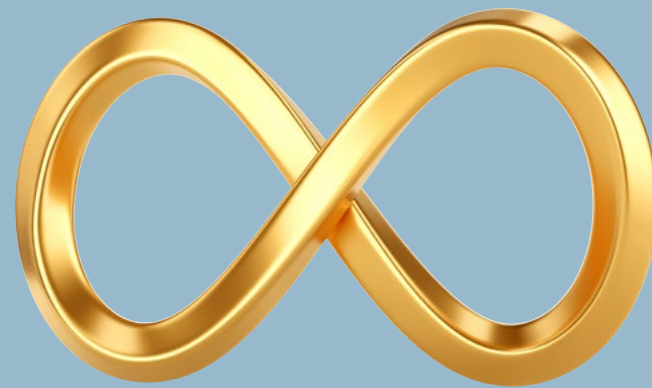
The group also provide a translation service for members so they can engage with the group.

Day: Monday and Friday (Weekly)  
Time: 10:30am – 1:30pm  
Cost: £6 and £4

To learn more contact Champaben Mistry on  
[07932521930](tel:07932521930)  
[pravin\\_and\\_champa@hotmail.co.uk](mailto:pravin_and_champa@hotmail.co.uk)



# Tameside Autism Network



**Academy HQ, Grosvenor St,  
Stalybridge, SK15 1SD**

**Every third Thursday of the  
month from 5.30pm – 7.30pm**

The Tameside Autism Network (TAN) offers various support to autistic residents in Tameside.

The Tameside Autism Network (TAN) in person meeting is a community led accessible space for autistic adults, family or friends to meet, share a brew and exchange ideas. Guest speakers can be arranged where requested as well.

The meetings have an outside space for people to break out to if indoors becomes over stimulating.

## The Tameside Autism Network Bulletin

This is a weekly bulletin sharing a variety of information specifically catered to autistic and neurodivergent people in Tameside, their families, carers and supporting professionals.

Information often shared includes promotion of local community events, groups and services, consultations, relevant updates etc. designed in a style based on

the preferences of autistic readers (e.g. bullet pointed, lack of technical words, colourful etc.)

To receive the bulletin via email, please sign up by emailing [tan@tameside.gov.uk](mailto:tan@tameside.gov.uk)

For more information on the Tameside Autism Network please contact

✉ [tan@tameside.gov.uk](mailto:tan@tameside.gov.uk)

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



**Action Together supports voluntary groups, community organisations and social enterprises across Tameside. They can help you with local volunteering, funding for your ideas, making connections in the community, and support for your community group.**

### Volunteering

Action Together supports people and groups to make more of a difference and give their time to the things that matter most.

They match people who want to volunteer with local voluntary organisations that need their support. Action Together have an online Volunteering Directory with hundreds of roles to match your interests. You can also speak to them about the times and days you're available and the kinds of things you'd like to do, and they can find a role that's right for you.

They also help groups find volunteers, develop their volunteer policies, and create appealing volunteer roles.

To find out more call 0161 339 2345, email [volunteering@actiontogether.org.uk](mailto:volunteering@actiontogether.org.uk) or visit [www.actiontogether.org.uk/volunteering](http://www.actiontogether.org.uk/volunteering)

### Funding for your ideas

Action Together's team have a wealth of experience that could help you find and secure funding.

They also host an interactive online Funding Portal, and you can sign up to their fortnightly Funding eBulletin for updates on the latest funds.

As well as finding funds, they can help you with bid writing and securing funding.

Call 0161 339 2345, email [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk) or visit [www.actiontogether.org.uk/find-funding](http://www.actiontogether.org.uk/find-funding)

### Making connections in the community

Action Together's Community Activities Directory includes hundreds of social groups, practical support services and leisure activities across Tameside, [www.actiontogether.org.uk/community-activities](http://www.actiontogether.org.uk/community-activities)

They also host networks across Tameside to connect charities, voluntary organisations and support services in local communities.

### Support for your community group

Whether you've had an idea to make a difference in your community, or you're an established voluntary organisation, Action Together can help you develop and make an impact.

Their Development Team can provide advice, help you put the right policies in place, and connect you with other local organisations.

