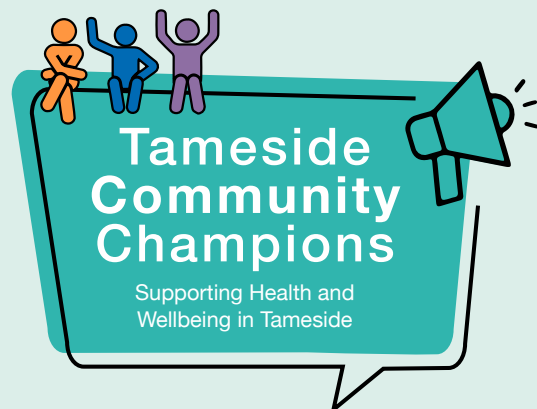


COMMUNITY NEWS



Issue 4: Age Friendly | June 2022



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



This newsletter is brought to you by Age Friendly Tameside within Population Health at Tameside Council and the Tameside Age Friendly Champions, who are a network of residents, volunteers and staff from various charities and organisations across our borough.

The network works together alongside Tameside Council to ensure you have the information and support you need to live healthy and happy lives. We want you to know about what is happening in Tameside, to offer support and spread a little community cheer by sharing some of the information you need.

If you'd like to be part of future Champions meetings, simply become a Champion! Information on our four Tameside Champion opportunities and how to get involved is on page 3. We hope you find the information in this newsletter useful, interesting and inspiring.

The Tameside Champions Team

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Champions opportunities

WE have a number of Champion opportunities available, which are listed below:

Community Champions

Do you want to promote Wellbeing in Tameside by providing your family, friends, colleagues and local community the information and support they need? As a Community Champion you will receive regular important updates via email and WhatsApp to share with your networks, attend Info Sessions and training via Zoom. The amount of participation is up to you, as little or as much as you like. Please contact community.champions@tameside.gov.uk or call **07935 014 582** for more information and how to sign up go to www.tameside.gov.uk/communitychampions



Age Friendly Champions

An Age Friendly Champion is someone who is able to offer a respectful and friendly interaction whilst also able to signpost to support and activities in the area. Age Friendly Champions Meetings occur every 2/3 months. Champions can also network with other champions and take on their own project for older people. To become an Age Friendly Champion please contact community.champions@tameside.gov.uk or call **07971 766557**



Nutrition and Hydration Champions

N&H Champions have been trained to promote good nutrition and hydration in the community, and spot the signs or potential triggers of malnutrition and dehydration. We aim to prevent these avoidable conditions which cause ill health, disease and slow healing, help people gain weight, fuel their bodies with nutrition and drink more water. To become an N&H Champion please contact community.champions@tameside.gov.uk or call **07971 766557**



Fancy becoming a Digital Champion?

We need volunteers to help us with our NHS funded digital wellbeing project. Digital Champions work with digitally excluded people, helping them to access to online world. You don't have to be an expert! If you can use a smartphone, tablet or laptop, we can use you!

Training is given. For further details email:

info@digitalwellbeingproject.org.uk



What have we been up to?

Since the last Age Friendly Newsletter in December 2021, Age Friendly Tameside including our Age Friendly Champions and Nutrition and Hydration Champions have been very busy organising and attending events, filming, performing demonstrations, holding stalls, giving advice, planning for falls and frailty prevention and ageing well in Tameside and so, so much more!

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



We launched the **Tameside through the Seasons Photography competition** in January 2022, which runs from January to November 2022. At the time of printing this newsletter (June 2022), we are currently in the **summer** period of the competition. The winter and spring sections have now passed and we have received some fantastic pictures so far; thank you to everyone who has got involved and sent your pictures to us. The deadline for summer pictures is the 9th September, when autumn will take over, with a deadline of 1st November. Once shortlisted, a public vote will take place between 8th-13th November which will decide the final pictures for the Tameside through the Seasons Calendar 2023.

To get involved, simply take a picture of our wonderful borough of Tameside, capturing the season in your best light, and send it to community.champions@tameside.gov.uk.



