



# Oldham and Tameside News

Edition Two | Autumn 2017



Improving lives in

Oldham and Tameside

together



Action Together  
95-97 Penny Meadow  
Ashton-under-Lyne  
OL6 6EP

Tel: 0161 339 2345

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



# #BelieveItsPossible

Hello and welcome to Action Together's newsletter that features all of our latest research, projects and news in Oldham and Tameside.

Action Together commissioned the [State of the Voluntary, Community, Social Enterprise \(VCSE\) Sector 2017](#) research with Sheffield Hallam to gather insight into how VCSE activity in Oldham and Tameside is changing. The results showed the breath of activity, highlighted the impact of the sectors work and identified areas for collective action. The findings also helped Action Together understand the support we need to provide and the external factors that will affect the sector's sustainability.

## 2,398 organisations in the VCSE sector in Oldham and Tameside

Action Together strives to build dynamic and strong communities in Oldham and Tameside. We are in a time of immense political, system and structural change with increasing inequalities and levels of poverty. From this research it is clear that the need for our work and that of the VCSE sector is as critical as ever.

## 3.3 million interventions with clients, users or beneficiaries

At Action Together we believe local people have the power to improve lives and communities, particularly through collective action. It's evident from this research that Oldham and Tameside have active and vibrant communities and a strong base for community action.

We know that local people, with the support of community organisations, can affect meaningful changes and we're committed to doing all we can to help and support this.

## 71,000 people volunteering their time to benefit others

Of significant concern and a call to action for Action Together is the fact that sustainability for many groups and organisations continues to be a major challenge. More groups and organisations are using their reserves



# How can we help?

Welcome to our first Oldham and Tameside newsletter as Action Together. We've celebrated our first birthday and had many successes in the first 12 months of Action Together.

## Contact us

Our main contact number is 0161 339 2345.

We've launched our new website [www.actiontogether.org.uk](http://www.actiontogether.org.uk).

Our email addresses follow the pattern [firstname.surname@actiontogether.org.uk](mailto:firstname.surname@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.

Opening times:

Monday - Friday, 9.30am-4.30pm,

Please call ahead if there's someone specific you want to see.

## The Teams

### Central Support

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

### Partnerships

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

### Active Communities

Encourages and supports people in their community to become more active through giving their time, skills and expertise.

### Healthwatch

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

### Development

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

to ensure that services run, people are supported and change happens in communities.

We can help if your organisation needs support or advice. Please contact our teams.

**£110.6 million** contributed to the economy by paid employees of Oldham and Tameside VCSE sector organisations

Finally, we'd like to say a big thank you to everyone that completed the survey and all those involved in supporting us and the VCSE sectors in Oldham and Tameside.

You can view the full reports at [www.actiontogether.org.uk/StateoftheSector2017](http://www.actiontogether.org.uk/StateoftheSector2017)

Liz Windsor-Welsh, Chief Executive

Action Together



# Supporting local volunteering



# together

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

We offer **support, information and guidance** to Oldham and Tameside residents on a wide range of volunteering opportunities.

We are a volunteer brokerage service that helps organisations in Oldham and Tameside find volunteers. We work with hundreds of voluntary, community and charitable organisations in Oldham and

Tameside to deliver a one stop shop of local volunteering opportunities.

We have developed a new way of **recruiting volunteers** to your organisation. Come along to one of our information sessions to find out how you can attract volunteers through the Action Together website [www.actiontogether.org.uk](http://www.actiontogether.org.uk).

**Volunteer managers** are able to upload volunteer opportunities directly to the website and to manage them, ensuring that potential volunteers get the most up-to-date

information about your organisation.

We are running a series of information sessions and inviting volunteer managers to come along and receive hands on, practical support from the team. We will also help you think about how to write a winning role description to grab the attention of those potential volunteers.

If you would like to discuss your volunteering needs call Sian Goodwin on **0161 339 2345** or email [sian.goodwin@actiontogether.org.uk](mailto:sian.goodwin@actiontogether.org.uk).

