

Ambition for Ageing Tameside works with people from all communities in Denton South, Ashton Waterloo and Newton Hyde to improve the lives of over 50's.



ambition
for
ageing



An Autumn Scene-Arts For Health-Denton South

Welcome to our autumn newsletter.

It's been a busy summer and we have enjoyed getting out and about meeting new people. We are pleased to report that we have invested in more groups so they can develop and provide activities for people aged 50 plus to socially engage and to feel involved.

There are lots of activities coming up over the coming weeks and we will be focussing on the following:

- Working with businesses and groups to make them more dementia friendly.
- The Shed will be setting up pop up workshops in our areas.
- A monthly social night is starting for LGBT women
- A social group in Ashton Waterloo will become published author's as they complete their first book!
- We are offering free First Aid Training and Food Hygiene Training. *(If you are interested please contact us to register and we will confirm dates and times with you).*

Following the success of our singles nights, we have a group of enthusiastic volunteer organisers who will be bringing you the next Singles Event on Thursday 26th October 7.30-11.30pm at the Broadoak Hotel, 69 Broadoak Rd, Ashton-under-Lyne OL6 8QD. To book your free place call Ruth or Sandra on 0161 339 2345 or you can book directly online at <https://tinyurl.com/singlestameside>.

Do you live in Haughton Green and would like to help us make it a more age-friendly place to live? If so we are looking to get more people involved in the Denton South steering group. If you are interested we would ask that you give us approximately 2 hours of your time once a month to attend meetings and to become involved to help older people live more fulfilling lives.

We hope that you find this newsletter interesting and a big thank you to everyone who has contributed to this edition. If you would like to help put this newsletter together please let us know, we are always looking for contributors and volunteer writers!

For more information about the work we do with socially isolated people and community groups please contact Ruth or Sandra on 0161 339 2345.

Ambition for Ageing-New member of the team.

Hi, my name is Becky Kershaw. I have recently joined the Ambition for Ageing team. I have worked with older people for last 15 Years, the last four years of which has been in the voluntary sector.

I am looking forward to getting out and about in the community, meeting groups and individuals.

Ambition for Ageing is a very exciting project for me, working with older people in neighbourhoods to create age friendly communities and reduce social isolation. Please say "Hi" if you see me out and about!

If you would like to meet up with me either as a group or as an individual to tell me more about your local area and the good work that is happening please contact me

0161 339 2345 or email: rebecca.kershaw@actiontogether.org.uk



Action Together Website-Mapping your assets.



Earlier this year Action Together launched the new website: www.actiontogether.org.uk
There is a lot of information about the work we do across Tameside and Oldham.

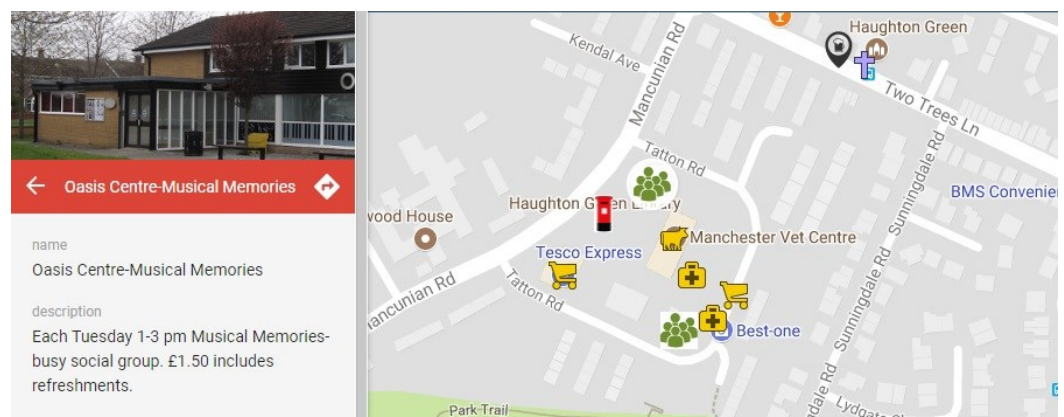
We also have a page dedicated to Ambition for Ageing which you can find by clicking the icon at the bottom of the home page (as shown here).