They also host events and training including Safeguarding, Funding Applications, Financial Management and Recruiting Staff and Volunteers. Visit [www.actiontogether.org.uk/training-calendar-2024-25](http://www.actiontogether.org.uk/training-calendar-2024-25) or contact [training@actiontogether.org.uk](mailto:training@actiontogether.org.uk)

### Contact Action Together

📞 **0161 339 2345**

✉ [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)

🌐 [www.actiontogether.org.uk](http://www.actiontogether.org.uk)

📘 [www.facebook.com/WeActTogether](https://www.facebook.com/WeActTogether)

🐦 [twitter.com/weacttogether](https://twitter.com/weacttogether)

Volunteering

Funding for your ideas

Making connections in the community

Support for your community group

Two visitors mastering a jigsaw puzzle at The Living Room

## Starting Conversations:

## Places to go to socialise

Starting conversations can be intimidating but there are places around Tameside that make it easy.

### Silver Cord and The Living Room

Silver Cord is a free befriending service and is provided by trained volunteers with a DBS from churches across Tameside. It takes place on weekdays (Monday through to Friday) and visits or phone calls are weekly. For more information ☎ **0333 772 1939**

🌐 [www.silvercord.co.uk](http://www.silvercord.co.uk)

The Living Room is the Silver Cord Hub and it is a 1970s themed lounge located in Hyde Shopping Mall. It is free to drop in, with popular puzzles and games such as Connect 4, chess and a jigsaw table. Alternatively, you might want to pit your wits against the weekly general knowledge quiz – all are free to play. There is low-cost food and drink available to buy. It is in Unit 17, The Mall, Hyde, SK14 2QT and the phone number is 0333 772 1939. The Living Room is open Tuesdays, Wednesdays and Thursday 11am – 4pm each day and on the 1st and 3rd Saturdays of the month from 11am – 3pm.

### The Together Centre

The Together Centre is a fully accessible Community Hub that provides the opportunity for attendees to explore their interests (including walking, crocheting, or even a game of pool) and develop friendships. The Together Centre has a variety of games (including darts and traditional board games), a library (no membership necessary), and an IT suite, all free of charge. They put on many events throughout the year and there is always something going on. On weekdays between 9:30am and 2pm, they hold their 'Talking Tearoom' where you can take a seat in their Together Café at a table displaying a Talking Tearoom sign and one of their fantastic volunteers will join you with a free hot drink for a chat.

The Together Centre is located at 287 Birch Lane Dukinfield SK16 5AU. For more information, please contact the team on 0161 366 1987 9:30am – 3:30pm or email

[Karen@thetogethercentre.org.uk](mailto:Karen@thetogethercentre.org.uk)

The Together Centre opens at 9:30am from Monday – Friday and at 10am on Saturdays, with events running throughout the afternoon.

## Free Childcare Extended to Help More Families

From September 2024, the government is introducing the next phase of free childcare to eligible working parents with a child from 9-months plus, and parents are being encouraged to check if they are eligible.

To qualify, both parents or a lone parent must earn on average at least £167 per week (equal to 16-hours and the National Minimum or Living Wage). This will enable them to claim 15-hours free childcare over 38 weeks of the year. In April 2024 free childcare was introduced for eligible working parents with a child aged two, starting from the term after a child turns two.

Access to free childcare for under twos can begin from the term after a child reaches 9-months old. For both age ranges parents must apply and be issued with a valid eligibility code, and their child must have reached the eligible age on or before 31 August 2024.



To check if you are eligible for free childcare and to apply, visit the Childcare Choices website at [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk). For more information on how to find a place, contact the Family Information Service on **0161 342 4260**.

## Tameside Family Hubs

Tameside's Family Hubs offer free help and support for a range of vital services, acting as a 'one stop shop' for parents, carers and their families. Teams of skilled professionals can provide practical help including parenting courses and advice, mental health support, fun activities for children.

The Best Start for Life services are for families with children aged 0-19 years, and up to 25 years for children with special educational needs and disabilities (SEND).

This means that parents will have access to early years professionals within the family hubs who can offer home learning advice and support, helping to improve their children's language and communication skills and increase levels of school readiness.

Tameside's four main family hubs are:

- **North Family Hub** (Ashton) Trafalgar Square, Ashton-under-Lyne, OL7 0LL - 0161 342 2255
- **East Family Hub** (Stalybridge, Dukinfield and Mossley) School Crescent, Ridge Hill, Stalybridge, SK15 1EA - 0161 342 5533
- **South Family Hub** (Hyde, Hattersley and Longdendale) Old Road, Flowery Field, Hyde, SK14 4SQ - 0161 342 5353
- **West Family Hub** (Denton, Droylsden and Audenshaw) Greenside Lane, Droylsden, M43 7RA - 0161 342 5197

More information about Tameside's family hubs can be found at [www.tameside.gov.uk/FamilyHubs](http://www.tameside.gov.uk/FamilyHubs)





## CAN YOU FOSTER FOR TAMESIDE?



There is no typical foster carer, and Tameside Council welcomes applicants from all backgrounds, nationalities, religions, genders and ages.

