

Oldham and Tameside News

Edition Three | January 2018



Improving lives in

Oldham and Tameside

together

Action Together
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#BelieveItsPossible

Hello and welcome to Action Together's first newsletter of 2018!

Well its 2018 already and the start of another exciting year. Here at Action Together we've got loads of ideas of how to make this year even better than the last. For us this year we will be focussing on 'People Power' and the difference people make to local lives. That means the team at Action Together getting closer to all the fantastic things that happen in Oldham and Tameside and doing all we can to help strengthen this even further. This year will see the launch of our new directory – an online

tool to make it easier to connect to what's happening, you'll see more networking opportunities in neighbourhoods and see us give out more grants than we've ever done before. We're looking to grow our membership this year too so hope you can join us and shape these ideas with us across the year.

We're kick starting 2018 with the Action Together People Power Conference and AGM on Thursday 8 February 2018 at Denton Festival Hall ,Peel Street, Denton, M34 3JY.

Oldham and Tameside voluntary and community organisation are invited to join us at our People Power Conference and AGM. At Action

Together we believe that local people have the power to improve lives and neighbourhoods, particularly when we act together. This event will celebrate the amazing work that's happening across Oldham and Tameside, looking at what the opportunities are for us to increase social action and explore the vital role that the voluntary, community and social enterprise sector plays in this.

The event will include speakers, stalls and workshops for you to take part in. We hope you can join us on the day to share your experiences and ideas.

To book your place visit www.actiontogether.org.uk or call 0161 339 2345.

Liz Windsor-Welsh, Chief Executive, Action Together



How Can We Help?

Active Communities

Encourages and supports people to give their time, skills and expertise to improve their community.

Development

Provides help to groups with all aspects of running a group including 1:1 support in planning, managing projects and finding resources.

Partnerships

The partnerships team works to develop opportunities for groups to make connections and have influence.

Central Support

The team takes care of the administration and finance of Action Together, and also provides a payroll bureau service and accountancy service to groups.

Programmes

Healthwatch

Is the independent consumer champion for health and social care in Oldham and Tameside.

Self-Care Tameside

Designed to build the capacity and resilience of local people and communities to 'do more' for themselves and their communities.

Linking people with long term conditions to non-medical support that enables them to better 'Self Care'.

Thriving Communities

We work with the integrated health and social care team in Cluster West, Oldham, to make connections between the community and voluntary sector and the wider primary care workforce and provide practical help to develop local community ideas to meet support and activity gaps in Oldham.

Ambition for Ageing

We work with our local Age UK's to deliver the lottery funded programmes which aim to reduce social isolation in the over 50's population through targeted asset based community development (ABCD) approaches.

Contact us

Our main contact number is 0161 339 2345.

Visit our website: www.actiontogether.org.uk.

Post or Visit

Action Together Oldham office

12 Manchester Chambers, West Street, Oldham, OL1 1LF.

Opening times:

Monday - Friday, 9am - 5pm

Action Together Tameside office

95-97 Penny Meadow, Ashton-under-Lyne, OL6 6EP



Happy New Year to Oldham and Tameside Volunteer Managers



The new year is a great time to recruit volunteers. People are starting to plan the year ahead with new ways to improve on the last. So why not use this time to promote the benefits of volunteering and encourage more people to get involved.

Top 5 tips to recruiting volunteers

1. Offer meaningful and high-quality opportunities; be clear about what you're looking for and what difference the role will make.
2. Make it easy to volunteer; limit the paperwork and other barriers to

getting involved.

3. Understand your audience; what motivates them and why would volunteering help them achieve their goals?
4. Offer greater flexibility; can you offer one-off volunteering opportunities, or roles which could be done with family and friends?
5. Treat your volunteers as customers; how quickly do you respond to a volunteer? How do you expect to be treated in a shop, restaurant?

Action Together brings together two nationally accredited Volunteer Centres, improving the volunteer offer

across Oldham and Tameside.

Volunteer Centre Oldham and Tameside is here to help. We offer support, information and guidance to volunteer involving organisations. Come along to one of our Website Information Sessions to find out how to recruit volunteers through our website, or book a place on our next Volunteer Coordinator Breakfast Forum to network, learn and access relevant training and support.

