Saddleworth and Lees District E-update September 2017

September 2017

Welcome to our latest Saddleworth and Lees District Network e-update containing information on events, opportunities and services available which may be of interest to you, your community group, club or business you represent.
Please like us at www.facebook.com/lovesaddleworthandlees

Don't forget to check out: www.saddleworthfm.com
Listen between 8-9 am Monday to Friday to the Saddleworth News Hour and Home Run, between 5-6pm Monday to Friday for news and information updates.
tap the app: www.saddleworthfm.com

Health Update from Saddleworth Medical Practice
Saddleworth Patient Participation Group
Summer/Autumn Newsletter

Please see attached latest Health News about what's happening at the Practice.
This Includes information about the Electronic Prescription Service (EPS) which is now available.

Diggle Community Association
Litter Pick
Saturday 16th September - Meet at Diggle Tunnel End 10:00 am start.

Can you spare just 1 hour and help to keep our village looking beautiful?

Volunteers are needed to join a Diggle litter pick on Saturday morning. We will be aiming to clear the towpath, tip, children's play areas and the school boundary on Huddersfield Rd. The session will last no longer than an hour but please come along and spend as little or as much time as you can. We meet rain or shine.
All equipment will be provided but please wear old clothing and stout footwear.
All are welcome, dogs too! - Come and join the fun, meet new friends and help to look after our village. See You There!

Indoor Sunday Market
New goods, Craft, and Food Produce

Uppermill Civic Hall
Sunday 17th September
10am – 3pm
FOOD SERVED ALL DAY

Children's Leukaemia Charity
'The Samantha Jones Trust'
Tel 01457 829479
Registered Charity 1107443

UCAN - Uppermill Community Action Group
Uppermill Community Association – Supported by Canal & River Trust

Getting involved in volunteering in the local environment is a great way of meeting other locals, enjoying some healthy exercise & fresh air, with a well-earned hot drink and biscuit at the end! We are always pleased to welcome new members to join us and help make Uppermill an even better place to live. For anyone interested in joining us on future project days our upcoming programme is as follows :-

Sept	Saturday 30th
Oct.	Saturday 7th
	Thursday 19th
Nov.	Saturday 4th
	Thursday 16th
	Thursday 30th
Dec.	Saturday 9th

All equipment is provided by CRT [Canal & River Trust], and you are recommended to wear stout footwear and suitable clothing for the weather conditions on the day. The usual meeting point is 10am at Limekiln lock, but this is sometimes changed. New volunteers are advised to check a few days in advance, with the Project Day calendar viewable on our website: http://ucanuppermill.com/. You may also contact UCAN's Group Leader on 01457 878361, or by email at peterkillan@hotmail.com

Best Regards,

Belinda Watson
UCAN
Uppermill Community Action Network

Worlds Biggest Coffee Morning - Have your cake and eat it!
Macmillan Cancer Support

Springlees Court, Springhead Oldham
Thursday 21st September
Between 1 – 3pm
EVERYONE WELCOME

Invitation to the Oldham Town Centre Masterplan Public Consultation

In June this year, we launched our Oldham Town Centre Masterplan which detailed our plans to improve the town centre up until 2035. This exciting plan includes the creation of new homes, refurbishment of existing employment space and the generation of economic activity which would provide an extra £50m a year to our economy.

It's now time to have your say on the proposals. On Friday 15 September, 10am – 5pm and Saturday 16 September, 10am – 3pm we'll be holding a 'drop in' public consultation in the Egyptian Room, Old Town Hall, where staff and residents can come along and view the proposals as part of a mini-exhibition, make comments on the plans and discuss them in more detail.

It's also a great chance to see our fantastic refurbished Egyptian room, which hasn't been open to the public since 1912. The room is listed and includes beautiful tiles, periodic pillars and stunning Egyptian-style decoration. If you'd like to read the full Town Centre Masterplan, please visit
www.oldham.gov.uk/info/200692/invest_in_oldham/1817/town_centre_masterplan

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PASSCHENDAELE 100
Commemorations

Join us on Saturday 7 and Sunday 8 October as we commemorate 100 years since the end of the Battle of Passchendaele.

COMMEMORATIVE DINNER
Saturday 7 October 7.30pm
Oldham Athletic Event Centre
Three course meal, live performances and entertainment
There will be time to pay respects to the fallen
Tickets £25
For tickets call 0161 770 4621

SERVICE OF REMEMBRANCE
Sunday 8 October
A service will take place at 2pm in Oldham Parish Church to honour those who died at the Battle of Passchendaele.

At 1.30pm people are invited to meet at the Oldham Civic Centre and walk together with

the armed forces and the Mayor to the Church

For more information about both events visit:
www.oldhamremembers.org.uk

Early Help
FREE Help for you and your family

Do you or a family member need practical help to support you to take control of your life?
Do you and your family have difficulties such as housing, money, parenting, confidence, looking for work or want to improve an area of your life?
There are different levels of support available – and it's all FREE!

FOR AN EARLY HELP REFERRAL RING 0161 770 6672
The Oldham Early Help programme is delivered by the Oldham Together Partnership of Positive Steps, Oldham Council, Threshold Housing, Hope Citadel CIC and Associate Partners.