## Volunteer Coordinators Forum

Our volunteer coordinators forum provides a regular space for volunteer coordinators in Oldham and Tameside to network, learn and access relevant training and support.

Volunteer Coordinator Breakfast Forum

Date: Thursday 30 November

Time: 9am – 11am

Venue: The Honeywell Centre, Hadfield St, Hathershaw, Oldham, OL8 3BP.

Our forum is open to Volunteer Coordinators across Oldham and Tameside to offer greater networking, learning, support and partnership opportunities.

The session will provide opportunities to network and meet other Volunteer

Coordinators. Please invite colleagues who work with volunteers to attend. Light breakfast provided. Booking is essential.

Keep an eye on our website for more information [www.actiontogether.org.uk](http://www.actiontogether.org.uk) or call Sian, Lisa or Alishia on the Volunteer Centre team 0161 339 2345.

At Action Together we believe #YouMakeTheDifference.

## New volunteering opportunities in Oldham and Tameside

Volunteering is a rewarding activity for all ages, with something for everyone. You can make new friends, learn new skills and even have some fun! Below are some of the new opportunities available locally:

### Oldham Personal Advocacy Limited Treasurer

Do you have a strong financial background and strategic leadership experience?

OPAL works with people with learning disabilities and autism who live in Oldham and develop activities and services which they identify and suggest. Voice, Choice and Independence for people with learning disabilities and autism underpins everything they do.

### Volunteer Befriender

Tameside Hospital Voluntary Services is recruiting volunteers to visit hospital patients who do not get a regular visitor and chat to them to help them pass the time and also make them feel valued. DBS check required.

#### Key Skills/Interests

- Patience
- The ability to talk to anyone
- A good sense of humour
- Wanting to support older people

To register your interest in this volunteering opportunity, please visit the Action Together website, click Give help then volunteering.

### Volunteer Up-cycler

Second Generation Furnishings, Stalybridge, is looking for someone to help bring old furniture back to life,

create new products and pass on their skills to people within our community.

Second Generation Furnishings collects unwanted furniture from the public, clean it and safety test when necessary before offering it for sale to the general public and at a lower price to people who are referred as being in particular need of support, by and agency/support worker.

#### Key Skills/Interests

- Joinery experience essential
- Experience of working in a joinery shop
- Knowledge of workshop machinery e.g. bandsaw, sanders
- Repair, refurbish and re-upholster furniture
- Paint, varnish and polish furniture
- Adhere to workshop health and safety practises
- Creative with good problem solving skills
- A willingness to pass on skills and teach others

### Social Group Leader

Oldham Disability Arts is looking for volunteers to lead on the setting up of room and welcoming the members on either Mondays, Wednesdays and Thursdays.

#### Key tasks

- Set up the room
- Welcome and sign in members  
Serve drinks
- Talk to members
- Get involved in arts and crafts
- Experience of working in a joinery shop
- Knowledge of work

## Volunteering is about giving your time to make a difference

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

[www.actiontogether.org.uk/volunteer/search-for-opportunities](http://www.actiontogether.org.uk/volunteer/search-for-opportunities).

We can also offer you a confidential, informal appointment with one of our advisors. To book an appointment, contact us on **0161 339 2345** or visit [www.actiontogether.org.uk](http://www.actiontogether.org.uk).

#### Oldham

Call in and visit us Monday to Friday, 9.am – 5pm at **12 Manchester Chambers, Oldham, OL1 1LF.**

#### Tameside

Call in and visit us Monday to Friday, 9.30am – 4.30pm at **95-97 Penny Meadow, Ashton-under-Lyne, OL6 6EP.**





# #YouMakeTheDifference

## Volunteer Drivers Needed

Miles of Smiles is a unique project covering Tameside. It links a team of volunteer drivers with vulnerable people across the borough that need help getting to their health and wellbeing appointments.

Missed appointments cost the NHS millions of pounds a year, and it's important to people's health they attend all their appointments.

Our dedicated team of drivers each use their own cars to collect

passengers from their home, take them to their destination and (in most cases) wait until they are ready to return home, unless they are being admitted or the appointment will take several hours. The passenger pays a small charge for the service.