Champions Event at Hyde Town Hall

On 1st March, we held the **Tameside Champions event** at Hyde Town Hall in collaboration with the Community Champions. Here we celebrated and raised awareness of the four different Tameside Champions opportunities of Age Friendly Champions, Nutrition and Hydration Champions, Community Champions and Digital Champions. The day was a great success with over 100 people in attendance enjoying talks and demonstrations from our Champions as well as partner organisations.

We even had a pancake flipping competition as part of our Nutrition and Hydration session to mark Pancake (Shrove) Tuesday, and gave out free smoothies in addition to the free lunch provided on the day. We recruited many new champions as a result and gave out Welcome Packs and badges to each champion, new and existing, and



thanked our fantastic champions for all of their continued support and hard work, especially during the very challenging pandemic. Together our Champions have achieved so much and it was great to hear about these huge achievements on the day.

Champions Badges



During **Nutrition and Hydration week (14-20th March 2022)**, we were busy promoting good nutrition and hydration throughout the life-course, into older age, giving advice on how to prevent the avoidable conditions of malnutrition and dehydration, and how to spot the signs and triggers. Below are just some of the ways that our fantastic Nutrition and Hydration Champions have been helping people, raising awareness and preventing malnutrition and dehydration across the borough during N&H week.



Nutrition & Hydration Stall

Our Champions held stalls on Monday 14th March at Ashton Outdoor Market and on Friday 18th March at Droylsden shopping district offering advice and information on nutrition and hydration.

Together we spoke to over 200 people at the 2 stalls, and gave out over 100 free samples of water, partly donated by Iceland in Ashton, with the Ashton stall having fruit donated from Wilson's Fruit who are also Nutrition and Hydration Champions.

Around the borough our champs were busy raising awareness and promoting good nutrition and hydration in older years. Dukinfield, Mossley and Stalybridge PCN created a joint awareness raising board on the importance of nutrition and hydration for Delirium, as it was also World Delirium day. The information board was located at St Andrew's House Medical Practice.

Direct Care are fantastic supporters of the Nutrition and Hydration programme. For this years' N&H week, the team provided 20 packs containing: a Hydration Coaster, Paperweight Armband, Mouth Matters Booklet, Nutrition and Hydration Awareness Flyer, Nutrition and Hydration Quiz, recipes, and ingredients and recipe for either a 1-minute microwave quiche or orange mandarin jelly. They also provided activities for clients to do with carers as part of their social support sessions which included: Food for Thought Game, Knitting Food Patterns, McVities Virtual Afternoon Tea Challenge, Nutrition and Hydration Quiz and sent daily emails to the Direct Care Team.



Direct Care recipes





Safer Care team scheme

The Safer Care team implemented a new red checked tray scheme where patient groups requiring either adjustment or direct support during meal times are identified early with a red dot.

The catering team will then place a red checked tray lining onto the patient's tray. On serving, those trays with a red checked lining will be identified by the mealtime coordinator and allocated to members of the team, leading to a coordinated approach to serving meals ensuring oversight of those patients requiring support. The safer team also raised awareness through the week by encouraging staff to make nutritional and hydration pledges on how they make a difference every day.

This is What an Activist Looks Like Red Carpet Premiere! Population Health's Age Friendly Tameside were honoured to be given the opportunity to collaborate with Yellow Jigsaw, Talking About My Generation and Greater Manchester Older Peoples Network to create a video about activism in Tameside. This video followed on from the Greater Manchester version of the film, and allowed Tameside to step into the limelight to show some of the ways that as a borough we work together, often intergenerationally for the greater good of our residents. Whether that be encouraging physical activity, focusing on

improving mental health or promoting good nutrition through cooking and providing food for our communities. The film shows how we, as a community, help our own. There are many examples of this in Tameside, so it wasn't hard to find people to star in our film! We launched the video, which can be found on our website: www.tameside.gov.uk/publichealth/olderpeople with a Red Carpet Premiere at the Grafton Centre in Hyde on Friday 25th March, where we had the stars of the show themselves in the audience as well as councillors supporting the event.