Alternatively, if you would like to discuss your volunteering needs call **Sian Goodwin** on 0161 339 2345 sian.goodwin@actiontogether.org.uk.

Dates for your diary

Tuesday 30 January, 10am -4pm

Volunteer Magnet

Thursday 15 February, 10am - 12pm

Website Information Session

Wednesday 28 February, 9am - 11am

Volunteer Coordinator Forum

Tuesday 13 March, 10am - 4pm

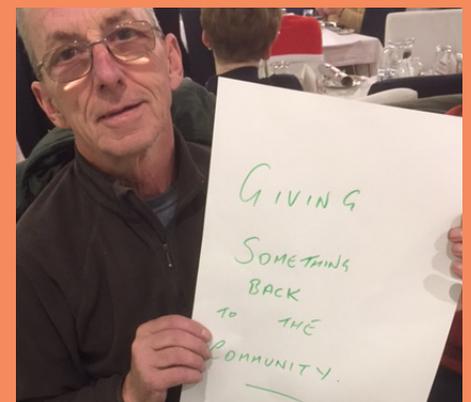
Managing and Supporting Volunteers

Thursday 15 March , 10am -12pm

Website Information Session

To book on visit www.actiontogether.org.uk/events or contact the volunteering team on 0161 339 2345 or email volunteering@actiontogether.org.uk.

Alternatively, if you would like to discuss your training needs call Adele on 0161 339 2345.



Improve your health!

It is proven that volunteering improves our health; It can help us to be more physically active but can support our mental health too.

Ability Wheelz Cycling

To support children, young people and adults with autism, learning disabilities to enjoy recreational cycling. Ability Wheelz is based at Alexandra Park and offers a range of cycles for all abilities.

Greater Manchester Fire and Rescue Service - Community Fitness volunteer

GMFRS have a number of sporting and fitness activities, and are looking for volunteers to support a range of activities.

Boost your career

Volunteering provides endless opportunities to develop new skills, make new connections, gain work experience, build confidence plus so much more! Whether you are looking for a career change or re-entering the workplace volunteering can help you along the way.

Adullum Homes Housing Association Ltd. - Admin Assistant Volunteer

To provide administrative support within the team and gain experience of working in an office environment.

Adventure Based Learning - Mountain Bike Leader

A challenge for any keen mountain bikers to develop their group-work skills and work towards their

mountain bike instructor's award.

Socialise more

Volunteering is an excellent way to meet like-minded people and develop lasting relationships. Likewise, don't see enough of your friends and family? Volunteering can be a great way to spend time with our nearest and dearest whilst giving something back at the same

Hack Oldham – Hackspace

To help run various activities for people in the community such as gaming, filming, photography.

Mahdlo - Youth Worker (Senior Zone)

To encourage young people to take part in the range of activities on offer, ensuring that no young person is left out of activities, and engaging in conversations with young people.

Tameside Hospital Voluntary Services – Mobility Scooter Volunteer

To take outpatient patients who have mobility or respiratory problems to their appointment on a mobility scooter.

Change a life

Whether you're a reading helper or volunteer driver your actions as a volunteer, big or small, could change someone's life. What better way to start the New Year knowing that you are making a difference to someone's life.

Dukinfield Moravian Church - Volunteer Project Worker

To help organise and provide free food hampers, bedding, clothes and toys for local families in need via donations and support fundraising events.

ReachOut – Volunteer Mentor

To work with secondary aged students (aged 11-16 years) in Oldham and help them with their school work but also to build character and confidence, and to raise their career aspirations.

Have a voice in your community

Do you want to make the world a better place? Why not start locally and have a say about the change you want to see. Volunteering can give you the platform to make a difference. Together we can build stronger communities.

Healthwatch Champion Oldham and Tameside

Do you want to help make local health services the best they can be? We are looking for volunteers to help us gather and record people's experiences of the health and care services in their local community.

Willow Wood - Fundraising Events Assistant

To work as part of a team to develop local fundraising ideas and to support the delivery of a series of fundraising events throughout the year.