When you have reached the page scroll down and you will find maps for each of the three wards we work across Ashton Waterloo, Newton Hyde and Denton South.

Each area has icons that you can click on to reveal where and what activities are taking place

for the over 50's. Like this example of the Musical Memories at the Oasis Centre on the Denton South map.



We are really interested in meeting people who may wish to become involved in helping us find these assets in the local community.

This could be by taking photo's of age friendly places, sending us information about a group, activity or meeting in your area. Tell us about the assets you have found for the over 50's in the local area.

Please contact us to find out how you can get involved in Ambition for Ageing Tameside on 0161 339 2345.

“It’s difficult to start something if it isn’t there.”

Alan Fish
(still trying to retire)



This summer Richmond Street Community Centre was formally opened by the Mayor and now is finally open for business! The centre is located on Richmond Street next to Curzon Ashton FC in Ashton Waterloo.

Sandra caught up with Alan Fish who has been volunteering with Ken Marks over the last four years to see this centre come to life. It’s been a long road to travel.

He explains his motivation “ The impact of a community centre is a great resource for the local community and surrounding area. I believe that there are at least 1,700 over 50's of which almost 500 are single in the local community who need a place to socialise, meet new friends, do activities and to feel part of this community.”

He goes on to explain how Ambition for Ageing Tameside has supported the centre.

“Ambition for Ageing has supported us and made great improvements to the centre not only by making it more accessible for people with mobility issues, making it more dementia friendly by installing signage but also by hosting community events and meetings that the local community has attended, which is reducing social isolation.”

Sandra asked Alan ‘Now that the centre is open and ready to welcome people what are his hopes?’

“What we want is for this to be a true community centre serving the local community. This could mean being the focal point for groups, for meeting new friends, for providing services such as welfare rights, through to hiring rooms for family parties. Whatever the community wants.”

If you would like to find out more about booking Richmond Street Community Centre, please contact: Phone: Ken Marks on 07930 389 877 or Email: kenneth.marks@sky.com.

Connecting a community– The Haughton Green Centre

The Haughton Green Centre is located at the heart of the community on Tatton Road in Denton South. The Centre was founded by Margaret Downs who still volunteers with a small group of people such as Beryl Coppock. These women have over 60 years of volunteering between them. Sandra went along to see Beryl to find out what motivated her to give up her time to run the centre. Beryl gives an insight:

“The centre is for the local community. We work mainly with the older residents but have things for all ages. It’s a hub, a central place of contact. People come here to socialise but also to ask for information on a range of things. We are always looking to grow the centre, I am passionate about this.”



Beryl Coppock

The centre has also benefitted from working with Ambition for Ageing Tameside. Beryl explains: “Thanks to Ambition for Ageing we have started a knitting and craft group which has been a great success. People come to chat, meet new friends and get to know their neighbours, it’s a vibrant and busy group. We all have a responsibility to help to bring people together who may feel lonely or isolated. We now want to grow and develop from this, and start running afternoon tea’s, watch this space!”

Beryl’s passion is hard to ignore and she ends our chat by calling out to people who may have some spare time to volunteer. “We want to work more in the community, to make it a better place to live, this is our commitment and we hope we can attract more people to volunteer to help us continue to make a difference.

Arts for Health meet at the Centre each Monday from 1pm-3pm. Terry Spencer is one of the organisers of the group.

“As you can see we are a proactive and friendly group for people interested in art. We all try to support and encourage creative talent in anyone who comes along to the group, when I first came I couldn’t draw”

Along with developing individual’s creative talents Terry explains that the group is far more a peer led art class.

“One of our aims is to get people to meet up, have a chat and speak to other people, that’s a really important function of this group”.

John a group member adds.

“Coming here gives me an opportunity to socialise, have a laugh and speak to other people and not to be stuck inside in front of the TV all day”.

Terry concludes with his thoughts on the benefits of getting out and about in the community.

“We feel that coming here opens up other things for people to do. A lot of our members now attend other activities and have encouraged each other to try things like Zumba, walking groups, crafts and dancing. The more we do the better we feel.”

