

YANKS ARE BACK IN SADDLEWORTH !



'Yanks Are Back In Saddleworth' 12-14 August 2011, is open to all military and classic vehicles from 1914 to the gulf war. There will be a wide selection of military and vintage stalls, military, and classic vehicles and American classic cars around which to browse.

On the Saturday night there will be 'Big Swing' ball at the civic hall Uppermill, with local pubs providing a full range of entertainment all over the weekend. On the Sunday there will be a military parade and convoy, accompanied by the D Day veterans and members of the Royal British Legion with pipe band.

Also in attendance will be Mr Churchill and Monty overseeing the "Big" battle on the Sunday afternoon, and finishing the weekend of is the fly past by the *Battle of Britain Memorial Flight* (the RAF's tribute to the aviators of WWII)
Free entry for veterans and OAPS.
For more details contact: Paul 07709 052 501

Have you seen Manchester Care and Repair 's new WEBSITE at
www.careandrepair-manchester.org.uk

GET A JAB! **springng 2011**



NHS Manchester is reminding people not to underestimate the importance of having the seasonal free flu jabs. The flu jab is available to help protect people who are more at risk as flu can increase the risk of serious illness, such as pneumonia, or can make existing conditions worse. You should have the seasonal flu jab if you are aged 65 years or over, live in a residential or nursing home, or are the main carer for an older or disabled person. This year's seasonal flu vaccine will protect against H1N1 virus strain (swine flu).



'MY GENERATION' MANCHESTER'S COOLEST OVER 50s CLUB NIGHT

Do you remember nights out in Manchester at The Jungfrau, Rafters, Placemate or The Twisted Wheel? Do you miss the buzz and excitement of a great night in town, meeting up with friends and hitting the dance floor?

Look out for up and coming 'My Generation' over 50s nights at Band on the Wall on Sunday 10 April and Sunday 19 June 2011.

For information contact Tracey on 0161 234 4299 or t.annette@manchester.gov.uk or visit the Band on the Wall website:
www.bandonthewall.org/events/2985/



A city-wide showcase of Irish culture and celebration of all things Irish. Highlights include the St Patrick's Parade with over 70 floats, bands and walking groups wind their way through the city.

The Parade will be held on Sunday 13th March 2011.

For information about joining the Festival Parade contact Brian Kennedy on 07919 214 873

The Welcomers

Group provide an opportunity for all retired people in the area to meet and enjoy various activities including, indoor bowling and curling, table games, book exchange, card making, raffles. At least twice a year we arrange outings that last a full day and feature lunch, dancing and enjoying music from all the popular shows. We also enjoy massage sessions and dancing at the hall with either a buffet or hot lunch.



Our group is open to all retired people regardless of faith or culture and we are keen to welcome new members. We meet every other Tuesday 12.30--3.00pm at St Dustan's Church hall, Kenyon Lane, M40 9PA. For more details contact Irene 0161 653 1121.

SENIOR UNITED DAY.

On Saturday 9th April, FC United of Manchester play Northwich Victoria at Gigg Lane, Bury with a 3.00 pm kick off.

This game had been designated as 'Senior United Day' when over 50s can gain free admission to the game. A free coach will be provided, along with a packed lunch for residents from the Miles Platting and Newton Heath area. Seats need to be booked in advance.

For further information please contact; FC United, Hope Mill, 113 Pollard Street, Manchester M4 7JA or phone 0161 273 8950.

The new 'Silver Number'

In April 2011, Manchester City Council are opening a brand new Corporate Contact Centre.

This means that it should be easier for residents to contact the Council with any queries they have.

The new numbers are being advertised in the BT Phone Book and Thomson Local and the Council website. The next steps are to gradually raise awareness of the numbers by including them on leaflets and letters. Make a note of them!

Service	New Number
Switchboard	0161 234 5000
Social Care Services	0161 234 5001
Council Tax	0161 234 5002
Benefits	0161 234 5003
Environmental Services	0161 234 5004
Registration Services	0161 234 5005
Payments	0161 234 5006
Library Renewals	0161 234 5007

Forthcoming Hot Pot Meetings



Are you 55 or over or a carer of someone over 55?

Live in East Manchester or Moston?

**Wed 23rd Feb
Clayton**
St Cross
Church hall
Ashton New Rd
M11 4WH

**Tues 19th April
Moston**
St Dunstan's
Church hall,
Kenyon Lane,

Come along to our next Hotpot meeting, have a laugh, meet new people, all while you're finding out about things that can help improve your quality of life .

