

**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



## **Welcome to our summer newsletter.**

We are happy to feedback to you that we now have over 50 Ambition for Ageing investments that are up and running in our target areas of Denton South, Newton Hyde and Ashton Waterloo. The investments have come from community groups, larger organisations and individuals that have had ideas on how people aged 50 plus can become better connected to their communities and from this reduce social isolation.

We are now looking at ways to get more men involved in activities in these areas. We are working with The Shed and Catch Nature who offer opportunities that make this possible. If you have any more ideas about what could be developed in your area let us know!

We continue to talk to as many people as we can in the community. Having these “age friendly” conversations enables your ideas to be realised, more activities to be run, more groups to get involved and for more people to feel less isolated.

We have a great summer of Ambition for Ageing activities coming up so watch out for those in your local area, especially the Passchendale commemoration in Denton South running from Sunday 30th July to Saturday 5th August. For more information please go to:  
[www.facebook.com/EventfullCT](http://www.facebook.com/EventfullCT)

## **Wishing you all a great summer!**

For more information or a chat about what we can offer contact Ruth or Sandra on  
**0161 339 2345**

## Ambition For Ageing-Feedback from Waterloo



My name is Councillor Lorraine Whitehead and Ambition for Ageing has been a huge success in my ward. They have enabled us to hold a monthly over 50s themed lunch which is vibrant and busy. Word of mouth, as well as targeted advertising, has resulted in people coming together in large numbers and meeting people in their community.

We all benefit from this interaction and it is great to see so many people who would otherwise be isolated in their homes. We are

planning an afternoon tea with a quiz for our next event and we are finding that more lovely people are coming together and volunteering to help us out. This helps to make the project to be sustainable in the future.

Recently, through Ambition for Ageing, I joined the Tai Chi Group at Joseph Jennings Court and enjoyed it so much I wanted to get more involved. I took an instructors course in Tai Chi so I can now teach over 50s with diabetes and arthritis an exercise to help them control their condition or prevent these conditions from occurring in the first place. It's a definitely thumbs up from a happier, healthier Waterloo.

**Thank you Ambition for Ageing Tameside!**



**Tai Chi teachers at  
Joseph Jennings Court**



Many of you have now participated in activities or received investments from Ambition for Ageing Tameside and as part of the programme you have been asked to fill in various forms. We are often asked by people why we need to complete these forms and what purpose do they serve?

Part of the Ambition for Ageing programme is about asking you what you think and how you feel about the area that you live in. We often ask the question “what do you love about your area?” or “how do you feel the area could be more age friendly?” These are vital questions that give us a picture of what is working well and what could be improved, it also is important to give you a voice and to ensure that your views are taken into account on a Greater Manchester level.

We ask you to complete forms about yourself, your age, gender, marital status, education etc. These questions enable us to gain a picture of how communities are made up and it also helps us to identify gaps so that we are able to better plan activities that include all communities. Our aim is to include everybody.

We are now looking for older people to get involved with our research and get more involved with Ambition for Ageing Tameside, please contact us on 0161 339 2345 for more information.



Being There is a Greater Manchester based charity delivering support to people with long term health conditions enabling them to take more control over their health and well-being. Being There began working in Tameside and Glossop last year.

They provide a range of home-based and outreach support services for people diagnosed with cancer or other life-limiting illnesses.

Support may include:

- one-to-one emotional support
- listening to patients to identify wishes and concerns
- respite sitting, allowing time off for carers
- practical help such as hospital transport, shopping and social activities



Being There works with locally recruited staff and specially trained volunteers to provide improved access to health and welfare services, enabling people to better manage their illness. Being There also works with carers and families to reduce the negative impact that a diagnosis of a life-limiting illness may have.

Volunteering opportunities exist to enable local people to support and empower their own communities, improve their skills as well as keeping them socially active and engaged. If you are interested in volunteering please get in touch with Being There.