To register your interest in any of these volunteering opportunities or to look at what other volunteer roles are available please visit:

www.actiontogether.org.uk/volunteer/search-for-opportunities



#YouMakeTheDifference

On Tuesday 12 December, Action Together hosted a Festive Get Together for all our fantastic volunteers who gift their time, enthusiasm and good will all year round. They were invited for afternoon tea at Portland Basin with a musical treat from Do Your Thing community choir. Lots of laughter and festive cheer was had over a mince pie, cup of tea and quiz!

Without the support of local people offering their time and skills, Action Together would not have the

same reach or impact across the communities within Oldham and Tameside. In return, volunteers gain lots of opportunities to meet new people, share their skills and expertise as well as support a cause they care deeply about.

There are lots of ways you can volunteer for Action Together; from being a Miles of Smiles driver, Healthwatch Oldham and Tameside champions, fundraising and event volunteer for our local giving schemes; Tameside 4 Good and Action Oldham Fund or support our Ambition for Ageing Tameside project as a photographer or community

reporter, plus so much more.

To learn more about our opportunities visit www.actiontogether.org.uk/volunteer/search-for-opportunities Alternatively call Lisa or Alishia for more details 0161 339 2345.

Sue Lloyd - Miles of Smiles Volunteer, Action Together

“Volunteering for Miles of Smiles is the best thing you will ever do, better than day time tv! It’s so rewarding knowing you’re helping other people.”

Sue has been a volunteer Miles of Smiles driver with Action Together for over 10 months. She came to Volunteer Centre Tameside because she was looking for something to fill her time.

Following a family bereavement she



had been experiencing some mental health issues and she wanted to volunteer as a way of getting back into the community and improve her health and wellbeing. Sue had never volunteered before and she didn't know what to expect so she came to Volunteer Centre Tameside for some advice.

Following her Volunteer Centre visit Sue decided to become a Miles of Smiles driver. Miles of Smiles is a community transport scheme where our volunteers take people to and from health and wellbeing appointments. Volunteers can use their own cars or they can use our specially adapted VW Caddy. Sue chose to drive the Action Together vehicle and she quickly become a firm favourite with some of our regular passengers.

Sue enjoyed volunteering with Miles of Smiles so much that's she ended up volunteering every day.

Sue commented: "I didn't realise how caring I was and how interested I was in working with people. I found that I was good at listening too, I felt like an agony aunt to the passengers who often don't get to speak to anyone else all day, I felt like I was really helping people."

Sue has since gone on to paid employment where she is able to utilise the skills and experience she gained volunteering with Miles of Smiles in a role that involves supporting and caring for people.

Sue added: "Volunteering for Miles of Smiles has helped me to rebuild my confidence. I enjoy meeting people and talking to others. My friends and family have noted a real difference in me since I started."

Tameside Hospital Voluntary Services

Tameside Hospital Voluntary Service currently has 300 volunteers and 50 League of Friends volunteers who undertake a range of roles across the hospital.

Volunteers play a very important role

in the NHS. They work in a range of settings, provide a variety of services alongside paid staff and are often a key part of patient services.

Karen Eato, the Voluntary Service Manager is responsible for the recruitment and retention of these volunteers and has worked closely with the Volunteer Centre Tameside (for over 10 years) where she receives lots of support and advice.

Karen commented: "I would highly recommend Volunteer Centre Tameside. They know what we are looking for and help to match us up with the right volunteers.

"I know all I have to do is pick up the phone and speak to my friends in the Volunteer Centre and they will help me with whatever problem I have."

Volunteers at Tameside Hospital receive support, training (relevant to each role) and travel expenses are reimbursed. There are lots of ways to get involved which cater a range of skills, interests and motivations, from befriender roles to a snack bar volunteer. To find out more about these roles visits www.actiontogether.org.uk/give-help

You can read more about the volunteer services at Tameside Hospital visit: www.tamesidehospital.nhs.uk/about-us/volunteers.htm.





#StrengthenOthers

Slimmin' without Women

After a successful 2017, Slimmin' without Women is launching its next sessions in January 2018 in Failsworth thanks to support from Ambition for Ageing Oldham and Age UK Oldham.

