

## Tameside Sight Spring Fair 31st March 1pm-4pm

Tameside Sight will be hosting a Spring Fair on Friday 31 March at Dukinfield Methodist Church, Wellington Parade, Dukinfield, SK16 4LE, from 1pm to 4pm. There will be tombolas, cake stall, white elephant, stalls. Raffles etc. Please come along and support this event. Contact Tameside Sight on 0161 343 6903.

## Making more Dementia Friends

We will soon be running some Dementia Friends training sessions in your area. We are hoping to make a least 50 Dementia Friends in the coming months. A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities. If you or your group would like to become a Dementia Friend please contact Ruth or Sandra.

## Getting more involved with Ambition For Ageing.

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

New volunteers

Steering group members

Equality group members

If you would like to support us and get involved please contact Ruth or Sandra for more information on 0161 339 2345.

If you would like your event here or would like any information on Ambition For Ageing Tameside, please contact:

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

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

Or call **0161 339 2345**

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

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.



## Blooming March 2017

Waterloo Community Garden.

## Review and Celebration Event Weds 15 March

Over this past year we have been working very hard to meet as many groups and people as possible to get your views on what is good about growing older in Denton South, Newton Hyde and Ashton Waterloo. Thank you for talking to us!

We have listened to what you felt would make your area a more age-friendly place to live and what we can all do to develop more socially connected communities and reduce social isolation.

We have really enjoyed meeting so many of you and are delighted that we have been able to fund over 35 small project ideas ranging from social groups, craft activities to sports/activity groups etc.

If you have been involved in any of our projects we are having a review and celebration event on **Wednesday 15 March 2017, 2pm to 4pm**, at Age UK Tameside, Katherine Street, Ashton-under-Lyne, OL6 7AW - please ring Jacqui or Ruth on **0161 339 2345** if you wish to attend and we can arrange transport.



Ambition For Ageing Tameside is part of the Action Together Family.



## Community Gardens

**Would your local area benefit from a Community Garden?**

Over the last 12 months Ambition For Ageing has been supporting Community Gardening through investment funding. This has helped provide plants, trees, planters and equipment to enable local communities to get involved in creating a community garden in Waterloo, Denton South and Newton Hyde.

If you or your group would like to get involved or want more information

**Please contact Ruth or Sandra on 0161 339 2345.**



## Have your say-Yew Tree Research

We will be coming to the Yew Tree Estate between 6 March and 11 March between 10am-12pm to ask residents how they feel about their area and how we can make this community more age-friendly. Please keep a look out for the team.

**Contact Ruth or Sandra for more information on 0161 339 2345.**

## Scam Awareness Event 8 March

Join us for this talk about the types of scams (telephone, mail, email) that we all could be affected by. The event is free and refreshments will be provided.

Bring a friend with you.

**Date: Wednesday 8 March 10am-12pm at Joseph Jennings Court, Downshaw Road Ashton OL7 9PP- Contact Elaine or Julie on 0161 339 2345 for more information.**

## Community Reporters wanted!

Watch this space - more news to follow!

“Do you want to help local people have a say about issues that matter to them? Want to gain new media skills and meet new people? If you have answered yes, we are looking for people like YOU.

We are excited to announce that very soon we will be looking for

**Community Reporters** to join us in capturing people’s stories near where you live.

We offer fun, interactive training and support.

**For more information contact Vashti at Action Together on 0161 339 2345.**

## Tinnitus Support Group

Tinnitus is very common and is reported in all age groups, even young children. About 30% of people will experience tinnitus at some point in their lives but the number of people who live with persistent tinnitus is approximately 10%.

Tinnitus is more common in people who have hearing loss or other ear problems, but it can also be found in people with normal hearing. Kathy Haynes is setting up a support group for people affected by tinnitus.

If you are experiencing tinnitus and would like support, want to share your experiences or want more information on this condition please contact **Kathy on 0161 336 4240.**

## Keeping Active

Keeping fit is a very important part of keeping healthy in later life.

“Fit Over Fifty” in association with Brother UK and Forever Manchester are offering 12 FREE CHAIR BASED EXERCISE SESSIONS to people aged over 50 plus. Sessions are at St Andrew’s Medical Centre, 2 Waterloo Road Stalybridge 0161 338 3181.



Active Tameside supported by Ambition For Ageing Tameside have now started the Walk and Talk sessions. Come along and join us every Thursday at 12.30pm for a 30 min walk starting at Waterloo Park, Store Street. **Contact Sean Vickers 0790 326 5524.**

## Reducing Social Isolation

Help us meet and talk to people who may not access activities in their local communities or may consider themselves to be isolated.