Being There are now supporting people living in Tameside and welcome referrals from anyone who feels the service would support them, or someone they know, in managing their illness. To find out more about Being There please contact:

**Suzanne Roberts on 0161 217 1373**

**Email: [tameside@beingthere.org.uk](mailto:tameside@beingthere.org.uk).**

**Website: [www.beingthere.co.uk](http://www.beingthere.co.uk)**

## Over 50's LGBT Group-Tameside and Glossop

We are looking to get in contact with Lesbian, Gay, Bisexual and Transgender people over 50 who may be interested in getting involved in LGBT community events and activities in Tameside and Glossop.

Initial meetings have taken place with TOGS (Tameside and Oldham Gay Society) who provide a social, support and friendship network for the LGBT community in Tameside & Oldham.

**If you want to get involved or wish to know more please contact Sandra on 0161 339 2345**



## Casting your net wider– Friends of Catch Nature

Ambition for Ageing Tameside is now offering fishing sessions for the over 50's in Denton South, Waterloo and Newton Hyde and on a beautiful May morning I met with Steven Wallwork who volunteers with Friends of Catch Nature.

Steven explained that Friends of Catch Nature is one of the most popular angling organisations in Tameside, providing social and competitive angling for all.

Their site (behind Morrison's) in Denton has been adapted to cater for people with disabilities with accessible paths, fishing platforms, brew and toilet facilities. Steven explains that along with improving waterways, fish welfare and wildlife, Friends of Catch Nature want to open up spaces which the local community can access and enjoy.

Steven and the volunteers have created a peaceful and relaxing environment for older people to enjoy their fishing experience.

Each person will initially be paired with a volunteer coach who will go through the basics to get going. All equipment, rods, bait and even brews are covered you just need to turn up and fish!

Steven also comments on the social aspect of the sessions “a huge variety of conversations start up, lots of friendly chit chat, people can connect with each other and this improves confidence and their well being. We pride ourselves in having some of the best facilities in the North West”.

So if you live in Denton South, Waterloo and Newton Hyde why not give it a try?

To book your free fishing session please contact:

Steven on 07842931736 or

Email: [steven\\_wallwork@hotmail.com](mailto:steven_wallwork@hotmail.com)

Website: [www.catchnature.co.uk](http://www.catchnature.co.uk)





## Keep Calm and make sawdust-The Shed

Ambition for Ageing  
Tameside is pleased to  
offer a number of  
subsidised places for  
men and women who  
wish to try The Shed  
out.

The Shed based at Loxley House is run by staff and volunteers.

We went along to find out about The Shed and the band of people who attend or “Shedders” as they call themselves.

Mike Barlow (Coordinator-The Shed) explained that the aim of this service is to help people age well by keeping Sheddors socially and physically active through practical activities. The Shed activities include:

- Woodworking
- Cycle repairs
- I.T sessions
- Family history
- Cinema club
- Walking football

The Shed also produces a wide range of products that are made to order. Many of their items make ideal gifts such as cheese boards, bird boxes, garden accessories, wine holders etc. The Shed offers free taster sessions for people who wish to try out facilities at The Shed.

## So why not give it a go?

If you live in the wards of Ashton Waterloo, Newton Hyde or Denton South and are over 50 contact Mike, Bob or Tony Barlow for a chat about how to take up this opportunity.

Tel: (0161) 368 4974

Mobile: 07561 833071

Email: [mikerbarlow44@icloud.com](mailto:mikerbarlow44@icloud.com)

website: [www.theshedtameside.org.uk](http://www.theshedtameside.org.uk)



## Carers Action Group– Representing Carers in Tameside

In April we had the pleasure of meeting Sarah from the Carers Action Group (Tameside) who gave us an insight into what work they do across Tameside.



Sarah explained that although the group works very closely with the Carers Centre in Hyde, Carers Action Group is a completely separate organisation. The group is a voluntary organisation who work with carers of all ages. The group give up their valuable time to represent carers and concentrate on issues affecting carers in Tameside.

The group meets at least 4 times a year and plays a major role in influencing carers issues not just in Tameside but nationally. The group also ensures that carers can socialise together, undertake activities and take well earned respite breaks.