The service is extremely popular and in need of more volunteer drivers to avoid disappointing vulnerable passengers. All expenses are covered, you just need to be willing to give some of your time to help a vulnerable person attend their appointments.

Drivers can offer as little as a couple of hours or a few days a week!

If you're interested in finding out more

about becoming a Miles of Smiles driver, contact Lisa on 0161 339 2345.

## Training

Interested in volunteering? Unsure of what is involved? Come along to one of our free pre-volunteer courses to find out more before making a commitment. We will be running these courses in both Oldham and Tameside on the following dates:

Tuesday 28 November – Oldham

Tuesday 12 December – Tameside

Tuesday 30 January – Oldham

Tuesday 27 February - Tameside

Tuesday 27 March - Oldham

To find out more or book on visit [www.actiontogether.org.uk](http://www.actiontogether.org.uk) or call 0161 339 2345.



## Home-Start Oldham, Stockport & Tameside

supports parents to give their children the best possible start in life. With the help from volunteers it offers two main services to families; Home-Visiting Support and Breastfeeding Peer Support. All its volunteers are parents themselves, so they understand how hard it can be!

Home-visiting volunteers are matched with a local family in need of support and use their parenting experience to support them as parents learn to cope, improve their confidence and build better lives for their children.

Breastfeeding Peer Supporters support mums on their breastfeeding journeys by offering support and advice at home, at local groups, over the phone or on the maternity ward.

### Why volunteer with Home-Start?

- You can change a local family's life: The early years of a child's life are vital

for their development. Supporting parents to give their children a stable, loving family environment can make all the difference to their confidence, happiness and life-chances.

- You'll receive full training prior to delivering support. Home-Start also offer a wide range of additional training to enhance your skills, from Parent-Infant Mental Health Awareness to Human Trafficking Awareness.
- Whether you're looking to get back into work, or want to give something back to your community, volunteering with Home-Start is a great experience!
- Volunteer social events throughout the year enable you to meet other lovely people with similar interests.
- Home-Start only ask for 2-3 hours of your time each week, and won't ask you to volunteer during school holidays unless you wish.

You can contact Home-Start

Tel: 0161 344 0669

Email: [info@homestarthost.org.uk](mailto:info@homestarthost.org.uk)

Or visit [www.home-starthost.org.uk](http://www.home-starthost.org.uk)



**Nasreen Rafiq** first found out about volunteering when she attended a volunteer appointment at Volunteer Centre Oldham with her husband to translate for him. Listening to how valuable volunteering sounded, She enquired for herself.

As Nasreen and her husband were new to volunteering we identified that our pre-volunteering course would be a great start for them both. Our course opened Nasreen's eyes - she didn't realise how many opportunities were out there.

Attending the course really helped Nasreen gain a great start to her volunteering journey and find a volunteer role to suit her interests.

Nasreen is currently volunteering at Positive Steps Oldham. She says it's a 'win-win', 'I help them and they help me'.

Volunteering has improved her confidence and put her computer skills into practice. Nasreen encourages more people to enquire about volunteering, being a volunteer has made her want to do more within the community.

**"Volunteering is a life lifting experience"**



# #StrengthenOthers

Action Together provides a wide range of services, training and accreditations to strengthen the voluntary and community sector in Oldham and Tameside.

## Help with Grant Applications

It can be so useful for someone outside your organisation to read through grant applications. Something may make sense to you, but not to a potential funder and could jeopardise your chances of a successful grant application. Get in touch with our development team and we will be delighted to help you with your bids. Call 0161 339 2345 or email [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk).

## Quality of Charity Accounts

Charity Commission records show that only 55 per cent of small charity accounts were of an acceptable standard last year, Civil Society Reports, although this is a slight increase on the previous year's 47 per cent. 77 per cent of larger charities submitted accounts of an acceptable standard - a fall from 75 per cent the previous year. The Charity Commission is encouraging charities to use the

Commission's templates to submit good quality accounts.