Run by men for men who want to become more active and lose weight but don't want to go to a mainstream slimming club or join a gym, the sessions offer a friendly and informal space to motivate and inspire each other. Activities include a regular weigh in, peer support and health talks with options to join in activity sessions.

Successes include Paul (pictured left), who joined the group after being turned away from riding elephants in Thailand due to his weight and Jim, 74, who due to his weight loss has been signed off for by his medical consultant and has become a member at his local gym.

Group leader, Phil Brooke and the team have big plans to develop the concept to increase flexibility and numbers of groups in Oldham with plans to have groups in Tameside. This is alongside registering their group as a Community Interest Company (CIC) with support from Action Together's development team.

If you'd like to find out more please contact their Facebook group at www.facebook.com/groups/Slimminwithoutwomencic/about

PHEW!

Physical Health and Emotional Wellbeing! (PHEW!) meet on the first Wednesday of each month from 5.30pm - 7pm at the Anthony Seddon Fund on 12 George Street, Ashton-under-Lyne, OL6 6AQ.

PHEW! is an organisation with charitable objectives that aim to support families with a child/young person who is struggling with physical health problems.

Its members include people with bowel problems, chronic fatigue, migraines, weight problems, epilepsy, asthma, hearing impairments, abdominal pain and other varied illnesses and symptoms. Some people have a diagnosis but people don't need a diagnosis to join us.

It is working towards becoming a charity and it is getting a lot of support from the Anthony Seddon Fund, Stalybridge Big Local Hub and Action Together.

PHEW! activities have included:

- Committee meetings to plan activities

- Activities for the children and parents/friends - crafts, board games, cookery, drama, quizzes, nail art.

- Trips out - trampolining, bowling, meals.

- Fundraising activities - sponsored walk, Xmas craft evening

- Awareness raising - stalls at the Tameside World Suicide Prevention evening and the CCUK family day, talks to schools and children's homes, presentation to paediatricians.

- Talking, eating and drinking (no-one is pressured into taking part in the activities, some of our members just come to have a chat with the others).

In the future, PHEW! hopes that it will grow and become an established charity where children can have access to therapeutic and educational resources, and families no longer feel on their own when they are coping with a child who is experiencing emotional difficulties associated with physical health problems.

For more details call Dr Joy Harris, Clinical Psychologist 07843 132 283 or email tgpheW@gmail.com.

Check out the blog <https://pheWTameside.wordpress.com> or Facebook page: <http://bit.ly/PHEWTameside>.



Funded with Food

Funding Oldham's ideas, one plate at a time.

'Funded with Food' is a crowdfunding event with a difference, aimed at local people with local ideas and funded by the community itself.

There's no long-winded process, all groups need to do to apply is fill in the simple form and four applicants are selected at random to share their idea. They have four minutes to present their idea to the audience by whatever means works for them, a speech, a power point presentation, or even an interpretive dance.

The public, once they've eaten the food prepared by the Real Junk Food, vote and every penny raised on the door goes to the most popular idea. So, if 50 people donate £5 then the winner that night walks away with £250.

At the first event Alex from Chatty Café presented her idea and walked away with £550 plus support from a member of the audience with their website. The Chatty Café Scheme supports cafes to designate a table where customers can sit if they are happy to chat with other customers.

Over in Tameside, Mossley SOUP aims

to bring the community together to promote, fundraise and support local projects that benefit the people of Mossley. Previous Mossley SOUP events have raised between £540 and £670 for the winning projects. At the last event Tots R Us Playgroup gained the most votes and £639.

For a donation of £5, the public receive soup, bread, hear four fantastic project presentations and then vote for their favourite idea.

Mayor of Mossley, Councillor Chris Lyness, said: "The Mossley SOUP events have been very successful. As well as local project presentations, the SOUP evenings have entertainment which has included live music, guest talks and even a dance performance."

If you have a community project then submit a proposal for your chance to present at a future event.

