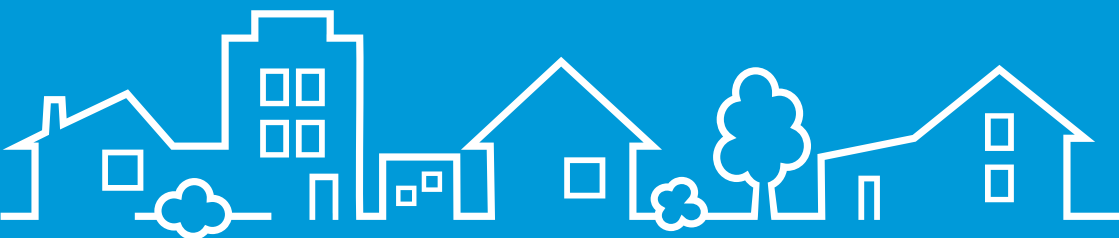


Campaign to
EndLoneliness
CONNECTIONS IN OLDER AGE



My Life

in Tameside & Glossop
Social Passport



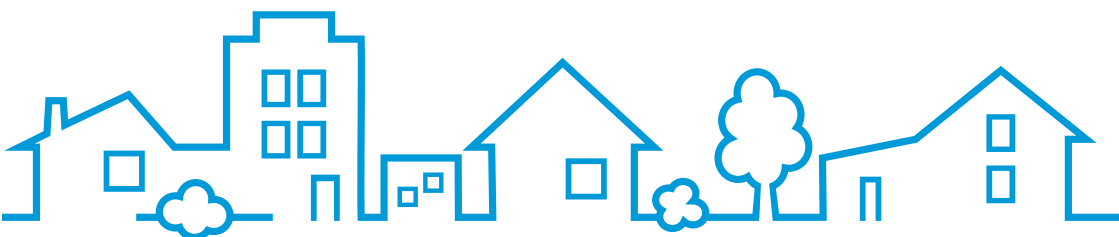
Local communities across Tameside are offering a wide range of group activities that are waiting for you to join them. Why not try something different, make new friends, or if you are already involved in a group bring along someone who isn't.

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

Age UK

0161 308 5000

Action Together

0161 339 2345

Alzheimer's Society

0161 477 6999

Dementia Support Group, Age UK

0161 308 5000

Evangelical Church, Mottram

01457 764113

Grafton Centre, Hyde

0161 368 4110

Hattersley Forum

0161 368 8513

Hearts & Minds Guide Bridge Theatre

Paul Hine
07779 123175

Holy Trinity Church

Stalybridge
0161 304 9308

Ryecroft Hall, Audenshaw

0161 370 8849

Silver Cord Be-friending Service

07446 893 445

The Together Centre, Loxley House

0161 366 9746

TOG Mind

0161 330 9223

Tameside Arts Ltd

0161 368 3422

Tameside & Glossop Mind

0161 330 9223

The Anthony Seddon Fund

0161 971 2592

Tameside Events Cultural Services

www.tameside.gov.uk/culture



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?

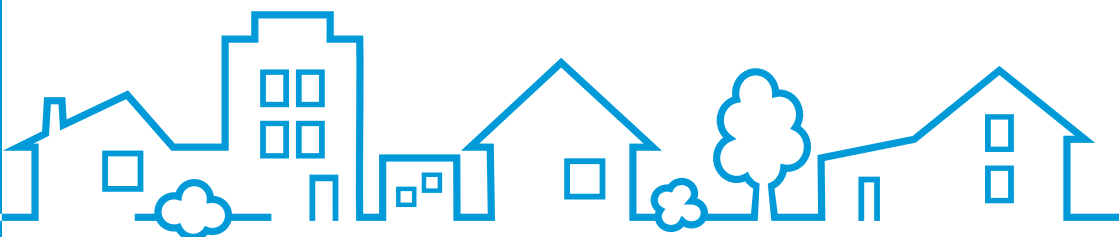
If yes how often to you see them

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

.....

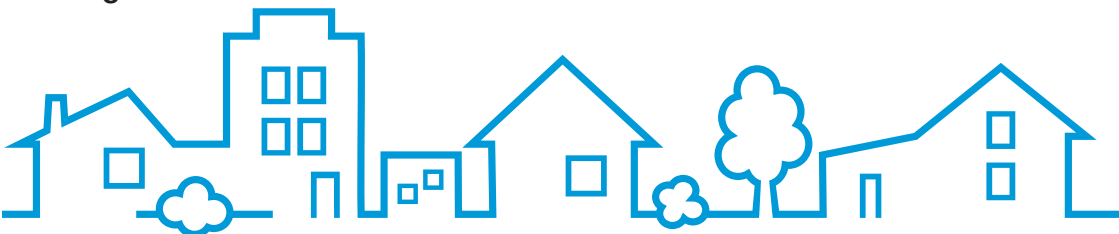
How do I feel now and what has improved.....

.....

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...



Every Thursday from 10:30am
until 11:30am

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
07562 348 338
STORYBOX – CREATIVE CAFÉ
is a Small Things project
www.smallthings.org.uk



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 5ZT

Dates: Wednesdays 1.30 – 3.30 pm
4th, 11th, 18th, 25th May
1st, 8th, 22nd June



For more information and to confirm your place on the project, please contact Lucy Geddes:
Tel: 0161 226 8696
Email: lgeddes@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.

The Campaign to End Loneliness
(National)

The Silverline 0800 4708090

Ambition for Ageing
(Action Together)

Social Prescribing

Jo Cox Campaign



Campaign to
EndLoneliness
CONNECTIONS IN OLDER AGE



www.lifeintamesideandglossop.org