To reserve a place or book your FREE transport call Mandy 0161 202 2522



The Fire and Rescue Service offer a **FREE** home fire prevention service for all people of Greater Manchester. We are committed to reducing deaths and injuries caused by fire in the home. The service we offer is called a Home Fire Risk Assessment. If you or your friends and family telephone the number below, we will arrange a convenient time to visit you and provide FREE advice and if you need them, we will fit FREE smoke alarms with batteries that will last 10 years. Even if you already have smoke alarms fitted, and have not had one of our Home Fire Risk Assessments, we would still like to hear from you. We would rather see you safe than sorry.

During our visit we will identify ways of making your home safer by preventing a fire and help you make a plan of what to do if you do have a fire.

Remember we will arrange an appointment with you, we do not knock on doors. All our staff will be in uniform and have official photo identification cards, if you are in doubt about any person's identity, *don't open the door!*

Booking a FREE Home Fire Risk Assessment could not be simpler, just telephone our Contact Centre on **0800 555 815** and we will do the rest.

Could you be as warm as toast this winter?

Loft and cavity wall insulation helps keep the warmth in your home, so you can turn your heating down and save money on your bills too. If you live in Manchester, are over 60 and pay your Council Tax to Manchester City Council then you are entitled to free cavity wall and loft insulation. (Subject to survey. Terms and conditions apply.)

Book a free, no obligation survey now and find out more online at www.getmetoasty.com or call the Energy Saving Trust freephone advice line on **0800 512 012**.

Expert Patients Programme

Do you want to learn new ways in living with your long term health condition/s?

NHS Manchester 'Expert Patients Programme' could be one step forward to help you maintain your health and improve your quality of life!

Here are some of the Key Benefits:

- A greater confidence in dealing with your illness and to recognise and act on symptoms
- Experience less pain and fatigue – reduce and manage stress
- Improvement in daily life and learn techniques like relaxation, exercise, healthy eating
- Greater self worth, independence and mobility
- Get more out of health services
- Communicate effectively with family, friends and health professionals
- Develop an action plan to improve your well being
- Meet others sharing similar experiences and improve your social activity

It's free and light refreshments are provided and the course is run by people living with long term conditions themselves.

For information on courses running in your area or to find out more please contact the Expert Patients Programme Referral Team on 0161 219 9424

A spotlight on...

The Amalgamated Engineering Union Club Openshaw



What inspired members to start this group?

The group was originally formed in 1876 and used as a meeting place for working men and also used as a support to help them read and write. It now concentrates on social activities and welcomes all members of the community.

What kind of activities does your group organise and take part in?

The social club has many activities, we hold bingo once a week, at various times of the year theme party nights, a bowling club as we have a bowling green, trips out, and a over 55's group who meet on the 1st Wednesday of every month.

What days and times do you meet?

The club is open 7 days a week in the evenings from 7pm to midnight Monday to Thursday, 7pm - 1am Friday & Saturday 5-12 (winter months) & 3-12 (summer months)

How many members attend regularly?

We currently have 250 members, who meet at various times depending on the activity. The management committee meets fortnightly and we welcome new members

Who can people contact if they are interested in getting involved?

During opening hours anyone can ring the club directly 0161 370 2069 or outside opening hours you may contact Billy Plant 0161 292 0490

What makes your group special?

We try to create a safe place where people are treated as people not as *old people*. It's a social, friendly and welcoming atmosphere, where you can have a laugh and a good time.



What are your favourite activities?

The most popular activities are line dancing which is on a Monday night, the concert evening where we have entertainment laid on each Sunday, Poker night (just for fun) on Tuesday and Bingo.

What would you like to say to the readers of this newsletter about the group?

It's friendly, a social and safe place to be, where you can have a laugh with friends. Everyone is made to feel welcome and we'd love anyone with new ideas to get involved and help with the hard, but rewarding work of keeping our club flourishing

(Mandy was talking to June Austin & Bill Plant)

If you are a member of a group and would like to tell readers of this newsletter who you are and what you do, please contact Mandy Powell at the number or address below.

The views expressed in this publication are not necessarily those of the Generation Project.

If you would like to be on our mailing list, find out more about the Generation Project or find out more about any of the articles in this quarterly Newsletter please contact Mandy Powell - Project Manager

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