The Haughton Green Centre is a lively place to socialise and to get information. It also provides rooms for groups. If you would like to find out more please contact the centre directly on 0161 336 1905 and look at the ‘What’s On’ Denton South section of this newsletter.





Jane Massam-Operation Farm

Operation Farm is running Growing Together, a community gardening project (supported by the Health Lottery) for people living in central Hyde who are over 55 years of age. Their aim is grow organic vegetables and fruits for community use. Sandra went along to meet with Jane and the volunteers.



Jane Massam from Operation Farm explains “Our aim is to create a relaxed, socially engaging environment where we can share existing skills and learn new ones. People who come along can play an active part in how the allotment develops, stay more active and become more engaged in their local community. The project is focussed at people who are over 55 but we welcome anyone coming along.”

Operation Farm is looking for volunteers who have an interest in developing the allotment. All equipment is provided and as Sandra found out they even have a kettle to make a good brew!

Sessions take place every Tuesday 10am-2pm. Please call Anna or Jane on 07521 308 000 who will arrange to meet you at the allotment.

Keep your can ring pulls!-Soroptimists need them

Soroptimists in Ashton-under-Lyne have a very good reputation for collecting things so when the club heard about a project which collected ring pulls from drinks cans which are then made into jewellery and handbags by disadvantaged women in the UK and in the Philippines, they thought this is a job for them.

The Charity is known as “The Purple Community Fund” and is run by Jane Walker in Southampton. The aim is to help socially disadvantaged women go forward in their lives with renewed confidence, self-esteem, and with the ability to work and earn money so they can look after themselves and their families.

Over 12,000 ring pulls have been collected so far and the jewellery and handbags which have been made from the ring pulls have been sold to local women. They are also working closely with the voluntary sector, to get the message across to other organisations in the borough, via Action Together



For more information please contact:

Email: soroptimistashton@gmail.com or website: www.sigbi.org/ashton-under-lyne

Dementia Friends Sessions-We are coming to your area.

I'm a
Dementia Friends
Champion

All the staff at Ambition for Ageing Tameside have undergone Dementia Champions Awareness and can now deliver Dementia Friends Sessions.

The sessions last for about 1 hour and by the end of it you will have more of an understanding of how Dementia could affect somebody and how you can help somebody who is experiencing Dementia.



We will be booking sessions in Denton South, Waterloo Ashton and Newton Hyde in November/December. So please keep your eyes out for the dates!

If you would like to participate in a session then please contact Ruth or Sandra on 0161 339 2345.

Age UK Tameside

Age UK Tameside provides a range of services to support older people to remain well, active and independent for as long as possible.

Our vision is for people to have choice and control in later life so that they can live the life they choose.

Day Support at our Independent Living Centre

The at home surroundings are the ideal setting for you or a loved one to spend your day if in need of a little bit of support and company.



Community Support Service

The Community Support Team will assess your needs and requirements and work with you to develop a focused plan based on your individual needs.

Information & Advice Service

Assistance with welfare benefits, homelessness, housing problems, financial issues associated with approaching retirement, consumer issues and legal advice.

Best Foot Forward

Best Foot Forward has a range of activities to suit all abilities, with the goal of keeping local people aged 50+ active and independent.

Wellbeing Café Dementia Support Group

A weekly drop-in session where you can relax and talk about shared experiences, meet others who are also living with or caring for someone with dementia.

Call us on 0161 308 5000

Email us on info@ageuktameside.com

Visit us at 131 Katherine Street, Ashton OL6 7AW

Tameside Arts-Two new projects in Newton



Following on from their successful arts based projects, Alex from Tameside Arts, reveals two new exciting projects for the over 50's in Newton, Hyde.

Dementia Café Project

From November this project will provide some fantastic opportunities for people over 50 who want to either enjoy a café atmosphere or develop catering skills by working in the café. We will also be offering a range of other arts activities so why not pop along?

The café and activities will be available on Tuesday and Thursday at The Jigsaw Centre, Rosemount Methodist Church, Bennett St, Hyde. We will aim to attract people with Dementia and their carers and anyone with additional needs aged over 50 looking for a friendly place to come and have hot drinks and quality, good value food. All are welcome!