Action Together's Community Accountancy Service can help you with your year end accounts, the provision of an Independent Examination and can help you develop systems for your financial recording to help you produce timely and relevant management accounts that are easy to understand and prepare. Contact us on Tel: 0161 339 2345 or Email: [accounts@actiontogether.org.uk](mailto:accounts@actiontogether.org.uk)

## Quality in Action Award

The locally recognised quality assurance framework for voluntary, community and faith organisations working with children and young people in Oldham and Tameside.

The Quality in Action Award can enable an organisation to demonstrate that they meet a set of minimum standards when working with children and young people.

By achieving the Quality in Action Award, organisations meet the requirements for signing up to local safeguarding children's audit. This is often a requirement for commissioning opportunities and many external grant funding opportunities.

Your organisation will be assigned a mentor, who will support you to work through the file and who will assess your evidence. For more information contact [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk) / 0161 339 2345.

## New Volunteering in Action Quality Award

Is a new quality award we are offering for organisations who involve volunteers across Oldham and Tameside. It enables your organisation to demonstrate they are following best practice guidelines in volunteer management. The award provides a framework for those who want to improve how they work with volunteers and offer a positive experience for all.

The Volunteering in Action Award will sit within the established Quality in Action Award that supports organisations to meet safeguarding standards.

Why should you get involved?

- Enhance your organisation's reputation
- Demonstrates your ongoing commitment to your volunteers
- Looks great on a funding bid



- A great marketing tool to attract new volunteers
- Receive recognised branding
- Great step towards the National Investing In Volunteers Award

Receiving the Volunteering in Action Quality Award will show that your organisation values volunteers and demonstrates your ability to provide a welcoming and supportive environment for people to spend their time unpaid.

For more information contact [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk) / 0161 339 2345.

### Boost Your Skills

Action Together can deliver in-house training direct to your organisation.

If you have a number of people requiring the same training or development it can often be more affordable to arrange a workshop at your own premises.

Our trainers have specialisms in a diverse range of topics. If you are looking for a specific course or a facilitation workshop that will help strengthen your organisation, then please contact us to discuss your requirements.

Examples of our training courses:

- Developing Funding Applications
- Simplifying Business Plans
- Crowdfunding
- Volunteers and the Law

Prices vary – to discuss your organisations training needs contact Adele on 0161 339 2345 or email: [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk)

For more information, to book on or to see a full list of our courses visit [www.actiontogether.org.uk/training](http://www.actiontogether.org.uk/training).

### Creativity4Wellbeing: resources for workshops

Creativity4Wellbeing is a free art resource website designed to encourage creativity and a sense of belonging in communities. The aim of the site is to share ideas and make it easier for people to start their own activity group or art workshop in their community, to benefit others and help improve health and wellbeing. Visit [www.creativity4wellbeing.com](http://www.creativity4wellbeing.com) for more information and let Action Together know if you start up a new group or project and have found this website useful.

## Place of Welcome

Places of Welcome is a growing network of hospitality run by local community groups who want to make sure that everyone has a place to go for a friendly face, a cup of tea and a conversation if and when they need it.

Places of Welcome aims that “every neighbourhood has places where all people feel safe to belong, connect and contribute.”

Wednesday Welcome has set up at St John’s Church, Hurst in Ashton-under-Lyne. People are encouraged to get involved in the fun activities. Volunteers are also available to give bereavement support.

There are four Places of Welcome in Oldham and Tameside - to find out what’s available in your area visit: [www.placesofwelcome.org/locations/GreaterManchester/](http://www.placesofwelcome.org/locations/GreaterManchester/)

And you can also find out about setting up your own Place of Welcome!



# 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** is a charitable fund that supports good causes across borough with grants, so they can make a real difference to local lives.

Action Oldham Fund encourages local giving to the smaller volunteered organisations, such as older people's luncheon clubs, self-help groups, support groups for children and young people, to transform the lives of people right on our doorstep. You can be sure your money makes a real difference to the lives of Oldham residents.

## Charity Skydive

In April six thrill seekers took to the skies for a 120mph, 11,000ft tandem skydive.