If you are carer and are interested in joining please contact:

Carers Action Group (Tameside),

C/O Tameside Carers Centre, Hyde Town Hall, Corporation Street, Hyde, SK14 1AL

## Staying socially connected

As you maybe aware, one of the aims of Ambition for Ageing Tameside is to reduce social isolation. We understand that being on your own or feeling that you want to get out and about more, can be a common experience.

It could be that you have lost a partner or friends, you have retired, you have mobility issues or an illness that has affected your ability to get out or affected your confidence.

We all can spend far too much time on our own.

If you feel that you want to get out more but need a little support in doing this, or want a chat about what we can offer please contact Sandra on 0161 339 2345.



We are meeting up with organisations that can also help such as the charity Contact the Elderly who organise monthly tea parties for people over 75 who live alone. They are launching a new group in Stalybridge in June 2017.

If you know an older people in Stalybridge who would benefit from this service get in touch. The charity is also looking for volunteers. For more information:

Call Prabina: on 0161 460 2950.

Email: [Prabina.lord-doyle@contact-the-elderly.org.uk](mailto:Prabina.lord-doyle@contact-the-elderly.org.uk)

**Staying connected with each other is good for our health and our wellbeing.**



## 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. Their 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](mailto:info@ageuktameside.com)**

**Visit us at 131 Katherine Street, Ashton OL6 7AW**

## Hello from the Action Together Development Team!

If you need help with finding funds, recruiting volunteers, managing your accounts or support to develop your group, we are happy to help.

There have been a few changes to the team recently and we would like to take this opportunity to say hello and introduce ourselves. We provide advice and guidance, 1-1 support and training to groups who are working hard to meet the needs of local communities across Tameside.



We are currently updating our community spaces directory, so if you have rooms available for hire please get in touch and we will happily advertise on your behalf.

**Call the team : 0161 339 2345**

**Email the team: [development@actiontogether.org.uk](mailto:development@actiontogether.org.uk)**

**Check out the website: [www.actiontogether.org.uk](http://www.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 2-4pm  
**Please contact 0161 336 4429**

**£Free**



### ARTS

**Haughton Green Centre Arts For Health**  
Haughton Green Centre Tatton Road, Denton M34 7PH  
Each Monday 1-3pm  
**Please contact 0161 336 4429**

**£Free**



### READING

**Haughton Green Centre Reading Group**  
Haughton Green Centre Tatton Road, Denton M34 7PH  
Each Wednesday 10-11am  
**Please contact 0161 336 4429**

**£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**



### FITNESS

**Haughton Green Methodist Church Fitness Class**  
Two Tree's Lane, Denton M34 7AJ  
Each Wednesday 6.15PM  
**Please contact Vicki Radford on 07753 194030**

**Call for cost**



### FLOWERS

**Haughton Green Methodist Church Flower Club**  
Two Tree's Lane, Denton M34 7AJ  
Second Thursday in the month 7.30PM  
**Please contact Glenda 0161 336 1679**

**£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 07940 220 495**

**£1.50 (inc refreshments)**



### CRAFTS

**Craft Group-Pendle House**  
Pendle House, Pendle Road, Denton South  
Fridays (1st and 3rd in month) 2.30-4.30pm  
**Please contact Alex 0161 368 3422**

**£2.00 (inc refreshments)**



### KURLING

**Yew Tree Community Centre**  
Circular Road, Denton M34 6EY  
Each Tuesday 2-3pm  
**Please contact Sean Vickers on 07903 265 524**

**£Free**



## 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 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 Centre**  
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 Summer**

**£2.50**



**WALK &  
TALK**

**Waterloo Park Community Centre-Walk and Talk**  
Meeting at Store Street, Waterloo OL79 QA  
Each Thursday at 12.30pm  
**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



### CRAFT CLUB & COFFEE

#### Newton Residents Group

35 Acresfield Road, Hyde

Each Tuesday 1-3pm

Please contact Joe Cocks on 0161 882 9896

£1.00



### GARDEN CLUB

#### Newton Residents Group

35 Acresfield Road, Hyde

Open most days, volunteers wanted.