We also promoted the other work Age Friendly Tameside is involved with including our two Champions opportunities, resources and events (see our website for more information), and had talks from Talking About my Generation and GM Older People's Network, where they were looking for representatives to join their steering group from Tameside. The day was a huge success, we had lots of positive feedback and even recruited 6 new Champions!

A huge welcome to our new Champs.





John setting up camera

Talking about films... Population Health's Age Friendly Tameside have also just filmed another set of video's for our website. These films celebrate the fantastic Age Friendly asset we have right on our doorstep in Ashton: 4C Community Centre and the businesses within the centre of Eclectic Avenue (Tea Room and Community Café) and The Potters Hand creative crafts club. Eclectic Avenue café became both Age Friendly Champions and Nutrition and Hydration Champions in August 2021 and quickly became one of our biggest acheivers, boosting our offer in Tameside not only through the café but also through the Community Centre with events and gatherings for our golden generation, and their collaboration with the Potters Hand.



Max getting mic'd up

Age Friendly Tameside and the Centre including Eclectic Avenue partnered up to bring you the fantastic 1950's inspired Tea Party, The Self-Care week event and Crooning Singers among many more and the café have since

opened up their events space to unique birthdays, christenings and more. The centre, café and The Potters Hand are very welcoming spaces for people of all ages, especially older people and the staff bring the place to life. People love it so much, they are regulars at the café now. We have captured all of this on film to promote this fantastic age friendly asset, look out for it on our website soon: www.tameside.gov.uk/publichealth/olderpeople

A spotlight on Eclectic Avenue Café Age Friendly and Nutrition and Hydration Champions. 4C Community Centre in Ashton is a hub of activity for the whole community and people of all ages; with the Café, a vintage style tea room, at its heart.

'At Eclectic Avenue, we serve delicious breakfasts, hearty meals and traditional afternoon teas. Our nostalgic playlists, dreamy decor & friendly service bring a unique and inviting twist to mid-day dining. All of our desserts are home made on site and vary weekly ensuring there is always something new to try' Jodylee, the manager, says proudly.



Eclectic Avenue team

'We are trained Nutrition and Hydration Champions as well as Age Friendly Champions and do our very best to look out for our guests health and wellbeing. We have held some very successful events in our first year here including Afternoon Tea dances, a 'Croonin' Christmas Dinner' with live singers, Date Nights, Movie Singalong Luncheons and more – all in the hopes of bringing people together and building community spirit after what has been a tumultuous two years for all. Moving forward we plan to hold bi monthly events at the Centre such as theme nights and open mic evenings - check our Facebook page 'Eclectic Avenue Ashton' to find out what's coming up!

Pop down and see us, we look forward to welcoming you soon! Jody and Team

They gave talks and advice on Nutrition and Hydration in older years to prevent malnutrition and dehydration and presented a smoothie demonstration.

This was translated in real time by volunteers into Gujarati. The members loved the smoothies so much that our Champs made 5 smoothies on the day (a record for us so far!) for about 25 people. We also supported many of the members who were struggling to drink enough water and gave out free reusable water bottles to help. Champa, the session leader, said she was going to use the bottles for a water drinking challenge, encouraging members to drink the contents of the bottle by the end of the session. Champa has also now signed up to become a Nutrition and Hydration Champion and will complete her training soon.

Smoothie making demonstration



Nutrition and Hydration session at Dipak Dristi. Two of our Nutrition and Hydration Champions, Lauren Foster and Hayley McCaffer attended the session for older adults at Dipak Dristi (Light of Vision) on Friday 6th May.

If you would like to become a Nutrition and Hydration Champion, please contact Lauren on: community.champions@tameside.gov.uk



Hayley at Dipak Dristi

Hattersley Community Garden Project Open Day: 11th May 2023.

Age Friendly Tameside partnered with Hattersley Projects for the Projects open day on Wednesday 11th May. In the back drop of heavy rain, attendees stayed nice and dry in the inviting space of the polytunnel, and were given guided tours around the site, talks on gardening, bee keeping, woodwork, animal care, the volunteer opportunities available at the site and of course, Age Friendly and Nutrition and Hydration. Visitors were also gifted the unique experience of watching a cooking demonstration with food grown at the plots which provided a beautiful lunch. We'd like to extend a huge thank you to our cooks Pav and Tosin for providing the beautiful food on the day.