No challenge was too big for the Action Oldham Fund Ambassadors, who led the way in fundraising by taking on the skydive. Andy Hall is the Fund's Digital Ambassador and Zack Grimes is the Fund's Youth and Education Ambassador.

Zack Grimes, said: "I'm doing the skydive not only to raise money for the charity and the groups that it supports, but to raise the profile of what the charity does in reaching

out to the community. I want to encourage young people to support the charity's causes and show their support to future fundraising events."

Andy Hall added: "I love Oldham. Action Oldham does a brilliant job of supporting fantastic causes in our borough. When they asked me to be an ambassador it was a genuine honour. When they asked if I would jump out of a 'plane I was genuinely terrified. But if it helps just one local person who needs support, consider it done."

Together they have raised £1,500!

## Spring Into Action Ball

On 29 April the Action Oldham Fund held its first fundraising ball at Smokies Hotel Park.

The theme for the night was "Revolution". The venue was decorated to recall a time when Oldham was put on the map as a boomtown of the industrial revolution. As the textile industry came to a close, Oldham sparked its own revolution - one of change, innovation and growth.

Clare Taylor, Action Oldham Fund development coordinator, said: "Whether individuals, charities, businesses, or public sector workers, we all can continue this revolution of change, across our communities: transforming lives right on our doorstep."

On the night we asked Oldhamers to join with us in supporting the Action Oldham Fund to spark change in our communities. All the money raised is given out in grants to smaller voluntary groups across the borough, supporting disadvantaged young people, giving a helping hand to those affected by illness, improving health and reducing isolation.

We are thrilled that so many businesses and individuals attended, and that everyone had a ball!"

The main sponsors for the evening were Pearson Solicitors, Smooth Moves, Chambers Business Centre and Kvalab Creative. Ross Care sponsored the table wine.

The evening started with a performance from the Pennine Mencap choir, one of the many organisations the Action Oldham Fund has supported. Elliot Eastwich from Revolution 96.2 hosted the event, face art creators offered glitter embellishment, with a magician, entertainer and professional portrait photography volunteered from Oldham Camera Club.

In total £5,000 was raised for the Action Oldham Fund.

Vikki Strang, All in One Business, commented: "It was a wonderful event! I and all my friends really enjoyed it, and can't wait for next year. And for such an important cause."



## Business Partner - Molly Maid

Molly Maid runs professional cleaning services across the borough. They employ local staff and want to contribute to the local area. Last year they were proud Bronze business partners. This year they would like to sponsor the kit of a sports team, and are particularly interested in supporting a girls team, to help encourage more girls into Sport. Although, all applications will be considered.

Director, Simone Berisford-Ince, says: "We are in the community and want to support the community. Through offering this sponsorship to a wide range of groups through the Action Oldham Fund, it gives us the perfect opportunity to make a positive impact locally and demonstrate good business practice."

To register your interest, please email [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk) or call 0161 339 2345 by 30 November 2017.

**Tameside 4 Good** helps young people and good causes. It is a charity initiative from Action Together, designed to drive the giving of time, skills, money and resources to voluntary and community groups in Tameside.



# Paint It Pink

Last year Droylsden Glass Ltd took part in our Paint It Pink campaign raising £415 for Tameside 4 Good.

This year they have picked Tameside 4 Good as their chosen charity. Droylsden Glass Ltd is an award-winning double glazing installer of high-quality uPVC Windows, Composite Doors, Conservatories and the new Tiled Conservatory Warm Roofs. This year for every project they undertake they will donate £1 to help local good causes.

## Paint It Pink

Paint It Pink took place between 8 – 14 May, a full week where businesses and community groups wore pink, held cake sales, raffles and sponsored events. Starting off the week of fundraising was BAPS, who held their annual 10K challenge with around 200 people taking part donating towards Tameside 4 Good. Mansukh Dhokia, commented: "We are delighted to have Tameside 4 Good as our local charity partner. We have common values in wanting to help individuals and the community

and so it is only natural that we work together. It was great to be able to one of the first events supporting this years Paint It Pink campaign."