Please contact Joe Cocks on 0161 882 9896

£Free



### WALK & TALK

#### Hyde Park Walk and Talk

Hyde Park Café

Each Wednesday at 12.30pm

Please contact Shaun Higgins on 07739 094 831

£Free



### SOW, COOK EAT!

#### Tameside Titans-Sow, Cook, Eat

Thomas Ashton School, Bennett St, Hyde SK14 4SS

Each Wednesday 6-8pm

Please contact Shaun Higgins on 07739 094 831

£Free



### COFFEE, CRAFTS & CHAT

#### Rosemount Methodist Church

Bennett Street, Hyde SK144SS

Each Wednesday 10-12noon

Please contact Ruth on 0161 339 2345

£Free



### BUSY FINGERS 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

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



### WRITING

#### Hyde Writers Group

The Grafton Centre, Grafton Street

Each Tuesday 1-3pm

Please contact Hazel on 0161 351 1802

£1.50



### 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

|   |                  |                            |               |
|---|------------------|----------------------------|---------------|
|  | <b>Monday</b>    | Keep Fit                   | 10-10.45 am   |
|   |                  | Health Walk                | 10.30-11.30am |
|   |                  | Bingo                      | 1.30-3.30pm   |
|  | <b>Tuesday</b>   | Tai Chi                    | 9.55-10.40am  |
|   |                  | Zumba                      | 10.45-11.30am |
|   |                  | Indoor Bowls               | 1.30-3.30pm   |
|  | <b>Wednesday</b> | Exercise for Fun           | 10.30-11.30am |
|   |                  | Sequence Dancing           | 1.15-3.15pm   |
|   |                  | Chit-Chat                  | 1.30-3.30pm   |
|   |                  | Bloco Mente Drumming Group | 7-9pm         |
|  | <b>Thursday</b>  | Sing for Fun               | 10.30-11.30am |
|   |                  | Line Dancing               | 10.30-11.30am |
|   |                  | Bridge Club                | 1-3.30pm      |
|   |                  | Art Workshop               | 1.30-3.30pm   |
|  | <b>Friday</b>    | Armchair Exercise          | 10.15-11am    |
|   |                  | Drama                      | 1.30-3.15pm   |

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.

**This is just a sample of what the centre offers, to find out more please call:**

**0161 368 4110.**

The Grafton Centre , Grafton Street, Hyde SK14 2AX

Healthwatch Tameside is your local consumer champion for health and care.

At the heart of our work is influencing local health and care services. We want to help the people who provide the services, to understand what local people think about those services. We need to hear from you if you have a story to tell about health or care services you (or a relative) have used in the last 12 months. You can tell us about positive experiences as well as raise concerns.

We provide an information (signposting) service to help you to make informed choices about the services you can access.

We also help people to understand how the NHS complaints process works, if something has gone wrong.

To contact Healthwatch Tameside

call: 0161 667 2526

email : [info@healthwatchtameside.co.uk](mailto:info@healthwatchtameside.co.uk)

Or go to the website

[www.healthwatchtameside.co.uk](http://www.healthwatchtameside.co.uk)

**healthwatch**  
Tameside



**Connect with each other, tell us your ideas!**



## **It's back! ...Meet and Mingle Over 50's Singles Night**

**Friday July 7th 2017**

Following the success and the feedback we received from our first Meet and Mingle night back in snowy Jan 2017 we are now happy to bring you another great night.

The venue is the Broadoak Hotel on Broadoak Road which is accessible for people with mobility issues. We have included a flyer in this newsletter, please support this event by taking it along to your local shops and ask them to display it.

**If you want to come along you will need to book your place** please contact Ruth or Sandra on **0161 339 2345** or you can book online following this link: **<http://bit.ly/2q5WpCS>**

**OVER 50's**

**Friday | 7th | July 2017**  
**The Broadoak Hotel, Broadoak Road**  
**OL6 8QD—7pm until 11.30pm.**

**Come and join us to meet, mingle and dance to classic hits from the 1960's to now.**

This is a free event brought to you by Ambition For Ageing Tameside. To book your free place please contact Ruth or Sandra on 0161 339 2345.

Or book online at: <http://bit.ly/2q5WpCS>

This venue is accessible for people with mobility issues

Ambition For Ageing-Improving the lives of the over 50's.



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
- 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