If you know a neighbour, friend or relative who you feel may be isolated or if you feel that you need to get out more and socialise contact Sandra on 0161 339 2345 for a chat.

## What's on in Ashton Waterloo

	<b>KNITTING &amp; CRAFTS</b>	<b>WATERLOO PARK COMMUNITY CENTRE-KNIT &amp; NATTER</b> STORE STREET, ASHTON, OL7 9QA EACH FRIDAY 10AM-12PM CONTACT DAWN JONES 07941 207 828      FREE
	<b>BOWLING</b>	<b>WATERLOO PARK COMMUNITY CENTRE-MENS BOWLING</b> STORE STREET, ASHTON, OL7 9QA EACH TUESDAY & FRIDAY 1PM-4PM CONTACT DAWN JONES 07941 207 828      FREE
	<b>GARDENS</b>	<b>WATERLOO PARK COMMUNITY GARDEN- VOLUNTEERS WANTED</b> CONTACT DAWN JONES 07941 207 828
	<b>MEALS</b>	<b>WATERLOO PARK COMMUNITY CENTRE-ST PATRICK'S MEAL</b> STORE STREET, ASHTON OL7 9QA WEDS 15 MARCH CONTACT DAWN JONES 07941 207 828      £2.50 Easter Meal on Weds 12th April.
	<b>KURLING</b>	<b>RICHMOND STREET COMMUNITY CENTRE</b> RICHMOND ST (behind East Cheshire Racers) WEDS 2PM-3PM CONTACT SEAN VICKERS 0161 366 4860 or 0790 326 5524.      FREE
	<b>DANCING</b>	<b>JOSEPH JENNINGS COURT-MODERN DANCE CLASS</b> JOSEPH JENNINGS COURT, DOWNSHAW ROAD ASHTON OL7 9PP EACH MONDAY 1.30PM-3PM CONTACT 0370 192 4706
	<b>TAI CHI</b>	<b>JOSEPH JENNINGS COURT-TAI CHI FOR HEALTH</b> JOSEPH JENNINGS COURT, DOWNSHAW ROAD ASHTON OL7 9PP EACH THURSDAY 2PM-3PM      FREE CONTACT SHERRI 0370 192 4706
	<b>WALKING FOOTBALL</b>	<b>THE NASH AMBLERS</b> CURZON FOOTBALL CLUB EACH MONDAY & FRIDAY 11AM-12PM      £2.00 CONTACT ALAN RICHARDS alartic@googlemail.com
	<b>KURLING/ DARTS/ SKITTLES GAMES</b>	<b>WATERLOO WEDNESDAY CLUB</b> WATERLOO METHODIST CHURCH, VALE ST EACH WEDS 10AM-12PM CONTACT SUE WEBSTER 07803 50 60 53      £2.50 including refreshments

For more information please contact Ruth and Sandra on 0161 339 2345

## What's on in Denton South

	<b>KNITTING &amp; CRAFTS</b>	<b>HAUGHTON GREEN CENTRE CHAT &amp; CRAFT GROUP</b> HAUGHTON GREEN CENTRE, TATTON ROAD, DENTON M34 7PH TUES 2PM-4PM      FREE CONTACT 0161 336 4429
	<b>ARTS</b>	<b>HAUGHTON GREEN CENTRE ARTS FOR HEALTH</b> HAUGHTON GREEN CENTRE, TATTON ROAD, DENTON M34 7PH MON 1PM-3PM      FREE CONTACT 0161 336 4429
	<b>READING</b>	<b>HAUGHTON GREEN CENTRE READING GROUP</b> HAUGHTON GREEN CENTRE, TATTON ROAD, DENTON M34 7PH WEDS 10AM-11AM      FREE CONTACT 0161 336 4429
	<b>TAI CHI</b>	<b>HAUGHTON GREEN METHODIST CHURCH-TAI CHI</b> TWO TREE'S LANE DENTON EACH THURSDAY 11AM-12PM CONTACT 01457 239 647
	<b>FITNESS</b>	<b>HAUGHTON GREEN METHODIST CHURCH- FITNESS CLASS</b> TWO TREE'S LANE DENTON WEDS 6.15PM CONTACT VICKI 07753 194030
	<b>FLOWERS</b>	<b>HAUGHTON GREEN METHODIST CHURCH-FLOWER CLUB</b> TWO TREE'S LANE DENTON SECOND THURS IN MONTH AT 7.30PM CONTACT GLENDA 0161 336 1679
	<b>WALKING FOOTBALL</b>	<b>TAMESIDE STRIKERS</b> DENTON YOUTH FOOTBALL CLUB KING STREET DENTON EACH TUESDAY 10AM -12PM      £3.00 CONTACT ALAN RICHARDS alartic@googlemail.com
	<b>MUSIC</b>	<b>MUSICAL MEMORIES</b> OASIS CENTRE TATTON ROAD, DENTON M34 7NP EACH TUESDAY 1PM-3PM      £1.50 (includes refreshments) CONTACT MIKE 07940 22 04 95
	<b>KURLING</b>	<b>YEW TREE COMMUNITY CENTRE</b> CIRCULAR ROAD DENTON TUES 2PM-3PM      FREE CONTACT SEAN VICKERS 0161 366 4860