Businesses that joined for Paint It Pink are Pearsons Solicitors and Ultimate Marketing who held collection buckets and wore their pink clothes for the day. Community groups that joined in were Tameside Voices and Neonatal Knitters who at their weekly choir practice wore pink, sung pink themed songs and donated their usual membership. We would like to thank everyone that took part in this years Paint It Pink campaign.

This year **IKEA** Manchester selected Tameside 4 Good as their chosen charity. Through various activities such as a quiz night for staff, a cake sale and having collection buckets in store. So far they have raised £390 for **Tameside 4 Good** and still have a few more events lined up.

To find out more contact Candice Tel: 0161 339 2345; Email: [candice.southern@actiontogether.org.uk](mailto:candice.southern@actiontogether.org.uk).



# Become a member @WeActTogether

Calling all community and voluntary groups in Oldham and Tameside! Whether you're a newly formed or a long established voluntary or community group, you're invited to formerly join Action Together CIO (free of charge).

Our ambition is to work with all of the 2,398 VCSE organisations in Oldham and Tameside.

Action Together is a member based organisation that supports local community action in Oldham and Tameside by promoting the interests of the voluntary, community and social enterprise (VCSE) sector.

As a member group you will:

- Receive an invitation to the Annual General Meeting and are entitled to seek nomination to our Board of Trustees as well as **vote on important decisions for the organisation**.
- Have **access to free training** and bespoke workshops on topics ranging from business planning, writing funding bids, safeguarding compliance, supporting volunteers and how to use social media.

- **Get support with organisational development**; such as choosing a suitable constitution, developing your aims and objectives, building a business plan and fundraising strategy, applying for funds, and creating a dynamic and effective committee.
- Get help to **achieve our quality assurance awards**; 'Quality in Action' and 'Volunteering in Action Quality Award', which are a **pathway to local funding**.
- **Get regular information** about local changes, news, funding and training relevant to you.
- **Get to meet other organisations** in your area, work closer with others and receive peer support.
- **Get to have a say** and be involved in decision making about the things you care about.
- **Get a spot on our online service directory** that will be open for groups, funders, and potential users to find out more.
- **Get opportunities to promote the work of your group** through our newsletter, ebulletins and social

media.

- **Get the right people for your workforce** by advertising jobs through our extensive networks.
- **Get more volunteers** by uploading and managing your volunteering opportunities through our interactive website and advertising them on our social media channels.
- **Get bespoke advice and support on managing volunteers** and attend our volunteer coordinator forums.

To become a member all you need to do is visit [www.actiontogether.org.uk/become-member](http://www.actiontogether.org.uk/become-member)

**If your group is already a member of Action Together please get in touch to make sure our information is, detailed, up to date, relevant as we are able to showcase your work through our new and exciting 'online – directory'.**

If you have any queries, please contact the development team on [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk) or call 0161 339 2345.

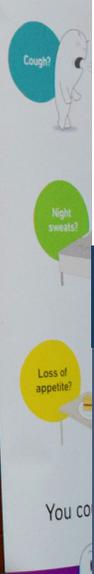
# Training and Events

When	What	Where
Thursday 16 November 10am–12.30pm	Creating a Community Group	Action Together Oldham Office Unit 12 Manchester Chambers West Street Oldham, OL1 1LF
Thursday 16 November 10am–12pm	Website Information Session for Volunteer Managers	Action Together - Tameside Office 95-97 Penny Meadow Ashton-under-Lyne, OL6 6EP
Tuesday 21 November 10am–12.30pm	Planning your Finances	Action Together Oldham Office Unit 12 Manchester Chambers West Street Oldham, OL1 1LF
Tuesday 28 November 10am–3pm	Pre-Volunteer Course	Action Together Oldham Office Unit 12 Manchester Chambers West Street Oldham, OL1 1LF
Tuesday 28 November 6pm–9pm	Level 1 Child Protection Awareness	Action Together - Tameside Office 95-97 Penny Meadow Ashton-under-Lyne, OL6 6EP
Wednesday 29 November 10am–11.30am	Advanced Social Media	Action Together - Tameside Office 95-97 Penny Meadow Ashton-under-Lyne, OL6 6EP
Wednesday 7 December 10am–3pm	Level 1 Child Protection Awareness	Action Together - Tameside Office 95-97 Penny Meadow Ashton-under-Lyne, OL6 6EP
Tuesday 12 December 10am–3pm	Pre-Volunteer Course	Action Together - Tameside Office 95-97 Penny Meadow Ashton-under-Lyne, OL6 6EP