Foster carers should be aged over 21, but there is no upper age limit, as long as you are fit and healthy enough to care for a child. Tameside has carers in their 60s and 70s who bring some great experience to their foster care roles. The most important thing is that you care about the welfare of children and young people and want to help them achieve stability in unsettling times.

You don't need any special qualifications, although it would be beneficial if you have prior experience looking after children, though this doesn't have to be your own children, it can be experience with the children of family and friends.

Find out more about fostering in Tameside

[www.fosterform.com](http://www.fosterform.com)

[enquire@fosterform.com](mailto:enquire@fosterform.com)

0300 303 0321



## Subscribe to **SENDing you News**

SENDing You News is a special educational needs and disabilities (SEND) newsletter that provides important service updates, information about local groups in Tameside, and details of support available relating to children with SEND.

The newsletter is sent out termly and provides news about health services, free activities including during the school holidays, and where you can find peer support. It is created for parents, carers and professionals, so make sure you subscribe to receive it into your inbox and stay up to date with what's happening in the area.

Simply sign-up at [www.tameside.gov.uk/localoffer](http://www.tameside.gov.uk/localoffer) where you can also find previous editions of the newsletter.



## Think Green and join the Tameside Greenspace Volunteers



### Why not Think Green and join the Greenspace volunteers by getting outside, learning new skills and improving our local greenspaces?

Each year, our amazing volunteers spend hundreds of hours undertaking a wide variety of tasks, which create safe and welcoming greenspaces for everyone to enjoy.

Get involved with practical conservation days, and help conserve our wildlife and traditional landscape of Tameside. Practical conservation days are held throughout the year on various dates, from 10:30am until 3pm, at a range of different locations in the borough. They are free events, and are open to everyone over 11 years

old (each 11-16 year old must be with a responsible adult). No experience is necessary and tools and equipment will be provided, along with instructions on how to use them. Tasks could include hedge-laying, fencing repairs, gardening, pond clearance, litter-picking, tree planting, way-marking and much more.

To take part in the conservation days book on by calling **07923 438 594** or email [greenspace@tameside.gov.uk](mailto:greenspace@tameside.gov.uk)

For more information, dates and times about Greenspace volunteering, visit [www.tameside.gov.uk/volunteering](http://www.tameside.gov.uk/volunteering)





# Walking and Cycling

## When was the last time you went out and explored the greenspaces and parks across Tameside?

No matter which part of the borough you are in there is a green, beautiful views, scenery, and spaces to help you clear your mind while you take in some much-needed fresh air. The benefits of exercise are vast and there is no shortage of views and activities that can help you to find some inner peace and mindfulness and appreciate the greenery available across the borough.

There is an abundance of both walking and cycling routes that you can explore with regular guided walk or explore on your own foot or on bike, whatever your speed. There are lots of guided walks on our website or you can even join a group event and to take steps around a town you haven't visited before. These include walks around Stalybridge which are led by an experienced guide.

The Tame Valley Loop (TVL) also offers a brilliant route for those who want to explore.

Bringing together existing paths and using mostly off-road tracks and trails, the TVL is made up of three routes for all skill levels: family (3.5 miles), intermediate (10 miles) and advanced (18 miles).

Whether you cycle with stabilisers, enjoy a hike, ride a horse or are an avid mountain biker the TVL has something for everyone.

If walking is not for you but you want to join local volunteering or community group and spend more time helping to look after our greenspaces, there are plenty of brilliant groups across the borough you can join.

Find out more on our website at  
**[www.tameside.gov.uk/countryside](http://www.tameside.gov.uk/countryside)**



# Support to find a new job, career or develop new skills

Tameside in Work or Routes to Work can help you advance your career or start a new one, no matter what your age, disability, or experience. They can help you to find the right skills, support, or training to get you where you want to go. Find out more about some of the fantastic residents that we've helped achieve their dreams and aspirations.

## Putting Pam on track with a new career

Resident Pam is going from strength to strength since contacting the Tameside in Work team last year, changing her career, getting a better role, and earning more money.