Funded with Food in Oldham: <https://hackoldham.com/fundedwithfood/>

Mossley SOUP: <http://soup.the-vale.co.uk/>

If you want to set something similar up in your area contact our development team on **0161 339 2345** or email: development@actiontogether.org.uk

Community Cash Award

Chadderton & Failsworth's Community Cash Award is open to applications from across the borough of Oldham.

Since 2014, over 200 small voluntary groups across the borough of Oldham have applied for and received financial support from the £350 Community Cash Award. Projects include a beehive at Sholver & Moorside, card making activities at Coalshaw Green Park, days out for Oldham Support Group for Carers in Autism and Spotlight Drama Group's overhead projector.

From January 2018, they are now offering groups the chance to bid for upto £1,000 a quarter.

If you are a local voluntary or community group looking for funding to support positive action in the Oldham Borough please contact Jane Glaysher-White on Tel: 0161 339 2345 or email: janegw@actiontogether.org.uk.



Action Oldham Fund

Action Oldham Fund is part of the Action Together family.

Remedian is set to create a ripple of change with the Action Oldham Fund

Remedian IT has joined Action Oldham Fund as Bronze Business Partners. The computer and server business is adding its support to creating a ripple of change in our community by making Action Oldham Fund its chosen charity this year. The Oldham based company has been providing IT Support to local schools and businesses for 10 years. It wanted to make this year special and give more back to our community.

David Windle, a company director, said: "We are keen to invest in the local community, where many of the schools and business we work with are situated. Becoming a bronze partner allows us to have a greater impact locally and helps us demonstrate our commitment to transforming lives across the borough where our business operate."

Remedian IT's first big fundraising event took place on Saturday 25 November when James, the IT manager, took the plunge with sharks! He completed a sponsored shark dive that raised a few ripples! James said: "It's an honour to be working with Action Oldham Fund. If by diving in a tank full of sharks that are twice the size of me I can make a difference to the lives of people in Oldham, it is the least I can do!"

Spring into Action Ball 2018

On Saturday 17 March 2018 we will be hosting our Spring into Action Ball, the theme will be a fabulous circus spectacular. Tickets include a three course meal, drinks on arrival, table wine and live entertainment. Join us and support Action Oldham Fund.

Tickets are £37.50 each or £350 for a table of 10.

Christians Against Poverty and Ark North West Grant Award

Ark North West and Christians Against Poverty (CAP) Oldham are small groups that work together to help local people.

Ark runs a weekly drop-in for vulnerable people based at the Salt Cellar in Oldham Town Centre. The CAP Oldham Debt Centre provides support for clients with serious debt problems.

The Action Oldham Fund awarded £5,450 for a joint project between Ark and CAP which gave people the confidence and skills they need to survive life on a low income by teaching practical techniques on budgeting, health, wellbeing and relationships. The latest course had 17 people registered. One attendee said: "I'm much more confident in handling my finances and in meeting new people – it has changed my life."

To find out more contact Susan Pownall Tel: 0161 339 2345; Email: susan.pownall@actiontogether.org.

To find out more visit www.actiontogether.org.uk/action-oldham-fund.



Tameside 4 Good

Tameside 4 Good Fifth Birthday Firewalk

Tameside 4 Good is five years old! If you were envisaging cake and a rousing rendition of happy birthday to celebrate, then you would be underestimating us! On Thursday 26 October we held a Fire Walk in Ashton Town Centre. 27 Firewalkers hot footed it over the coals to celebrate five years of Tameside 4 Good, 90 projects funded and 17 small grants to help disadvantaged individuals and more than 150,000 distributed.

We'd like to thank to Pearson Solicitors and Financial Advisers and New Charter for sponsoring this event.

Victoria Marshall took on the challenge from Pearson Solicitors said: "We are keen to support the great work that Tameside 4 Good is doing to help transform the lives of local people. The event took place near our offices, so why not walk 15ft of that across the soft glowing smouldering hot coals!"

Shark Date

On Saturday 25 November, four local fundraisers took part in our sponsored Shark Dive at Blue Planet Aquarium, Ellesmere Port. Candice Southern from Tameside 4 Good, Chris Easton from Tameside Hospital Head of Strategy Development, Kerry Gilham Director of Diamond Decorators and Terri Lovell, Business Development Manager, from Age UK Tameside.