St Marys Friendship Group

Group members meet each Tuesday at St Mary's Church on Talbot Road, Newton. From January 9th we will be joining them for 27 weeks to provide a wide range of activities and entertainment including ballroom dancing, crafts, storytelling and funny poetry, African drumming, Lancashire sayings/dialect, drama, cooking and the eating of *not too hot* Asian food!

For more information about any of these projects please contact:

Phone: Alex on 0161 368 3422

Email alex@tamesideartsLtd.co.uk

Calling all businesses in Newton!



- Are you a small business in Newton Hyde?
- Do you want to support your local community at no cost to your business?
- Do you want to improve your customer service?
- Would you benefit from financial support to make your business more Dementia Friendly?
- Will you join us to make Newton a more dementia friendly place to live?
- If you have answered YES we would very much like to speak to you.

Research shows that: "33% of people think that shops and local businesses would benefit in areas where people with dementia were supported to be more involved in their local community" *Becoming a dementia-friendly retailer: A practical guide, Alzheimer's Society.*

Earlier this year we made a commitment to working with over 50 businesses in our target areas to make them more dementia friendly. Starting in Newton, Hyde we are looking to work with small businesses to raise dementia awareness and become more age friendly.

Alongside delivering dementia friends awareness sessions , we also have investments which will help the business environment to become more dementia friendly. This could mean dementia friendly signage in your shop, a rest chair for customers, improved lighting etc.

For more information about how we can support you please contact the team on

Phone: 0161 339 2345. or

Email: rebecca.kershaw@actiontogether.org.uk.

What's on in Denton South



KNITTING & CRAFTS

Haughton Green Centre Chat and Craft Group
Haughton Green Centre, Tatton Road, Denton M34 7PH
Each Tuesday 1.30-3.30pm
Please contact staff at the centre on 0161 336 1905

£Free



ARTS

Haughton Green Centre Arts for Health
Haughton Green Centre Tatton Road, Denton M34 7PH
Each Monday 1-3pm
Please contact staff at the centre on 0161 336 1905

£Free



READING

Haughton Green Centre Reading Group
Haughton Green Centre Tatton Road, Denton M34 7PH
Each Wednesday 10-11.30am
Please contact staff at the centre on 0161 336 1905

£Free



STRENGTH & BALANCE

Age UK Strength and Balance Exercise
Haughton Green Centre Tatton Road, Denton M34 7PH
Each Wednesday 10-12noon
Please contact Tina Duckworth on 0161 308 5000

£Free



TAI CHI

Haughton Green Methodist Church Tai Chi Class
Two Tree's Lane, Denton M34 7AJ
Each Thursday 11-12 noon
Please contact Janet Sykes on 01457 239 647

£2.00



WALK & TALK

Denton Walk and Talk
Denton Pool, Victoria Street Each Tuesday at 10am
Millgate Medical Practice. Manchester Road
Each Monday 10am
Please contact Shaun Vickers on 07739 094 831

£Free



KURLING

Yew Tree Community Centre
Circular Road, Denton M34 6EY
Each Tuesday 2-3pm
Please contact Shaun Vickers on 07739 094 831

£Free



WALKING FOOTBALL

Tameside Striders-Walking Football
Denton Youth FC, King Street, Denton
Each Tuesday 10-12 noon
**Please contact Alan Richards on 07387 174 934 or email
alan@tamesidestriderswalkingfootball.org.uk**

£3.00



MUSIC & QUIZ

Musical Memories Social Group
Oasis Centre, Tatton Road Denton M34 7NP
Each Tuesday 1-3PM
Please contact Mike on 07940 220 495

£1.50 (inc refreshments)

What's on in Waterloo



**KURLING/
DARTS/
SKITTLES/
GAMES**

The Waterloo Wednesday Club
Waterloo Methodist Church
Each Wednesday 10-12noon
Please contact Sue Webster on 07803 506 053

£2.50 (inc refreshments)