Training is FREE to the Voluntary, Community and Faith organisations with an income under £25,000 per annum  
Places cost £20 per person to Voluntary, Community and Faith organisations with an income over £25,000 per annum

Places for public, private sector and non-Oldham/Tameside based organisations cost £30 per person

For more information, to book on or to see a full list of our courses visit [www.actiontogether.org.uk/training](http://www.actiontogether.org.uk/training)



# Your Spotlight on Local Health Services

Action Together runs Healthwatch Oldham and Healthwatch Tameside, the independent consumer champions for health and social care in Oldham and Tameside. We listen to local people, and gather information about their experiences of using health and social care services. We are careful to share ideas in a way which will not identify any individuals. Any information we are given will remain anonymous.

## Healthwatch Oldham Low Mood, Anxiety and Depression Forum Report

Our Healthwatch Forums continue to be a popular and effective way of engaging with the Oldham public, with 120 people attending the January Forum on Low Mood, Anxiety and Depression. Healthwatch Oldham published a report on the findings collected at the Forum.

This survey asked specific questions about people's understanding of their own mood, diagnosis, possible treatments and services they have

accessed.

The answers to these survey questions have been collated and analysed to identify any patterns and trends within their experiences and understanding.

The full report and its findings can be accessed online at <http://bit.ly/2xOwCFL>.

## Volunteer for Healthwatch

Our Healthwatch's have a range of volunteer opportunities.

People choose to volunteer for Healthwatch for a number of reasons including:

- gaining new skills and experience
- helping other people to benefit from your skills and experience
- wanting to make a difference in your local community

**Volunteer roles:**

**Board Members** - people who take responsibility for what Healthwatch does and who set our overall priorities.

**Healthwatch Champions** - people who can help us to have a local presence in their communities.

**Lay Advisors** - people who have experience of specific health and care services and who can advise us on individual projects.

**Enter and View Representatives** - people who can help us to use one of our powers: the power to go into a service and observe the delivery of care.

**Representatives** - people who can attend meetings on behalf of Healthwatch, using their knowledge and experience to make sure the views and experiences of local people are heard.

If you are interested in volunteering for Healthwatch get in touch:

**Healthwatch Oldham**

Email: [info@healthwatcholdham.co.uk](mailto:info@healthwatcholdham.co.uk); Tel: 0161 622 5700 or visit [www.healthwatcholdham.co.uk](http://www.healthwatcholdham.co.uk).

**Healthwatch Tameside**

Email: [info@healthwathtameside.co.uk](mailto:info@healthwathtameside.co.uk); Tel: 0161 667 2526 or visit [www.healthwathtameside.co.uk](http://www.healthwathtameside.co.uk).

## Mental Health Care

On 1st April 2017, Healthwatch Tameside held a public event at The Grafton Centre in Hyde.

The event was attended by mental health service users, their families and carers, and representatives of care and service providers.

There was an opportunity for honest round-the-table discussions about a range of mental health related topics, followed by feedback of the key points to the rest of the room.

A summary of the discussions can be found at [www.healthwatchtameside.co.uk/sites/default/files/summary\\_of\\_event\\_discussions.pdf](http://www.healthwatchtameside.co.uk/sites/default/files/summary_of_event_discussions.pdf). If you do not have access to the internet, but would like to know more, please give us a call on 0161 667 2526.

Healthwatch Tameside is continuing with this mental health project, working with providers and commissioners of services.

If you want to tell Healthwatch Tameside about your recent experiences of mental health care, give the team a call 0161 667 2526.