After a two-hour training session which included learning about the various species of sharks, hand signals to communicate with other divers underwater, and scuba diving skills, they experienced their first breaths underwater. All ready for their Shark Date our fearless groups plunged into the pool to meet Bertha the 10ft Sand Tiger Shark resident at the Blue Planet.

Chris Easton said: "Local community groups and organisations are a vital part of building strong, healthy communities. The support Tameside 4 Good provides to these groups is

invaluable, so offering myself up as lunch to some enormous sharks seemed like a natural thing to do. That said, whilst being a bit nervous the experience was awesome!"

Tameside Toy Appeal and Dress Up Silly 4 Santa

Over 70 businesses, schools and community groups took part in the Tameside Christmas Toy Appeal, to make this Christmas one to remember for Tameside children living in poverty. Many organisations also wore their Christmas gear for a day of fun and to raise money for Tameside 4 Good grants. Tameside Midwifery Service picked up these comments from mums and dads. "Thank you so much I was so worried because I had no money."

"I didn't know what I was going to do, a massive help."

To find out more contact Candice Tel: **0161 339 2345**; Email: candice.southern@actiontogether.org

www.actiontogether.org.uk/tameside-4-good.



Developing Community Action

The Edge

Residents in the Coldhurst area of Oldham recently expressed an interest in running a children's art group from a seldom used community centre run by First Choice Homes Oldham. Action Together helped the residents with their plans and to draw up a constitution for an unincorporated association.

The group is now exploring how it can deliver projects that will get the whole community working together and reduce social isolation, improve health and wellbeing and put pride into the area.

Members of the group have attended training sessions including 'developing a funding strategy' and 'how to write funding applications'. It is currently looking at start-up funding.

If you need support developing a project, contact the development team on **0161 339 2345** or development@actiontogether.org.uk.

Local Giving Schemes

Action Together runs two charity initiatives, Action Oldham Fund and Tameside 4 Good, to improve lives in

Oldham and Tameside.

Action Oldham Fund and Tameside 4 Good, in the past five years, have distributed more than half a million pounds to help turn ideas into reality. This year alone, with help from The Stoller Charitable Trust and the Holroyd Foundation, over £100,000 has funded:

- teaching English to speakers of other languages and employability training for people new to the borough
- tackled social isolation for adults with learning disabilities
- a trip during the summer holiday for families with autistic children to alleviate the stress and anxiety

If you have an idea for a group or project to help residents visit www.actiontogether.org.uk/find-funding.

Manchester Digital Laboratory (Mad Lab)

Being online is increasingly part of everyday life, and can be a valuable and important tool for children to use in learning and communication.

Children have access to computers through schools, libraries and at

home, so it's important that parents and carers understand the risks of being online, and how to protect their child against these risks.

Manchester Digital Laboratory is a not-for-profit grassroots digital innovation organisation. It is running free online safety talks and workshops across Tameside in partnership with Tameside Council.

Session 1

An introduction to the dangers of being online, with practical advice on how to keep your child safe, and where to go for further support.

Session 2

A practical session with hands-on guidance for implementing parental guidance techniques. Bring your own device (laptop, mobile phone or tablet). Participants must have attended Session 1 in order to book onto Session 2.

Each session is one hour long. If your organisation or group would be interested in hosting a Mad Lab session, please contact **Dawn Acton** on Tel: **0161 339 2345** or Email: dawn.acton@actiontogether.org.uk.



Healthwatch Oldham

Healthwatch Oldham Forums

The Healthwatch Oldham forums are held quarterly and look at different health and social care topics.

The 2017 forums focussed on 'Low Mood, Anxiety and Depression' and 'Type 2 Diabetes'. The forums always have a diverse range of health and wellbeing stalls, taster sessions and demonstrations which link in and provide people with an opportunity to find out more, try something new and ask questions in a relaxed informal environment away from a clinical setting.

The forums are held in different areas of Oldham and always use community venues. They are a great way to let people know about different health and social care updates, and to find out what is available to Oldham residents which enables people to make informed choices for themselves and / or a family member. There is no pressure, it's a great way for people to find out about services and have a chat with staff from a range of services and it's also good for services to get feedback from local people.