TAI CHI

Joseph Jennings Court-Tai Chi for Health
Downshaw Road, Ashton OL7 9PP
Each Thursday 2-3pm
Please contact Sherri on 0370 192 4706

£Free



DANCING

Joseph Jennings Court-Modern Sequence Dance Class
Downshaw Road, Ashton OL7 9PP
Each Monday 1.30-3.30pm
Please contact Sherri on 0370 192 4706

£Free



GARDENS

Waterloo Park Community Garden
Store Street, Waterloo OL79 QA
Volunteers wanted for community allotment & gardens
Please contact David Reed on 07928 491 140

Voluntary



**CROWN
GREEN
BOWLING**

Waterloo Park Community Centre-Bowling
Store Street, Waterloo OL79 QA
Each Tuesday & Friday 1-4pm
Please contact Dawn Jones on 07941 207 828

£Free



**KNITTING &
CRAFTS**

Waterloo Park Community Centre-Knit and Natter
Store Street, Waterloo OL79 QA
Each Friday 10-12noon
Please contact Dawn Jones on 07941 207 828

£Free



**MONTHLY
MEAL
CLUB**

Waterloo Park Community Centre-Meal Club
Store Street, Waterloo OL79 QA
Please contact Dawn Jones on 07941 207 828
for meal dates through the Autumn/Winter

£2.50



KURLING

Richmond Street Community Centre
Richmond Street, Ashton OL7 9HG
Each Wednesday 2-3pm
Please contact Sean Vickers on 07903 265 524

£Free



**BACK ON
YOUR BIKE
TRAFFIC
FREE
CYCLING!**

Tameside Cycle Track (equipment provided)
Richmond Street, Ashton OL7 9HG
Each Friday 10-12pm
Please contact Sean Vickers on 07903 265 524

£Free



**ADAPTED
BACK ON
YOUR BIKE**

Tameside Cycle Track (adapted equipment provided)
Richmond Street, Ashton OL7 9HG
Each Friday 10-12pm and Saturday 1-3pm
Please contact Sean Vickers on 07903 265 524

£Free

What's on in Newton Hyde

	BRUNCH & CRAFT	Newton Residents Group 35 Acresfield Road, Hyde Each Tuesday 11.30-2.30pm Please contact Debra Boyd on 0795 663 8921	£3.00(including meal)
	GARDEN CLUB	Newton Residents Group 35 Acresfield Road, Hyde Open most days, volunteers wanted. Please contact Joe Cocks on 0161 882 9896	Voluntary
	WALK & TALK	Hyde Park Walk and Talk Hyde Park Café Each Wednesday at 12.30pm Please contact Shaun Higgins on 07739 094 831	£Free
	INDOOR CARPET BOWLING	Cranbrook Gardens Residents Association Community Room, 52 Cranbrook Gardens Every other Wednesday 1-3pm Please contact Derek on 0161 344 1541 or Dave on 0777 344 5194	£Free
	SUPPORT GROUP	Cancer Warriors-Support Group The Grafton Centre Every 4th Monday in month 11am-1pm Contact Derek Evans 07533 915 061 or email cancerwarriors@mail.com	£Free
	INSTICHES KNITTING GROUP	Rosemount Methodist Church Bennett Street, Hyde SK144SS Each Friday 12.30-2pm Please contact Ruth on 0161 339 2345	£Free
	FRIENDSHIP GROUP	St Mary's Parish Hall-Friendship Group Talbot Road, Hyde Each Tuesday 1.30-3.30pm See the article on page 7 for more details! Please contact Shelia on 01457 513 583	£2.00 (inc refreshments)
	BEGINNERS DANCE	Jigsaw Centre at Rosemount Methodist Church 112 Bennet Street, Hyde SK14 4SS Each Tuesday and Thursday 10-11am Please contact Tameside Arts 0161 368 3422	£2.50
	Dementia Cafe	Jigsaw Centre at Rosemount Methodist Church 112 Bennet Street, Hyde SK14 4SS Each Tuesday and Thursday– 10am-1pm (from November) Please contact Tameside Arts on 0161 368 3422	£Various
	BOWLING	Hyde Bowling Club Hyde Park, Park Road Hyde Times and days vary. Please contact Sandra or David on 0161 368 5464	£Free