For more information please contact Ruth and Sandra on 0161 339 2345

## What's on in Newton Hyde

	<b>KNITTING &amp; CRAFTS</b>	<b>NEWTON RESDIENTS GROUP</b> 35 ACRESFIELD ROAD HYDE EACH TUES 1PM-3PM CONTACT RUTH 0161 339 2345	£1.00
	<b>COFFEE MORNING</b>	<b>NEWTON RESDIENTS GROUP</b> 35 ACRESFIELD ROAD HYDE EACH THURS 9AM-11.30AM CONTACT RUTH 0161 339 2345	£1.00
	<b>FRIENDSHIP GROUP</b>	<b>ST MARY'S PARISH HALL- FRIENDSHIP GROUP</b> TALBOT RD HYDE EACH TUES 1.30PM-3.30PM CONTACT RUTH 0161 339 2345	
	<b>COFFEE CRAFTS CHAT</b>	<b>ROSEMOUNT METHODIST CHURCH-COFFEE,CRAFTS AND CHAT</b> BENNETT STREET, HYDE EACH WEDS 10AM-12 NOON CONTACT RUTH 0161 339 2345	FREE
	<b>KNITTING</b>	<b>ROSEMOUNT METHODIST CHURCH-BUSY FINGERS</b> BENNETT STREET, HYDE EACH WEDS 10AM-12 NOON CONTACT RUTH 0161 339 2345	FREE
	<b>BEGINNERS DANCERSIZE</b>	<b>ROSEMOUNT METHODIST CHURCH-DANCERSIZE</b> JIGSAW CENTRE BENNETT STREET, HYDE EACH THURS 10AM-11AM CONTACT RUTH 0161 339 2345	£2.00
	<b>BEGINNERS YOGA</b>	<b>ROSEMOUNT METHODIST CHURCH-YOGA</b> JIGSAW CENTRE BENNETT STREET, HYDE EACH THURS 1PM-2PM CONTACT RUTH 0161 339 2345	£2.00
	<b>WRITING</b>	<b>HYDE WRITIERS GROUP</b> THE GRAFTON CENTRE GRAFTON STREET TUES 1PM -3PM CONTACT HAZEL 0161 351 1802	£1.50

**PLEASE SEE THE SEPARATE FLYER FOR THE GRAFTON CENTRE ACTIVITIES.**

For more information please contact Ruth and Sandra on 0161 339 2345

## Services offered by Age UK Tameside

There are various services being offered by Age UK Tameside. Here is just a sample...

### WALKING FOOTBALL & SLIPPER FOOTBALL

Walking Football is a great way to get out more, meet new people and feel better.

### BEST FOOT FORWARD- STRENGTH AND BALANCE SESSIONS

The programme aims to help those aged 50+ maintain their strength and balance.

### HANDY PERSON SERVICE

Practical help is available for a range of small jobs in the home at fair, affordable prices.

### FREEDOM TO DANCE

An interactive music and movement class - have a laugh, make friends and enjoy grooving to your favourite tunes.

### BUDDYING SERVICE

If you or a loved one needs additional assistance with things like: attending medical appointments, attending activities and clubs, Going shopping.

### DEMENTIA SUPPORT PROJECT

Supporting people affected by dementia and memory problems to live well.

**TO ACCESS THESE SERVICES OR TO FIND OUT MORE PLEASE CONTACT**

**AGE UK TAMESIDE**

**131 KATHERINE STREET**

**ASHTON-UNDER-LYNE**

**T: 0161 308 5000**

**E: [info@ageuktameside.com](mailto:info@ageuktameside.com)**



For more information please contact Ruth and Sandra on 0161 339 2345