The open day, organised by Population Health at Tameside Council, Age Friendly Tameside, Healthy Hyde and the dedicated volunteers at the projects, was an opportunity to showcase the fantastic site and the volunteer opportunities on offer in community activities whilst networking with other organisations such as Be Well, Reform/Sonder Radio, Active Tameside, Action Together and Healthy Hyde. The opportunities such as gardening, cooking, art, growing food,

woodwork and animals are designed to boost mental and physical wellbeing. Hattersley Projects were set up in 2019 to support local communities through education, mental health and social wellbeing through a range of volunteering opportunities as well as work placements and AQA classes in skills such as woodwork and horticulture.



Tour of the plots

If you would like to get involved in the fantastic site at Hattersley Gardens or become a volunteer, give Dez and Charmaine a call, text or email on: **07908565355; hattersleygardens@gmail.com**, or pop down for a brew (Union Close, Hattersley, SK14 3GJ). They are all waiting to give you a warm welcome.

Cooking Demonstration





The Wildflower Community Garden in Hyde also held an afternoon tea party on Saturday the 30th of April where they had scones with jam and clotted cream and cake. They also held a tombola stall, a Name the Doll stall, book stall with money donated to the garden, and a Raffle. It was a great afternoon, and a really good turnout. If you'd like to find out more about the garden please contact Wildflower Community Garden on Facebook.

Be Well Tameside Are Back to Business As Usual. Our health improvement service, Be Well Tameside, has now moved from Pennine Care NHS Foundation Trust to Tameside Council's Population Health team. The service continues to offer support and advice around health and wellbeing to all Tameside residents, who work/volunteer or are registered with a Tameside GP.

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

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

The service is now fully open again and will be accepting new referrals. People are able to self-refer or professionals can refer clients via the on-line referral form found on the website www.tameside.gov.uk/healthyeatingandnutrition/bewelltameside

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

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



Be Well stall

BE WELL TAMESIDE

Being well is important to us all. We all want to feel good, healthy and happy.

Are you wanting to;



BE SMOKEFREE



EAT WELL



MOVE MORE



MANAGE WEIGHT



DRINK LESS



GET AN NHS HEALTH CHECK

The Be Well service can support YOU to make those small changes that can have big benefits to your health and wellbeing.

BECAUSE THERE'S ONLY
ONE YOU

NHS



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

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

Denton Wellness Centre - Monday 4pm - 8pm

Hyde Clinic - Thursday 1.30pm - 4.30pm

Stalybridge Clinic - Thursday 9.15am - 4.30pm

Denton Wellness Centre - Friday 9.15am - 4.15pm

Denton Wellness Centre - Saturday 9am - 1pm

To book a slot please call or drop us an email

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

0161 342 5050

bewelltameside@tameside.gov.uk

If you have missed being social and active over the past 2 years during the pandemic, then why not come and try one of our community sessions!



All sessions are aimed at improving your mental and physical health, the emphasis is to enjoy yourself and meet new people, and most importantly there is always a good brew involved.

As well as the sessions, we also have our community timetable with other sessions, such as our active sessions, walks, senior cycle sessions, curling and more, we are also continue to develop our timetable. If you would like a copy of the timetable or have an idea of what you would like to see if your community, please get in touch:

lisa.arrandale@activetameside.com

Walk and Talk

A gentle 30-minute walk 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**

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance) Lisa - 07542683666
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M24 2AL (Bandstand Area) Lisa - 07542683666
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under-Lyne, OL7 0PW (Carpark) Lisa - 07542683666
Mossley	Thursday	10.00am	New Bridge Inn, Mickelhurst Rd, Mossley, O15 9HT (Carpark) Lisa - 07542683666
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK15 1NJ (Meet at bowling hut) Sarah - 07872151420

Contact Live Active office for further details - 0161 366 4860.

Advisable to contact the office to confirm walk is on (inclement weather etc.)