Pam was juggling three part time jobs, working too many hours for not enough money. She knew she needed to increase her income and find a new more sustainable career, but she didn't know where to start, until she was referred to the Tameside in Work team.

The team supported her, reviewing her current and previous job roles, qualifications, transferable skills and talking about Pam's aspirations, then working on mock interviews to help her with interview techniques which were her 'worst nightmare'.



The support prepared Pam so she was confident and ready for job interviews and as a result was successful in getting a new job.

Pam started her role last September as a dinner lady and is also helping in classrooms and hoping to keep moving forward to become a Teaching Assistant which is her dream job.

Find out more  
**[www.tameside.gov.uk/tamesideinwork](http://www.tameside.gov.uk/tamesideinwork)**  
**07518 299 713**

## Emma's unique skills helped her find the perfect job

Emma's journey to paid employment started through volunteering building on existing skills and developing new skills. She contacted the Routes to Work Team where she received personalised one to one support to find a role that was right for her.

Being Autistic, Emma wasn't sure she had the confidence to find a job that matched her skillset but thanks to support from the Routes to Work team she realised that she had lots to offer. She just needed the right opportunity, a bit of encouragement, and support with her CV and interview skills.



You can find out more about Emma's journey and the support from the team in her words by visiting our website.

If you need support just contact our friendly team and they can help you too.

Find out more  
**[www.tameside.gov.uk/supportedemployment](http://www.tameside.gov.uk/supportedemployment)**  
**07970 753 823**



# Digital Support in Tameside

PCrefurb bridges the digital divide by refurbishing donated IT equipment, providing it to people and groups in need, and supporting people to get online by providing basic digital skills training at a variety of venues including Denton, Audenshaw, Dukinfield, Hyde, Hattersley and Ashton. For more information on how to apply for equipment, skills training, or to donate devices, contact them at  
 ☎ **07724 064 709**  
 ✉ **admin@pcrefurb.org.uk**  
 🌐 **pcrefurb.org.uk**



## DIGITAL HEALTHCARE SUPPORT SERVICE



The Digital Healthcare Support Service (DHSS), delivered by The Bureau, focuses specifically on assisting people in accessing GP online services and health apps. They work closely with PCrefurb for residents to access equipment if needed, to support individuals in developing digital skills and

building confidence in using devices to access online services.

Want a faster way to access your GP, order repeat prescriptions, arrange appointments by using the Health Apps!

Find out more

☎ **01457 865722**

✉ **ddicb.digitalhealthsupport@nhs.net**

🌐 **www.the-bureau.org.uk/services/the-digital-healthcare-support-service**



# Helping Hand Tameside

Support services in Tameside to help you manage the cost of living



## Cost of Living Support

We're continuing to support residents affected by the rising cost of living through our Helping Hand campaign  
[www.tameside.gov.uk/helpinghand](http://www.tameside.gov.uk/helpinghand)

If you're struggling to afford the weekly shop or your energy bills, there's a wealth of information and local organisations available to help.

Council and guest services provide face-to-face support from Tameside One in Ashton

between Monday and Friday, 9am-5pm and are available by appointment or drop-in.

Visit [www.tameside.gov.uk/getintouch](http://www.tameside.gov.uk/getintouch) to find the Tameside One timetable, how to book an appointment and contact council services. You can also reach our Customer Service Contact Centre by calling 0161 342 8355, using web chat on [www.tameside.gov.uk](http://www.tameside.gov.uk) or by emailing [customer.services@tameside.gov.uk](mailto:customer.services@tameside.gov.uk)



## Pension Credit

**Did you know that in Tameside £7 million worth of pension credit remains unclaimed?** This is a staggering 3,279 households missing out on support.

Find out if you're one of them by using the Independent Age benefit calculator at [independentage.entitledto.co.uk/home/start](http://independentage.entitledto.co.uk/home/start) or by calling 0800 319 6789.

You can also visit the government webpage on how to claim Pension Credit at [www.gov.uk/pension-credit/how-to-claim](http://www.gov.uk/pension-credit/how-to-claim) for more information and how to report a change in circumstances.

If you're impacted by the rising cost of living, head over to our Helping Hand webpages at [www.tameside.gov.uk/helpinghand](http://www.tameside.gov.uk/helpinghand) to support, information or advice on subjects like mental health, managing your money and housing.





# Local Food Support

Foodbanks, food pantries, and community cafes can provide not only food, but wider support including mental health, wellbeing assistance and financial advice, among others

If you are a resident and would like to request a foodbank voucher, please telephone 0161 342 8355 or email [welfare@tameside.gov.uk](mailto:welfare@tameside.gov.uk). You can also visit any Tameside library to request a foodbank voucher.

