

GROWING FAMILIES

Teach your children where food comes from and how to grow lots of different plants. You will get to take plants home and we'll help you prepare tasty recipes using the produce. This is a **FREE** six week course for children accompanied by their parents/grandparents.

All members of the family are welcome. Starting early October at Springhead Community Centre 3.30pm - 5pm. **Please call for more details & to book - 0161 621 7128**

HEALTHWATCH

The Health and Social Care Act, 2012 has prompted many changes within the NHS over the past year; one has been the establishment of Healthwatch England in October 2012.

This is a national body that aims to influence national policy within the NHS and Social Care by liaising with the general population and taking views on the performance of services. It will have close links with the re-vamped Care Quality Commission and it will also provide support to all local Healthwatch organizations around the Country.

HEALTHWATCH OLDHAM [HWO] is your local representative. The mandate for HWO includes close contacts with the Health & Wellbeing Board; Oldham Borough Council; the newly formed Clinical Commissioning Group (which pays for the majority of secondary care and community services (not general medical services i.e. GPs); the local Pennine Acute NHS Trust (hospital providers); Patient representation groups and other relevant service providers within our community.

HWO will hold regular forums where all will be welcome to come and share their views, get information and be able to question representatives from the bodies mentioned above.

Your own Patient Participation Group (P.P.G.) will remain an additional conduit for your views and questions.

David Makin is a member of the Saddleworth P.P.G.; Chair of the Saddleworth & Lees Health and Wellbeing sub-committee and a member of Healthwatch Oldham. This gives a very firm link with most of the NHS groups in Oldham.

If you want to get the most out of your local health system then HWO is one way to get your views heard. You can contact them as detailed below.

Call in at: 12, Manchester Chambers, West St. Oldham. OL1 1LF
Telephone: 0161 622 5700.
E-mail: Admin@healthwatcholdham.co.uk

You can also Google for information.

USEFUL NUMBERS

Age Concern: 0161 633 0213

Bereavement Service: 0161 627 8207

Citizens' Advice: 0161 620 9317

Dr Kershaw's Hospice: 0161 624 2727

Patient Advice and Liaison Service: (PALS) 0800 389 8679

Podiatry: 01457 870424

Social Security: 0161 912 8000

Alcohol & Drugs services: 0161 624 9595

Carers' Centre Oldham: 0161 770 1188

District Nurses: 0161 484 1460

Health Visitors: 0161 484 1470

Smokefree 0800 328 8534 or 0844 873 0032

Social Services: 0161 770 3730



Patient Participation Group

News Letter

Autumn 2013

Mission Statement: To represent the views of the patients and to ensure that they have a voice that enables their needs and levels of healthcare to be delivered

Practice News...

The Practice is extremely pleased to see the delivery of the Portakabin to the Millgate Car Park in Delph that will provide temporary surgeries during the construction of the new clinic. Surgeries will commence at the Portakabin from Tuesday 24th September.

The new build is still under negotiation, as the original contractor submitted a final price for the job that was way over the allocated budget. Negotiations are currently underway with a new contractor and we are hopeful that these will be finalised soon. As soon as the contractor is agreed, the practice will go ahead with the planned community event to let all patients/residents have an opportunity to see the plans for the new health facility.

HEALTHY HINTS – FLU CLINICS

It's that time of year again; the flu season is upon us! The Practice has begun to invite patients, if they are entitled, for their free flu jab. If you are entitled to a flu jab please call in to one of the sessions below at the Uppermill surgery. REMEMBER, it is important that you are vaccinated if you are over 65 and or in an at risk category.

| | | | |
|--------------------------------|---------------|--------------------------------|---------------|
| Mon 30 th September | 3.00 – 5.30pm | Thurs 10 th October | 3.00 – 5.30pm |
| Wed 2 nd October | 3.00 – 5.00pm | Mon 14 th October | 3.00 – 5.30pm |
| Thurs 3 rd October | 3.00 – 5.00pm | Thurs 17 th October | 3.00 – 5.00pm |
| Fri 4 th October | 3.00 – 5.30pm | Fri 18 th October | 3.00 – 5.30pm |
| Mon 7 th October | 3.00 – 5.30pm | Mon 21 st October | 3.00 – 5.30pm |
| Wed 9 th October | 3.00 – 5.00pm | Wed 23 rd October | 3.00 – 5.30pm |

Saddleworth Carers Group

We are a social group aiming to provide information, and fun, to all our carers who look after someone with memory problems. Meetings are from 10.00am until 12noon on the second and fourth Friday at the Sacred Heart Church Hall, Uppermill. Forthcoming programme:

- 27th September – Acupuncture session
- 11th October – Bulb planting/plant exchange
- 25th October – Talk on Nepal by Joyce
- 8th November – Bonfires and Ghost Stories
- 22nd November – How to deal with unwanted callers (talk by the Police)
- 13th December – Christmas Party...

For more information please contact Eamon O'Daly on 01457 810614 or Kath Edwards on 01484 845350

Are you overweight and trying to do something about it?

Further to our article “Is your weight putting your health at risk?” in the last edition we wanted to tell you about another free service available to you...

WHY WEIGHT?

A **FREE** NHS programme running throughout Oldham. This could provide the answer you’re looking for. The focus is on supporting you to change your lifestyle with the tools and knowledge to control your own weight. We’re running an eight week programme for adults who are over their ideal weight, and would like to lose weight sensibly with guidance and help every step of the way from NHS professionals.