Live Activer Community officer Sarah - 07872151420

sarah.cresswell@activetameside.com

Community Development officer Lisa - 07542683666

lisa.arrandale@activetameside.com



Join us now for our new FREE Community Not Board club session

Fridays 11.30 - 12.30pm

Tameside Wellness Centre
Denton
M34 3RD

- Social and Fun
- Free session
- Variety of board games



Join us now for our new fun packed Community Bowling session

Fridays 1pm - 2.30pm

Tameside Wellness Centre
Denton
M34 3RD

- Social and Fun
- Make new friends
- Become more active
- £3 per session



Join us now for our new creative community allotment session

Mondays 2pm - 4pm

Ash Road Allotments
Droylsden
M43 6QU

- Learn a new skill
- Make new friends
- Only £1 per session

Refreshments and materials included



All sessions to be booked in advance
For more information contact:

✉ lisa.arrandale@activetameside.com

☎ 07542 683 666

Adult education on your doorstep

Tameside
Adult Community Education



Courses are starting from
September at the Grafton Centre
Hyde please register your
interest by calling 0161 909 5777

- Getting the most out of the internet
- Confidence Building
- Eat Healthy Stay Well

www.tameside.ac.uk

Maths
and
English

English
for speakers
of other
languages

First
steps in
computing


Ofsted
Good
Provider



**Tameside
College**

#ICanBe

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



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

1.30pm - 3.30pm

Held on the 1st and 3rd Fridays of the month

St. Georges Church
Church Walk, Stalybridge
SK15 1DL

15

Heritage Stories Tameside

Memory Storybook



Story telling can be a vital way to maintain the wellbeing of an individual or community. If we sometimes feel lonely or disconnected, warmth can be found in the familiarity of recalling the memories and stories we grew up with, where we worked, lived and played, where we got the bus and went to school, and it can be a powerful way to reflect and celebrate a person's life.

Whether your memories are from 6 or 60 years ago, you have your own personal story to tell of local life, brought to life with personal photo's or images taken from local archives or newspapers. These can be shared with family and friends, including the younger generation, to trigger conversations of **"what things were like back then"**. Retelling the stories and using recall can help those who are struggling with their short term memories but can remember quite clearly things from their past. For these people, being able to connect with their past can give them a sense of belonging and security when it can prove difficult to make sense of the present.

The Heritage Stories project identified and recorded the important stories of three different Greater Manchester communities. This publication shows examples of the activities carried out to inspire people to record their own heritage stories, seeking help from their local archive or studies centre.

In Tameside, Marion Coleman of Tameside & Glossop Dementia Friendly Communities and The Shed, a local men's group, partnered with the archives to find ways to use reminiscence activity to support people living with dementia, their carer's and families. They supported Shed members to record aspects of their lives to share with family and friends. The Heritage Stories project then facilitated the creation of a number of Storybooks to capture the stories of people experiencing memory loss, and hope to inspire others to create their own. This booklet shares 5 of those storybooks. The first is based on images of Stalybridge to inspire Tameside residents to use their own town's rich heritage whilst capturing their memories. The final four record the unique stories of Tameside residents to encourage people to create a resource that documents their own or relative's stories using the template provided in the booklets.

Greater Manchester Ambition for Ageing has supported this work through their Ageing in Place project which seeks to make places more age-friendly and encourage older people to spend time with others and build social connections. They will share the resources and case studies through their website and networks.

If you need more information please contact: mcconsultancy@hotmail.com or mikerbarlow44@icloud.com





Monday & Wednesday

10am - 12pm

Tea | Coffee | Toast

Friday

10am - 12pm

Tea | Coffee | Bacon Sandwich



Last Thursday of the Month 12pm - 2pm

Luncheon Club | Bingo | Raffle with your local Ward Councillors



Room Hire available for classes, meetings and family events



age friendly
Tameside

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

Tel: 0161 336 7061

Email: info@victoriaparkcc.co.uk

World cancer trial to launch in Tameside and Glossop

A NUMBER of GP practices in Tameside and Glossop will be inviting their patients to attend a new, world NHS-Galleri trial, using a single blood sample to test for many different cancers.