Please check with the foodbank to make sure they are still operating and open before attending.

Foodbank name	Where to find it	Details	Contact information
<b>Tameside East Foodbank – Ashton</b>	New Life Church Hall Street off Stamford Street Ashton-under-Lyne OL6 6SD	Opening times: Every Thursday 1pm – 3pm  Trussell Trust – Foodbank Vouchers	07396 507 213 0161 339 7924  <a href="mailto:info@tamesideeast.foodbank.org.uk">info@tamesideeast.foodbank.org.uk</a>
<b>Tameside East Foodbank – Dukinfield</b>	St. John’s Church Centre Vicarage Drive off Oxford Road On the RHS of church building Dukinfield SK16 5HZ	Opening Times: Every Friday 12pm - 2pm  Trussell Trust – Foodbank Vouchers	07396 507 213  <a href="mailto:info@tamesideeast.foodbank.org.uk">info@tamesideeast.foodbank.org.uk</a>
<b>Droylsden and District Foodbank – Droylsden</b>	27 Queens Walk Droylsden M43 7AD	Opening Times: Every Friday 12am - 1pm  Trussell Trust - Foodbank Vouchers Referrals via Welfare Rights, Help Through Hardness or other agencies	07473 452 813  <a href="mailto:info@droylsdendistrict.foodbank.org.uk">info@droylsdendistrict.foodbank.org.uk</a>
<b>Feedo Needo Foodbank – Droylsden</b>	Droylsden Junior Football Club Lewis Road Droylsden M43 6NR	10:30am - 1pm  Community Café Opening Times: Every Monday to Thursday 10:30am - 1pm Offering free hot drink, sandwiches – food parcels available to anyone in need (no referral needed)	07484 378 821  <a href="mailto:rebecca@feedoneedo.org.uk">rebecca@feedoneedo.org.uk</a>
<b>Foodbank – Stalybridge</b>	St. Matthews Dean Street Stalybridge (Between the library and market hall) SK15 2JD	Opening Times: Every Monday and Tuesday 10am - 1pm  Trussell Trust - Foodbank Vouchers	07396 507 213  <a href="mailto:info@tamesideeast.foodbank.org.uk">info@tamesideeast.foodbank.org.uk</a>
<b>Tameside East Foodbank Millbrook – Stalybridge</b>	Reach Church Huddersfield Road Millbrook Stalybridge SK15 3JL	Opening Times: Every Wednesday 10am - 12pm  Trussell Trust - Foodbank Vouchers	07396 507 213  <a href="mailto:info@tamesideeast.foodbank.org.uk">info@tamesideeast.foodbank.org.uk</a>
<b>Church and Community Foodbank Haughton Green – Denton</b>	St. Mary’s Church Meadow Lane Haughton Green Denton M34 7GD	Opening Times: Every Monday, Tuesday & Friday 2pm - 4pm  Clients & agencies can only access parcels if they phone or text 07479 256 785. This has to be confirmed by a reply via phone or text.	07479 256 785  <a href="mailto:foodbank@smhg.org.uk">foodbank@smhg.org.uk</a>

<b>Mossley Foodbank Micklehurst – Mossley</b>	Mossley Food in Hand Youth Base The Rowands Micklehurst OL5 9DR	Opening Times: Every Thursday 10am - 12pm  Referrals can be made through schools, social workers, job centres, GP’s, support workers and housing. People can come directly to the foodbank if they are struggling for a referral. Referrals can be emailed to: <a href="mailto:lindseytweed60@gmail.com">lindseytweed60@gmail.com</a>	<a href="mailto:Lindseytweed60@gmail.com">Lindseytweed60@gmail.com</a>
<b>Tameside South and Longendale Foodbank Hattersley – Hyde</b>	St. Barnabas Church Hattersley Road East Hyde SK14 8NE	Opening Times: Every Friday 9am - 11am  Trussell Trust - Foodbank Vouchers Telephone vouchers accepted	07901 786 905  <a href="mailto:info@tamesidesouthlongendale.foodbank.org.uk">info@tamesidesouthlongendale.foodbank.org.uk</a>
<b>Tameside South and Longendale Foodbank Hollingworth - Hyde</b>	St. Mary’s Church Market Street Hollingworth Hyde SK14 8NE	Opening Times: Every Monday 11am - 12pm  Trussell Trust - Foodbank Vouchers Telephone vouchers NOT accepted	07709 098 068  <a href="mailto:info@tamesidesouthlongendale.foodbank.org.uk">info@tamesidesouthlongendale.foodbank.org.uk</a>
<b>Tameside South and Longendale Foodbank – Hyde</b>	Hyde Central Methodist Church Crook Street Hyde SK14 1NQ	Opening Times: Every Wednesday 11am - 12:30pm  Trussell Trust - Foodbank Vouchers Telephone vouchers accepted	07901 786 905  <a href="mailto:info@tamesidesouthlongendale.foodbank.org.uk">info@tamesidesouthlongendale.foodbank.org.uk</a>