In 2017 Healthwatch Oldham held two targeted forums on type 2 diabetes as this is a health subject of importance in Oldham and there is a higher prevalence within Black, Asian and Minority Ethnic communities in Oldham.

The first was held in July in Glodwick which is a predominantly Pakistani community and then in November in Westwood which is predominantly a Bangladeshi community. Although targeted, the Healthwatch Oldham forums are open to all.

Both forums have been well received, highlights include:

- Diabetes presentation in Urdu and Bangla from Oldham Community Diabetes team which generated lots of interesting discussions
- Health walk demonstration
- Healthy cooking demonstrations
- The Diabetes Prevention team undertaking a total of 28 Diabetes screens at November event
- Health and wellbeing services felt that it had been great engagement opportunity to promote and raise awareness to

harder to reach groups.

- 50 local people attended the Glodwick based event in July and 80 local people attended the Westwood based event in November

The first Healthwatch Oldham forum of 2018 is on Friday 26 January at Oldham Sports Centre. The health and wellbeing event is a great opportunity for people to get updates and information from local health and care services and to provide relevant feedback on recent experiences of these services.

An outdoor forum in Alexandra park aimed at families and encouraging intergenerational participation is set to take place in June. This will offer a wide range of information about local health and social care services taster sessions and presentations.

Targeted forums are set to focus on low mood, anxiety and depression, women's health, and men's health.

If you would like more information about future forums, please contact Gaynor Keane Tel: 0161 622 5700; Email: gaynor.keane@healthwatcholdham.co.uk.



Ambition for Ageing Oldham

Action Together jointly delivers Ambition for Ageing Oldham and Ambition for Ageing Tameside with Age UK Oldham and Tameside which aim to reduce social isolation in the over 50's population through targeted asset based community development approaches.

Fun Palaces Landed in Oldham

Fun Palaces is a movement promoting community at the heart of culture, with an annual celebration of arts and science action created by, for and with local people. This year Ambition for Ageing Oldham joined forces with Oldham Libraries to set up a 'Fun Palace' at Failsworth Library.

Fun Palaces brings together people from across a community, by hosting an event where groups and individuals can showcase and share their skills with the general public.

The project asked its over 50's networks if they had skills in arts or craft related activities. If they did have skills would they like to share their talents with others in their community.

The skills included photography, painting (oils, watercolours and acrylics), pyrography, knitting, crocheting, doll making, polymer flower making, victorian dressmaking; adult colouring, cross-stitching; and needle-felting.

The group successfully managed to get a large number of people into relatively small spaces, and encouraged them to share positive experiences. This was achieved by getting various groups and individuals together from across Failsworth West – including some individuals who were quite isolated, and reluctant to become part of the event.

The group encouraged positive interaction between the various groups, consideration was given to placing each group alongside someone with different skills, and with whom they were not acquainted. This enabled some skill sharing between exhibitors, and thus breaking down any barriers.

It allowed for around 20 members of the 'over 50' community to come together under one roof to share their skills, not only with the general public (which had an intergenerational

aspect) but with each other. This situation also presented the opportunity for individuals to be introduced to existing group tailored for the over 50 population across Failsworth.

The event made exhibitors feel valued – mostly by the fact that someone had taken an interest in their skills. The event also acted as a springboard for a much larger event Ambition for Ageing Oldham is planning with the over 50's, called Failsworth's Got Talent! This event is planned for March 2018, and the team already has many over 50s groups lined up for it. This has created some enthusiasm, and people have something to look forward too in the spring.

The project has led to new groups being formed, such as Colourful Creations, and increased 'membership' to other groups such as the Broadbent Luncheon Club.

Please contact [Martin Morris](mailto:martin.morris@actiontogether.org.uk) for more information about how Ambition for Ageing Oldham can help you on Tel [0161 339 2345](tel:01613392345) or Email: martin.morris@actiontogether.org.uk. Alternatively, visit www.actiontogether.org.uk/ambition-ageing-oldham.



Ambition for Ageing Tameside

Action Together works with Age UK Tameside to deliver Ambition for Ageing Tameside.