Galleri™ is a new blood test to detect cancer, often before symptoms appear. Patients age 50-70 with no diagnosis of cancer, or cancer treatment within the last three years will be selected to take part in the trial.

Eligible patients will be invited by letter to attend the trial which takes place at a mobile clinic unit situated at **IKEA, Wellington Rd, Ashton-under-Lyne OL6 7TE** between **13th June-30th June 2022.**

The trial is led by Cancer Research UK and the King's College London Cancer Prevention Trials Unit, in partnership with the NHS and healthcare company GRAIL, who have developed the Galleri™ test.

The NHS is supporting the study to see if the test can help the NHS to find more cancers at an early stage. To find out if your GP practice is taking part in the trial and for further information visit **www.nhs-galleri.org**



We are The Healthy Hyde Team in the Primary Care Network (PCN), made up of wellbeing practitioners, nurses, paramedics, mental health nurses, first contact physio's and care co-ordinators working with your community. We work with the 8 GP practices in Hyde and support 72,000 patients in Tameside. Our priority is to support our practices to ensure the best possible healthcare & access to local services.

The HHT run weekly groups including:

Mums and Tots: Fridays 9-11am

Beyond Limits, Wellbeing Group:
every Friday 12.30 until 2.30pm

ESOL: Mondays and Thursdays,
10-11.30am

Computer Skills: every Wednesday, 10-12, with a session for the over 50s 1-3pm

Our Team

Admin Team: Facilitating care across Hyde, identifying patients who are in need, strengthen relationships with local groups and organisations and managing COVID vaccinations.

Nursing Team; Complex Case Team: Delivering both a proactive and reactive service on behalf of the 8 Hyde GP practices, our team of Adult Nurses, Mental Health Practitioners and Paramedics support patients & families with complex needs and frailty within both care homes and their own homes. Our nursing team help our patients maintain their independence whilst optimising their health needs to improve their quality of life.

The Wellbeing Team: Delivering a range of activities/services based on community needs to enable and promote health and wellbeing. We tackle health inequalities by working with individuals, families and groups who are left behind; breaking down barriers and helping them to feel empowered to make informed choices about their health and wellbeing.

Age Friendly: Ruth Clough (07593572191) works as a Health and Wellbeing Practitioner to support adults over the age of 50. This can include support with low-level mental health issues such as anxiety or depression, prevention or management of long-term conditions, in the community either on a 1-1 basis or in groups. As an Age Friendly Champion within Population Health, Tameside, Ruth also works with people on dynamic ageing and ageing well.

Monthly Groups include:

Memory Café: last Tuesday of the month 2-4pm (for people with dementia and their carers)

Healthy Hub Club: 3rd Tuesday of the month 9.30-11.30am (for families needing any advice)



Bloom Allotments



Bloom allotments (Grange Road South, Gee Cross) are a day care service for adults 18+ with a mild to moderate learning disability or long-term mental health condition. We are open Monday to Friday 9am-3pm, and offer a wide range of activities with a focus on eco-therapy, nature and wellbeing.

We work together to grow our produce which we use at our luncheon club, or make jams and preserves or share our harvest with the community. We have a wonderful team of staff, volunteers, and participants all working together to get the most out of every opportunity.

But at Bloom, we don't just garden! We hold pottery painting classes, go on nature walks, keep healthy and moving sessions, parties, shopping trips, pantomime and theatre trips, garden center visits, bowling, crafting, in-store sales days and have recently had a day trip to the RHS Bridgewater. We are also delighted to announce that we are opening a Community Green Project at our Allotments in Dukinfield and will be offering a wide variety of workshops and activities.

This is a chance to meet new friends, reduce isolation and loneliness, stay active, learn new skills, enjoy being in nature, and improve your mental health and wellbeing. We are currently working on our new wellbeing garden as well as sowing seeds and getting ready for the outdoor planting season to go full steam ahead! We have also started a walking group followed by lunch on Thursdays at 10.30am.