## Food Donations

Foodbank	Donation point(s)
<b>Tameside East Foodbank</b>	Asda - Cavendish Street, Ashton under Lyne Morrisons - Foundry St, Dukinfield Sainsbury’s - Lord Sheldon Way, Ashton under Lyne Tesco - Trinity Street, Stalybridge
<b>Tameside South and Longendale:</b>	Tesco – Hattersley Tesco – Gee Cross Asda - Hyde
<b>Droylsden &amp; District Foodbank:</b>	Tesco - Droylsden
<b>St Mary’s Foodbank:</b>	Sainsbury’s - Denton

## Citizens Advice Tameside

Citizens Advice Tameside is a free confidential, independent and impartial service, open to everyone in the borough. Advisers are trained to give information on virtually any issue.

These include Welfare Benefits, Debt, Consumer, Housing, Education, Healthcare, Immigration & Residency Issues (OISC Level 1), Family & Personal Issues. They also offer specialist services in Debt, Housing and Employment.

The service won’t instruct you on what to do but they will arm you with all the facts and possible

outcomes of different options to allow you to make the decision that’s right for you. If needed, they can also offer practical support, such as help with filling in forms, writing letters or negotiating with third parties.

To get in touch call their Freephone advice line on 0808 278 7805 (open Monday – Friday, 9am till 1pm). See their website [www.tamesidecab.org.uk](http://www.tamesidecab.org.uk) for access points, or you can use their web enquiry form by visiting [www.tamesidecab.org.uk/get-advice/email-us](http://www.tamesidecab.org.uk/get-advice/email-us)





# TAMESIDE LIBRARIES

If you think Tameside's libraries are only about books, think again. They offer computer access and a vast range of activities for all ages and interests.

Toddlers can enjoy Time for a Rhyme, Book Trust story times and story and craft sessions.

For older children there are Lego clubs, Coder Dojos, and much more. Special activities are staged during the school holidays.

Adults aren't forgotten. They have readers' groups, which look at a different book or author each month; knitting and stitching, tea and tales get-togethers and library clubs, which feature guest speakers each month.

Specialist interests are catered for too. There's a range of Build a Business sessions offering one-to-one advice, networking and workshops that are aimed at people interested in setting up or

growing their own business.

If you need help getting online or using the internet there are Get Started groups, which help with digital skills for getting online and job searching. Along with one-to-one sessions with TechKnow buddies for personal support using computers.

The Local Studies and Archives Centre, on Cotton Street, Ashton, hosts regular talks and offers family history advice.

Libraries staff are also able to handle customer services matters such as payments and verification of housing benefit documents.

For more information visit **[www.tameside.gov.uk/libraries](http://www.tameside.gov.uk/libraries)** or pop into your local library.



## There's lots to see and do **IN TAMESIDE**

There's always something going on in Tameside whether you're keen on exploring our fabulous outdoor countryside spaces or learning more about our heritage, history or culture in indoor places.

No matter what your budget, you'll be able to find an activity that's right for you. Attractions like our Portland Basin Museum is an amazing place, highlighting Tameside's key history, and it's hard to know what to look at first but there are always lots of fabulous exhibitions that can help you find out more about our proud heritage.

For those with a creative streak, there is always something to join in with, no matter your age

there are craft activities for families and adults that you can join in with provided by an array of local creatives and artists.

We've also got loads of events that run throughout the year that can help you find out more about our fabulous nine towns in the borough from the fantastic feast of food and family fun that is Stalybridge Street Fest to our cracking Christmas events that include a spectacular Lantern Parade and community Christmas Light Switch On events.

Want to find out more about beautiful Tameside? Just take a little trip to our website and you can find out lots more about what's going on at **[www.intameside.co.uk](http://www.intameside.co.uk)**