Ambition for Ageing Tameside is a programme funded by the Big Lottery which aims to work alongside the local community to help make Ashton Waterloo, Denton South and Newton Hyde a more age friendly place to live and work. You may have seen our newsletter or attended one of our events.

We have money for each local area to invest in your good ideas. You can ask for up to £2,000 to make your age-friendly idea a reality.

If your idea costs a little more than £2,000, please get in touch with us. The Greater Manchester Programme Board can authorise slightly larger amounts or we could signpost you to other sources of funding.

Our Age Friendly Project Group make the decisions about what to invest in. This group is made up of people aged 50+ and professionals who work with people aged 50+.

Over the last 12 months we have invested in lots of great ideas and activities. We have invested in dementia friendly signage in a community centre, modern sequence dance lessons, three singles events and many more projects that will get people aged 50 + out and about and living in a community that is more age friendly.

Who Can Apply

Individuals, groups of friends or neighbours, community groups, registered charities, social enterprises or businesses can apply. If you are from a group we will need to discuss with you how the investment will work, depending on whether you are a formally constituted group.

We are looking for ideas about how you can:

- Make your area more 'age friendly'.
- Create more things to do in your area for people aged 50+.
- Bring together different generations or communities.

- Reduce social isolation.
- Work together to try new ways of doing things.
- Involve people aged 50+ in your idea.
- Build on the skills, knowledge, experience and confidence of people aged 50+ in these areas.
- Make your idea sustainable so it can carry on after the investment has been spent.

You can ask for investment to go towards a range of costs including running activities, paying for equipment or training, promoting your idea or improving the environment you live or work in.

We can help you complete the investment application.

Please contact [Rebecca Kershaw](mailto:Rebecca.Kershaw@actiontogether.org.uk) for more information about how we can help you on [0161 339 2345](tel:01613392345). Alternatively, visit www.actiontogether.org.uk/ambition-ageing-tameside.



Self-Care

Self-Care Alliance

Action Together is leading the development of a Self-Care Alliance along with Tameside and Glossop Integrated Care Foundation Trust. There is a current shift in the way in which services are being both commissioned and delivered. It is moving away from a more clinical model and towards an approach which is person centred, localised, community led, with a recognition of the wider determinants that impact on health and wellbeing. The Self-Care Alliance aims to promote a new relationship with health services, people and communities. Bringing together voluntary and statutory partners in equal partnership to drive strategies and embed self-care approaches across the communities in Tameside and Glossop.

An initial event was held in Tameside in July 2017 which was well attended by a wide range of voluntary and statutory sector organisations and a further meeting was held in Glossop where we gathered the thoughts, ideas and views about what self-care is and how this should look in Tameside and Glossop. This has been

collated and used to develop some tangible themes and ideas which were explored in detail at a further event in Tameside in December. This event aimed to finalise and agree a vision statement for the alliance, and to start developing three interest groups who will lead on shaping the work moving forward, these are:

1. Community Training / Developing People / Staff / Volunteers
2. Communications, Marketing and Social Media Plan
3. Community Engagement

These groups will meet monthly starting January 2018 and will really start to shape the design and delivery of the Self-Care Alliance. We are hoping that these groups will have a wide range of partners involved who can all bring different experiences, knowledge and skills.

To find out more, please contact **Rachel Lord** on Tel: **0161 339 2345** or Email: rachel.lord@actiontogether.org.uk.

Tameside's 'Self-Care Programme' is up and running!

Bringing together three elements: social prescribing - linking people with long term conditions to non-medical support that enables them to improve their wellbeing; asset based approaches - building the capacity and resilience of local people and agencies to improve their local community together; and investment in the voluntary, community and social enterprise sector through a series of opportunities large and small that support the programme.

The team are in place, the paperwork is ready to go, and the grants are being developed (with input from local voluntary, community and social enterprise groups). If you are interested in finding out more, and getting a place on the preferred provider list for opportunities, please contact **Suzanne Vincent**, Commissioning and Development Officer for the Self-Care programme on **0161 339 2345** or suzanne.vincent@actiontogether.org.uk.