

Dear Information Ambassador,

Please find attached; your weekly Wellbeing Poster, a poster for Community Wellbeing website, posters and application for Men in Kitchen, a poster for out of hours pharmacy for Christmas and Boxing Day.

If you know anyone who would like to receive this newsletter then please do ask them to email me at chandan.mistry@tameside.gov.uk

Find your latest IAN newsletter in 'My Life in Tameside & Glossop' Website under the 'Library' tab!! Please see link below to take you directly to the website where you will be able to see this week's copies as well as previous ones.

www.lifeintamesideandglossop.org

Please print out the Wellbeing Poster to display on noticeboards, share with colleagues, friends and family.

Connect

A new Community Wellbeing Website for Tameside and Glossop

Tameside and Glossop Integrated Care NHS Foundation Trust, in partnership with Action Together and the Bureau in Glossop have worked together to produce a website that brings together the story of our communities and the power of people in relation to health and wellbeing. www.communitywellbeingtg.org includes a range of blogs, articles and resources related to the things that are going on in our communities.

The website will also provide resources to help people think more about their own wellbeing.

We want to hear from groups and organisations doing great things in their communities. Please contact us on pcca@tgh.nhs.uk if you have something you would like to profile. You can also join the conversation on Twitter @CWTandG.

Take Notice

The Shed Tameside

Please see information attached which includes a poster and application form for The Shed's Men in Kitchen's Programme starting on the **11th January 2020, 10am until 1.30pm.**

The Shed is looking to recruit cooks and diners.

Please contact Mike Barlow for more information on: mikerbarlow44@icloud.com

Be Active

Success for Stickman story walks

These events are a great way to spend time with family or friends, to stay active and keep fit whilst being a fun way to get your 30 minutes in. We'll be holding another walk Sunday 8 December, meeting at 10.30am in front of Bailey Hall in Hyde Park. It's most suitable for children aged 4 to 10 years. Enjoy the fresh air and what our beautiful parks have to offer. If you're looking for some beautiful countryside to explore during the winter months, visit www.tameside.gov.uk/walking for an array of routes and organised walks the whole family can enjoy. Well done to everyone involved in creating such a well-attended event and getting people moving.

Keep Learning

The Big Table- Food Project in Hyde and Dukinfield

Hi my name is Ali and I've been working with local gardening & cookery group, [Operation Farm](#) for 10 years in the Tameside Area. I've done lots of lovely, foodie projects with community groups over the years, from food pop ups in Hyde Park, to soup shares in local churches to cooking & eating together at local housing schemes.

We have just started a really exciting project, funded by Action Together's Community Wellbeing Programme aimed at reducing isolation & loneliness through getting people together to prepare, serve & eat healthy food in the Hyde/Dukinfield area; it's called 'The Big Table'.

We are hosting cooking sessions & 'Big Table' events in community kitchens in the Hyde/Dukinfield area. The sessions and ingredients are free, including any additional equipment the kitchen might need.

At the moment it's all about finding out if you/your community group would be interested in getting involved

Please have a chat when you next meet up and reply to this email

alison.shockledge@gmail.com or ring me on **07834242398**

It would be lovely to work with you in 2020, I'm a big foodie and would love to share my knowledge and skills!

Give

Tameside Music Service Concerts

I don't know about you but live festive music really helps me to get in the Christmas spirit. In the run up to Christmas, Tameside Music Service (TMS) will be holding three concerts across the borough. The series begins with Band Skills Winter Showcase, at 7pm on Wednesday 11 December at POP, Corporation Street, Hyde, and features performances from some of the best of our up-and-coming young rock and pop artists. TMS's Big Christmas Concert will include performances from all of the service's major instrumental ensembles, including the very first performance by Tameside Youth

Orchestra. The Big Christmas Concert is held at 6.30pm on Thursday 12 December at Hyde Town Hall.

The Christmas concert series draws to a close with Brass and Carols at St. Peter's Church, Ashton, on Wednesday 18 December at 6pm. A brass band from TMS will be joined by children from our local primary schools for a festive evening of traditional carols and songs. Tickets for each concert cost £3, however a Festive Trio ticket is available which gives access to all three events for £7.50. For further information and tickets, contact TMS by calling 342 3132 or emailing musicservice@tameside.gov.uk

Please let us know if you have something that you would like us to consider for inclusion in the bulletin. If you have any comments, concerns or queries please get in touch.

To unsubscribe to the Information Ambassadors Network please email chandan.mistry@tameside.gov.uk

Have a fabulous weekend!

Kind regards

Chandan Mistry

Community Engagement Officer

Joint Commissioning and Performance Management

Adults

Adults

[Tameside MBC](#) | [Twitter](#) | [Facebook](#) | [Instagram](#)

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Email Disclaimer <http://www.tameside.gov.uk/disclaimer>



**Information Ambassadors Network
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January 2020**

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Take Notice

Men in Kitchens Nutrition for Everyday Living

The Shed along with St John's Church, Dukinfield are running a men in kitchens primarily, but not exclusively, for older men who want to learn how to cook and eat well.

This free course will be: • Food hygiene • A range of preparation and cooking skills • The foundations of a healthy diet • Relationship between health, diet and exercise • Reading and understanding food labels • How to address food allergies and intolerances

Venue: St. John's Church Centre, Vicarage Drive, Dukinfield, SK16 5HZ. 2019 Sessions starting Saturday 11th January 2020, 10:00 until 13:30 for six Saturdays until 15th February 2020 How to apply If you would like to take part please contact Mike on: 07984037920, (0161) 368 4974 or mikerbarlow44@icloud.com

Please note: In addition to the participants we are looking for people (men and women) who might like to join the participants for a free social lunch.

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