MIND
FREE Mental Health Services available in Oldham

The Tameside, Oldham and Glossop branch of mental health charity MIND, are working in partnership with NHS Healthy Minds Oldham and have created a range of new services for residents over the age of 16. The new services provide huge benefits for the health and wellbeing of people living in Oldham and best of all, they're free to access.
Services include:

- Mental health and wellbeing M.O.T. Workshops
- Drop-in sessions
- Active Monitoring
- Taster workshops and courses

For further details Tel: 0161 330 9223
Email: office@togmind.org

OCL Sit and Get Fit
Chair Based Exercise Classes available

Springlees Court, Springhead Oldham
Every Monday 1.15pm – 2pm with Neil
No need to book
For further details please ring 0161 207 7000
Or
Riverside House, Kenworthy Gardens, Uppermill
Every Tuesday 10am – 10.45am with Paddy
No need to book
For further details please ring 0161 207 7000

Oldham Age UK
FREE P.I.P. Service (Promoting Independent People)

Helping you to remain independent in your community by reducing isolation and increasing your confidence.
This service can offer and support you with a wide range of services in your area, including:

- General advice, money and benefits
- Lunch Clubs
- Falls Prevention
- HandyVan
- IT Classes
- Leisure and Social Activities
- Disability, Mobility & Healthcare Aids
- Home Energy Check
- Shopping Delivery

To find out more, please call 0161 622 9266 or contact your GP Surgery or District Nurse
Email: pip@ageukoldham.org.uk

#ANDYSMANCLUB

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- 42% of men aged between 18 and 45 have contemplated taking their life
- Over 4200 men in 2014 took their own life
- That's 1 man every 2 hours
- ITS TIME TO CHANGE THIS!

JOIN THE CONVERSATION
Oldham Leisure Centre, Middleton Road, Oldham
Every Monday 7pm

OLDHAM@ANDYSMANCLUB.CO.UK
WWW.ANDYSMANCLUB.CO.UK
INFO@ANDYSMANCLUB.CO.UK
#ITSOKAYTOTALK

Oldham Lifelong Learning
Variety of FREE courses available to groups.

Courses available:

A Free taster session can be provided with your group to engage learners followed by a 3 to 5 week themed course. These can be flexible to meet the needs of groups of learners and a minimum of 10 enrolments is required to run any course. Advice and guidance is provided to learners regarding progression routes to help them achieve their goals.

HEALTH AND WELLBEING
- Eat Well Be Active (setting goals to improve healthy eating and increase levels of activity to promote healthy lifestyles)
- Yoga, zumba and gentle exercise classes
- Holistic therapies
- A range of themed cookery courses (bespoke kitchen at Turf Lane Lifelong Learning Centre)
- Introduction to Food Hygiene/ Introduction to nutrition
- Food Safety Level 2/ Nutrition for Health Level 2

PRE-EMPLOYABILITY
- Looking Forward course (confidence, communication, motivation and goal setting in the context of work)
- 'Introduction to..' courses include: first aid at work/ paediatric first aid/ food safety/ nutrition/ or Health and Safety at work
- Enterprise courses

OTHER TASTER SESSIONS/ SHORT COURSES:

- Computer skills (must be in an ICT suite)
- Creative art and crafts/ e.g. First steps in jewellery making
- Sewing classes – Fashion Design, pattern cutting, make do and mend
- Energy saving and DIY/ gardening
- Communication through craft classes to help learners practise their English

Lifelong Learning also offer a wide range of accredited/non accredited courses in the following curriculum areas:

English and Maths

ICT, Business, Family Learning

Employability, Care and Education, Volunteering

ESOL, Modern Foreign Languages, Teacher Training.

For further details please contact:
Partnerships and Community Engagement Team (PACE) Tel: 0161 770 8268
Curriculum Manager: Kim Boughey 0161 770 8029.
Programme Leaders: Joanne Rosler 0161 770 5807 and Yvette Cotman 0161 770 8025

Springhead Community Centre has a new website
To find out about activities, groups and forthcoming events please visit

http://www.springheadcommunitycentre.co.uk/

Springhead Community Centre
She Sheds (DIY for ladies)
She Sheds started at Springhead in 2016 initially with an 8 week taster course in collaboration with Age UK and Men in Sheds. It was a great success and we decided to carry on. We now meet on Wednesdays with a session from 09:30 to 12:30 and another from 13:00 to 16:00. Each session is separate so you can come morning or afternoon or both. Learn those basic skills of changing fuses, washers, wood working skills, gardening and any others you choose. You choose your own project or join in with a group one.

Each session costs £3.00
Wednesdays 09:30 – 12:30 & 13:00 – 16:00
Contact Barbara Beeley on 0161 652 0930 for further information

From Autumn we will be delivering 6 week workshops with a project focus!
To find out more or to reserve a place please contact Barbara Beeley on 0161 652 0930

Right Start
Saddleworth and Lees District Children's Centres
Activities Timetable September 2017

Your local children's centre offers children under five and their families' quality childcare, fun activity sessions and the chance to meet new friends.
There may be a small charge for some sessions, check with the centre for more information and to book a place.
See attached Timetable for further details.

Action Together

For the latest news and updates for voluntary and community groups, and funding opportunities and support please see check out their website https://www.actiontogether.org.uk/

Get Oldham Working

For the latest job opportunities and apprenticeships please visit
https://www.oldham.gov.uk/get_oldham_working