We have also partnered with Diversity Matters to launch the Befriending Matters Tameside project offering wellbeing support through a mix of weekly telephone and in person befriending.

Befriending Matters Tameside has been developed to support anyone experiencing vulnerabilities, loneliness or isolation who needs that extra support. For more information please contact Angie on **07467196702**, or email **angie.knowles@stpeterspartnerships.org**

Our volunteers: They are a great mix of people who make a difference to people's lives as well as their own by sharing skills, offering their patience and time, and having a boost to their own mental health and wellbeing at the same time. Our volunteers often comment on the wellbeing aspects and the benefits of being involved in the allotments including time for themselves, being outdoors, helping others, sharing skills, making friends, combating loneliness and isolation.

Case study: 'I volunteered to be a befriender during the first Lockdown, it gave me a great sense of purpose and pride to help and support others, it also made me feel quite humble that some people were struggling and didn't complain, and the highlight of the week was looking forward to me calling them every week.'

One of my buddy clients has since become a befriender himself and has weekly chats with his clients. It's wonderful to see how it has given him a sense of purpose and he feels useful. A great outcome from a great project, I would recommend to anyone who feels lonely. Give Angie a call.'

Would you be interested in volunteering with us?

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

Call us on **0161 2148300**
or contact us on Facebook:
BloomallotmentsLeap



Bloom Allotments' day service group

Pension Top-up

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

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



THE PENSION TOP
up

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

Audrey topped up – have you?

Denton, Audenshaw and Droylsden Super Steppers

This integrated project led by Sarah Bonnie (PCN Complex Care Nurse), Lianne Bailey (District Nursing) and Catherine Elliott (Social Care) focused on the wellbeing of those that are housebound and struggling with their mobility, within the locality of Denton, Audenshaw and Droylsden. The project aimed to help increase the number of steps patients complete in a day, either in a seated position or standing up. By increasing movement participants will benefit from:

- Strengthened muscles, joints and bones
- Reduced risk of long-term conditions
- Better management of existing conditions
- Benefits to mental health and wellbeing
- Better management of healthy weight
- Improved sleep

(Public Health England, 2020)

Housebound patients were identified and asked to participate with this project. The steps patients completed daily over two weeks were logged and we worked out how far they had walked collectively over the two weeks, to London or even Paris! The top Super Stepper would receive a prize for their efforts (a pedometer). This project ran during January/February 2022 and out winner was... Brenda, who is 83 years old and from Droylsden. Well done Brenda!

Her total steps over the 2 weeks were 165,171, which is estimated to be 82.5 miles or the equivalent of walking from Droylsden to Sheffield and back.

This picture shows Brenda receiving her gifts from the staff at DAD PCN; a water bottle showing how much to drink in a day, a pedometer and a bunch of flowers.



Brenda is a Super Stepper!

Brenda said: "I enjoyed taking part in the super steppers challenge. I will be carrying on, using my pedometer - the water bottle I won is fantastic to keep me hydrated. It was nice to feel part of a team"

Another participant Kathleen said 'I absolutely loved this and it's given me confidence to carry on being out and about in the community'.

If you would like to find out more about this project please contact either: sarah.bonnie@nhs.net, catherine.elliott@tameside.gov.uk or lianne.bailey@tgh.nhs.uk

We are hoping this will be the first of many integrated projects in Denton/ Audenshaw and Droylsden.



Cycling Without Age Pilot from Fit for Life CIC

This spring, Phil Brooke, of fit for Life CIC, who is also a Community, Age Friendly and a Nutrition & Hydration Champion, delivered a virtual Cycle Ride pilot programme to residents of Johnnie Johnson Housing.

The filmed 'virtual' trail which was edited by Darren Brown from BigLocal, starts from Ashton Library and heads towards Stamford Park, up to the Boating Lake and back through the park and then back up hill to Big Local in Ridgehill to finish. Phil acquired Static Cycling Bike Pedals and a large screen TV was kindly provided by Big Local to play the video of the ride to allow riders to feel like they are riding the trail, following the path the video takes them on.