Mondays from 14th October - 1pm Lees Library

Mondays from 14th October - 5.30pm Uppermill Civic Hall

Thursday 3rd October - 3.30pm Springhead Community Centre - For those with children

Thursday 17th October - 11.00am Lifestyle Fitness Centre Greenfield

Please call for more details & to book - 0161 621 7128

ASSET RICH CASH POOR

The above phrase is not an uncommon description of many households in the Saddleworth area. Just because someone lives in a big or even moderately-sized house does not necessarily mean the occupant is able to pay the every-increasing fuel bills without considerable difficulty.

There is a recognition in government that keeping patients warm and well at home is much cheaper than constant returns to hospital. Successive governments have accepted the numbers in fuel poverty – i.e. spending more than 10% of one’s disposal income on paying for fuel – has to be reduced. Health and warmth, particularly for the elderly go together. Nationally the number of households of all ages in fuel poverty is increasing annually .

Oldham Council, NHS Oldham Clinical Commissioning Group and Oldham Housing Investment Partnership have created the **Warm Homes Oldham** project with the aim of lifting 1,000 homes out of fuel poverty this year by helping residents have warmer and therefore healthier homes.

As well as helping local people with property upgrades the **Warm Homes Oldham** team can also

- Provide advice on how to reduce your energy use.
- Advice on maximising your income, claiming benefit entitlements and helping with fuel debts.
- Find help from other local support services in Oldham.

Residents could qualify for energy efficiency upgrades to their homes worth up to £10,000.

Under the scheme you don’t have to be on benefits to get grants towards wall and loft insulation, and even if you have been told before that your house can’t be insulated you should now ring up and check, as the new project offers grants for different products, for such as solid walls and irregular cavities.

If you are on qualifying benefits you could also get free heating as well as the insulation upgrades.

Warm Homes Oldham is able to provide free energy efficiency measure for local residents through the Government’s ‘*ECO funding*’ scheme which promises to reduce Britain’s carbon emission, reduce wasted energy, insulate all homes and help save people money on their fuel bills.

For more information or to book a free, no obligation survey to see what your home may qualify for call **Warm Homes Oldham** on 0800 019 1084 or visit www.warmhomesoldham.org



Youth Page



CANtean Capers...

The café we run on Saturday mornings is sooo busy, the Dw's (dog walkers) are the first in and we make sure we have treats ready to give our furry friends. We then have the junior rugby boys in, although they cover the floor with grass off their boots they do clean up after themselves and if it wasn't for the coaches we wouldn't get into the spam..... we do need a better tin opener!

So if you are free on a Saturday between 10.00am and 12.30pm call in for a bacon roll and a brew.



Teen Dish....

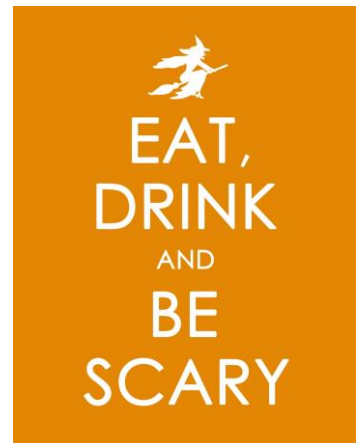
Our dish for this month is Perfect Pizza, We looked at different ways of making pizzas; we didn't always use the usual pizza base, we used pita bread, muffins, sliced bread, and we also compared pizza base mixes and ready made bases. The 'real' bases were higher in calories than we thought, even without the toppings. The dry mixes were easy to use; we just added warm water and followed the instructions on the packet. The lowest calorie, cheapest, easiest and quickest option used a slice of white bread, instead of using bought pizza topping we lightly spread tomato puree over the bread and added grated low fat cheese and added different toppings and then put under the grill for 5 -7 minutes. The value loaf (16 slices) was 50p, the value tomato puree was 32p 350g cheese £2.00 = less than 20p per slice (+cost of topping). We had a lot of fun experimenting with concoctions of toppings, most of them tasted great but others (such as cauliflower and tuna) were disgusting!!!

We have an 'Activ-ate' cooking session at the youth club every **Wednesday 6.15pm** and we will be using our facebook page to tell you our plans so if you are 13-19 and want have a go at cooking just call in.

The Youth Forum is for young people who want to get involved and be part of decision making. You are welcome to come along. We meet the 2nd Thursday of the month at 6.00pm at the Saddleworth Children's and Youth Centre on Wellington Road.

We are the CHAMPION'S £££
We will be taking part in a training course to make us more aware of how to handle our finances and how to help our friends and peers with theirs. It only takes 16 hours and on completion there is a financial reward 😊
16 – 24 year olds

Halloween Community Ball
30th October
6.30pm – 9.30pm
Fancy Dress
Saddleworth Children's and Youth Centre on Wellington Road.Event



Remember...Rock bottom is good solid ground, and a dead end street is just a place to turn around.
~Buddy Buie and J.R. Cobb,

Don't struggle in silence.....

KOOTH.com is a free online support for young people 11-19 year old. It offers confidential online counselling.

For more information: Call the Saddleworth Children's and Youth Centre on 0161 770 5864 or email Sue.Palfrey@oldham.gov.uk