My Life
in Tameside & Glossop
Social Passport
Local communities across Tameside are offering a wide range of group activities that are waiting for you to join them. Why not try something different, make new friends, or if you are already involved in a group bring along someone who isn’t.

Virtually everyone can experience loneliness from time to time. Please help to us to combat loneliness.

This guide has been created so you can brighten up your calendar, make new friends and enjoy the best of what your local community has to offer.

www.lifeintamesideandglossop.org
Find a group/activity near you

<table>
<thead>
<tr>
<th>Group/Activity</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Age UK</td>
<td>0161 308 5000</td>
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<tr>
<td>Action Together</td>
<td>0161 339 2345</td>
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<tr>
<td>Alzheimer’s Society</td>
<td>0161 477 6999</td>
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<tr>
<td>Dementia Support Group, Age UK</td>
<td>0161 308 5000</td>
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<tr>
<td>Evangelical Church, Mottram</td>
<td>01457 764113</td>
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<tr>
<td>Grafton Centre, Hyde</td>
<td>0161 368 4110</td>
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<tr>
<td>Hattersley Forum</td>
<td>0161 368 8513</td>
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<tr>
<td>Hearts &amp; Minds Guide Bridge Theatre</td>
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<tr>
<td>Holy Trinity Church</td>
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<tr>
<td>Holy Trinity Church Stalybridge</td>
<td>0161 304 9308</td>
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<tr>
<td>Ryecroft Hall, Audenshaw</td>
<td>0161 370 8849</td>
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<tr>
<td>Silver Cord Be-friending Service</td>
<td>07446 893 445</td>
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<tr>
<td>The Together Centre, Loxley House</td>
<td>0161 366 9746</td>
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<tr>
<td>TOG Mind</td>
<td>0161 330 9223</td>
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<tr>
<td>Tameside Arts Ltd</td>
<td>0161 368 3422</td>
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<tr>
<td>Tameside &amp; Glossop Mind</td>
<td>0161 330 9223</td>
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<tr>
<td>The Anthony Seddon Fund</td>
<td>0161 971 2592</td>
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<tr>
<td>Tameside Events Cultural Services</td>
<td><a href="http://www.tameside.gov.uk/culture">www.tameside.gov.uk/culture</a></td>
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Useful Contact Numbers

Tameside Council
0161 342 8355

Out of Hours
0161 342 2222

Community Response Team
0161 342 5100

Silverline - Freephone helpline
0800 4 70 80 90

TMBC Trading Standards
Buy with Confidence
0161 324 8355
www.tradingstandards.uk

Tameside Hospital Switchboard
0161 331 6000

New Charter Housing
0161 331 2000

Peak Valley, Hattersley
0345 2703501

Pioneer Homes
0161 343 8128

Go To Doc
0161 366 5958

Police (non emergency)
101

Police (only in an emergency)
999

www.lifeintamesideandglossop.org
Your Personal Plan

Name ............................................................................................................

Address ........................................................................................................
......................................................................................................................

Telephone number ........................................................................................................

Do you have family Yes/No? ........................................................................

If yes how often do you see them ..................................................................

Do you have close friends Yes/No? ..........................................................

If yes how often do you see them .............................................................

What are your interests/hobbies ......................................................................
......................................................................................................................

Do you attend a group Yes/No? ......................................................................

Which one/s ..................................................................................................

Would you like to do something else? .........................................................
......................................................................................................................
......................................................................................................................
**Your Personal Plan**

Would you be interested in volunteering? Yes/No.

What kind of volunteering?

Things you would like to know more about

Signed

**Next steps...**

Group/s now involved in

Any problems or things I would like help with

How do I feel now and what has improved

Suggestions/ideas/

Signed ............................................ Date __________________________
We are supporting partners

**STORYBOX CREATIVE CAFÉ**

*Do you have memory loss? Or do you support someone with memory loss?*

**STORYBOX – CREATIVE CAFÉ** is a brand new group based at Ashton Central Library offering fun, creative activities designed especially for people with memory loss and their family and friends.

**Try something new! Meet people! Have fun!**

Each session will use imagination, stories and poetry as a starting point to inspire a range of creative activities that are accessible for all including – music, creative writing, art...

**Tameside Metropolitan Borough**

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**Every Thursday from 10-30 am until 11-30 am**
- April 21st, 28th
- May 5th, 12th, 19th, 26th
- June 2nd, 9th, 16th, 23rd, 30th
- July 7th, 14th, 21st
- Aug 4th

**Ashton Central Library**
- Old Street
- Ashton
- Tameside
- OL6 7SG

**FREE – ALL WELCOME**
No need to book, just come along!

**Small Things**
info@smallthings.org.uk
07862 348 138

**STORYBOX – CREATIVE CAFÉ**
is a Small Things project
www.smallthings.org.uk

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**TAMESIDE OPERA**

*A creative project for older people in Tameside*

Join members of the Tameside community to work alongside a composer, theatre maker and musician to create a new piece from scratch. The piece will include music, drama and artwork and will be performed in two Tameside venues!

**WORKSHOP DETAILS**

**Venue:** Ryecroft Hall
- 223 Droylsden Road
- Audenshaw, M34 5TZ

**Dates:** Wednesdays 1.30-3.30 pm
- 4th, 11th, 18th, 25th May
- 1st, 8th, 15th June

For more information and to confirm your place on the project, please contact Lucy Geddes:
- TEL: 0790 236 8076
- EMAIL: lgedde@manchestercamerata.com

NB. You are welcome to attend with a family member or carer. Please contact us if you are unsure of how to travel to the venue.

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**The Campaign to End Loneliness**
*(National)*

**The Silverline 0800 4708090**

**Ambition for Ageing**
*(Action Together)*

**Social Prescribing**

**Jo Cox Campaign**