The first session led by Phil was on 10th March at Johnnie Johnson Housing, Cambridge Street, Stalybridge. The participants were of an older age group with some having limited movement and having been more or less housebound due to the pandemic. After getting the residents warmed up, Phil set the residents up on a shorter ride for the initial session (around 15-20 minutes).

Residents were guided through the ride, with Phil offering encouragement and some effort on the hilly sections. At the end of the ride, the group cooled down and stretched using bands and performed some exercises to music, followed by some light refreshments.

One participant, Catherine said "I haven't been to Stamford Park for years and really enjoyed it", another said "I didn't think I would see the Park again, such lovely memories".

The pilot lasted for 6 weeks and the feedback from the residents has been very encouraging, with many saying they thought it was a really good idea and fun. They said they felt fitter, that they had exerted themselves and that it had encouraged them to keep moving. Some residents even continued to use the exercise equipment after the session whilst sat in front of the TV in small groups.

Further feedback from Ann Broadley (Community Housing Officer) and the residents at St Georges has been very positive. Ann said it has brought the residents together and it has been good for their mental health, as many of them are isolated without services like these. Residents said they will miss the sessions when they finish as they had all looked forward it every Thursday.

The plan is now for the programme to potentially be rolled out to other areas of Tameside with further Virtual Bike Rides around the borough in the wider community. The next steps will include filming the 'virtual rides' around each park in Tameside, as well as other routes of interest around the borough.

If anyone would like more info, to join one of the groups, or even arrange a 'taster session' for their own existing group, then contact Phil on **07919 917612** or e-mail **Phil@ffl-gm.com**



Upcoming Age Friendly sessions to get involved with:



Intergenerational Cooking classes

These innovative sessions organised by Age Friendly Tameside within Population Health, Jigsaw Homes and Active Tameside will be delivered by Anna from WIFI Northwest and held at Stalybridge Hub, Grosvenor Street, Stalybridge (the blue building). They will start on Friday 17th June and will run for six weeks until Friday 22nd July 2022.

The sessions will involve 4 older people and 4 younger people from the Stalybridge area to buddy up in pairs and learn how to cook interesting meals, including cooking and prepping skills and will have the opportunity to share knowledge and stories across the age groups.

We will be looking to run these sessions again in September 2022, if you are interested in getting involved, please email Lauren foster on:

lauren.foster1@tameside.gov.uk



Tameside Libraries Health Fair 2022

Tameside Libraries will be hosting a FREE Health Fair on **Wednesday 6th July, 10am-4pm at Ashton Library, Tameside One, Market Place, Ashton under Lyne, OL6 6BH**. Come along to visit a variety of stands including Age Friendly Tameside including Nutrition and Hydration, Be Well Tameside, The Health and Wellbeing College & Macmillan Information and Support Service.

There will also be free talks and activities on the day as well as the chance to learn more about the national Reading Well book collections.



Health Information Week

Inspiring Better Health



Upcoming Age Friendly sessions to get involved with:



Bloom Allotments Open Day

14th July 11am-2pm, near 130 Grange Road South, Hyde, SK14 5NP. We are at the top of Peel St, turn right, then down the path on your immediate right, look out for the big yellow sign.



Come along and see the site of Bloom allotments in Hyde for our open day on 14th July 11-2pm, organised in collaboration with Age Friendly Tameside from Population Health at Tameside Council. On the day we will have site tours, and you will have the opportunity to listen to activity talks, watch the Bloom cooking demo (and try the fantastic food cooked), learn about our community activities and those of our partners, all washed down with some entertainment, a raffle and a light lunch. **T: 0161 366 9966 | M: 07709524072; Bloom@stpeterspartnerships.org**

Living Well, Aging Well

Stalybridge Primary Care Network are holding a Living Well, Aging Well event on the 12th July 1pm-4pm at the new PCN Hub located on the 1st Floor of St Andrews Medical Practice Stalybridge. Age Friendly Tameside and Nutrition and Hydration Champions will be there on the day as well as many other providers giving out free information and resources.



Come along and say hi!



We will be holding another **Tameside Champions** event this summer at Ashton outdoor market. Please look out on Tameside Council social media for more information on this closer to July.