# Ambition for Ageing

Ambition for Ageing- Creating more age-friendly communities in Tameside and Oldham.

Ambition for Ageing is a five year Big Lottery funded programme that Action Together has been supporting in Oldham and Tameside. The aim of the programme is to reduce social isolation and make areas more age friendly places to live for people aged 50 plus. The areas we are working in are:-

Oldham - Alexandra, Crompton and Failsworth West.

Tameside - Ashton Waterloo, Denton South and Newton Hyde.

Working jointly with our Age UK Oldham and Age UK Tameside colleagues we have supported and invested in over 100 projects and events in those targeted areas.

We have had a fantastic 18 months, meeting lots of inspirational people who have given us their investment ideas to make their communities more healthy, connected, and inclusive for people over 50.

Some of the projects we have supported include exercise and dancing projects, gardening and allotment

projects, walking groups, craft activities, theatre groups, bowling for people with dementia, community befriending groups, singles nights, linking letters, Tai Chi sessions and much much more. We are also trying to reach those people who really don't talk to anybody from one day to another or who haven't been out of the house in a while.

We are always looking for new ideas to connect people with their local communities, each other and to increase opportunities for people from all communities to get involved and have a voice at all levels from community volunteering to becoming involved with how the programme is governed.

We produce a quarterly newsletter that contains information on the activities that are taking place in the targeted areas. If you would like to receive a copy of this newsletter, or would just like to chat to somebody about Ambition for Ageing then please contact the Ambition for Ageing Oldham or Tameside teams on 0161 339 2345.





# Acting Together to support people's health and wellbeing

The way health and social care is delivered needs to change. People are living longer which is great, but we also have more long-term conditions and ongoing care needs. e.g. 'healthy life expectancy' (the age at which people can expect to live without a long-term condition) is 59 years in Oldham and 57 years in Tameside, both lower than the national average.

The health and care system, was not designed to cope with this level of demand and the health and social care budget, like all public services, is under strain and cannot afford to sustain this.

Across Greater Manchester, significant changes to the way health and care is delivered are underway to create new ways of working that are sustainable. As well as creating efficiencies in the way services are commissioned and delivered, a large part of this thinking is supporting people and communities to make healthier choices, and tackle the underlying causes of what can turn into illness. Things like becoming isolated and lonely, worrying about money, not having a job or qualifications, can all have huge implications for our health

and wellbeing long term.

There are plenty of examples of places doing things differently across the country, and new and exciting programmes that seem to make a significant difference to the lives of local people, while creating savings that are needed to ensure we can afford to look after people when they need it. [In Oldham and Tameside we are supporting the development of 'Asset Based Approaches', and 'Social Prescribing' Programmes.](#)

These approaches rely on building the capacity of local people, communities and the voluntary, community and faith sector (VCFS) at a local level to be successful.

As part of [Oldham's Thriving Communities Programme](#), we will be working with the integrated health and social care team in Cluster West to:

- Make connections between the community and voluntary sector and the wider primary care workforce and ensure the whole offer across the local areas is known about and connected in.
- Providing practical help to develop

local community ideas about how to expand what's on offer and support the setup of peer support groups and activities to meet gaps. Working with local partners like Age UK Oldham, TOG Mind and the Early Help Service we will be developing ways to help connect people with the support they want to improve their health and wellbeing.

In [Tameside](#) we are delivering the [Self-Care Programme](#) working together with colleagues from the Hospital, Primary Care, Social Care and Community and Voluntary Sector to:

- Use an 'Asset based approach' to build the capacity & resilience of local people and agencies to 'do more' for themselves and their communities.
- Link local people with Long Term Conditions to non-medical support that enables them to better 'Self Care' by a process called - Social Prescribing.

To find out more about Thriving Communities contact [Mafooz Bibi](#) on Email: [mafooz.bibi@actiontogether.org.uk](mailto:mafooz.bibi@actiontogether.org.uk). To find out more about the Self – Care Programme contact [Anna Hynes](#) on Email: [anna.hynes@actiontogether.org.uk](mailto:anna.hynes@actiontogether.org.uk).