The Grafton Centre-In the heart of Hyde

	Monday	Keep Fit	10.30-10.45am
		Health Walk	10.30-11.30am
		Bingo	1.30-3.30pm
		Line Dancing	1.30-2.30pm
	Tuesday	Tameside Voices	4-5.30pm
		Tai Chi	9.55-10.40am
		Zumba	10.45-11.30am
		Indoor Bowling	1.30-3.30pm
	Wednesday	Hyde Writers Group	1-3pm
		Exercise for Fun	10.30-11.30am
		Sequence Dancing	1.30-3.30pm
		Chit-Chat	1.30-3.30pm
	Thursday	Bloco Mente Drumming Group	7-9pm
		Sing for Fun	10.30-11.30am
		Line Dancing	10-11.30am
		Bridge Club	1-3.30pm
	Friday	Art Workshop	1.30-3.30pm
		Armchair Exercise	10.15-11am
		Drama	1.30-3.15pm
		Tameside Voices	1.30-3pm

This is just a sample of what the centre offers. The cost of activities varies from £1.50 to £2.50. The cafe serves hot drinks, toast and light snacks from 10.30am each day. Hot meals are served from 12 noon. The centre is open Monday to Friday from 9.30am to 4pm. To find out more contact:

Phone: 0161 368 4110.

The Grafton Centre, Grafton Street, Hyde SK14 2AX

Gaynor Hannon-The Grafton Centre Manager

Gaynor Hannon is looking for volunteers to help at The Grafton Centre.

Gaynor explains that there are various roles available.

“We are looking for people who can assist in the general upkeep of the centre, to help in the kitchen to assist the cook to help prepare snacks and meals for our Bistro”.

Sandra asked Gaynor what skills people would need?

“Just to be willing to get stuck in and help our existing team, be friendly to people, be helpful and kind, chat to new members who may look a little lost and make them feel welcome. Be physically able to put up tables and put out chairs. Our mission is to care about others in our community and support them”.

If you have free time and would like to volunteer please contact:

Gaynor on 0161 368 4110.



Gaynor Hannon

You are not alone-Cancer Warriors



Sandra and Ruth went along to the launch of the Cancer Warriors, a support group, and met with organisers, Derrick, Steph and Andrew. They explained what the group is about:

“We are here for anybody affected by a cancer diagnosis, this could be the person, their family, their friends, we understand the issues. We all have direct experience of either our own cancer diagnosis or of someone we love. This support group is a non-referred service in a non-clinical environment. We provide peer to peer support, welcome people to talk and share experiences in a safe space”.



Sandra asked what someone could expect from coming to the group?

“You can expect a warm welcome in a relaxed atmosphere, with people who know how you are feeling. You can have a coffee and cake, a chat, have a therapy session if you like, such as an oncology massage, or you can take part in craft activities it's up to you. It's about feeling normal again and getting control back of your life”.

The Cancer Warriors are at The Grafton Centre every fourth Monday of the month 11am-1pm. For more information please contact:

Derrick Evans on 07533 915 061 or email: cancerwarriors@mail.com

Christmas is coming !



We are approaching that time of year when everybody is celebrating Christmas. If you have any events planned and would like to share them then please let us know.

We are planning to put out a Christmas calendar of events towards the end of November and would love to hear what you have got planned.

If you need to talk to us about an idea you would like us to invest in, then please give us a call on 0161 339 2345.

Want to get more involved with us?

We are always looking for people to become more involved with Ambition for Ageing Tameside. We are looking for:

- People who want to start up a group
- New volunteer's doing a variety of roles
- Steering Group Members
- Equality Group Members

If you would like to support us and get involved please contact Ruth or Sandra for more information.

Ruth Madden-ruth.madden@actiontogether.org.uk

Sandra Jackson-sandra.jackson@actiontogether.org.uk

Tel: 0161 339 2345

Ambition For Ageing Tameside is part the Action Together family.

Action Together 95-97 Penny Meadow, Ashton OL6 6EP

