

# IMPACT NEWS

## G.O.S.H

(Great Moor, Offerton, Stepping Hill &  
Hazel Grove)

### Autumn 2007



#### **Previous Impact Meeting**

The community met up on Friday 28th September in Hazel Grove Civic Hall.

There was a good mixture of local residents, volunteers and workers.

The hall has rooms available to hire. For more details contact - 483 2279

The meeting was followed by a smoothie making session. More details inside the newsletter.

Congratulations to Lindsey Lund for coming up with a new title for the Impact group. It will now be known as G.O.S.H. - a much catchier name.

#### **Next Impact Meeting**

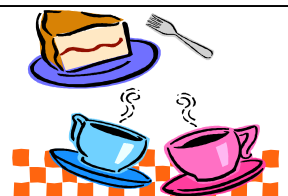
**Wednesday 19th December, 10am, in the Dialstone Centre, Room 14, Lisburne Lane**

There will be **free mince pies and satsuma's** to get us in the festive mood.

Come and find out about **funds** available to you, for health projects. The meeting is very informal, a great way to meet new people and find out what is going on in your community.

**Everyone is welcome.**

**Free refreshments provided.**



## Who was at the meeting?

Carol Massey - **Offerton Care Scheme**. Cllr Dreen Ryan & Cllr Lynda Russell - **Offerton Park Parish Council**. Jenifer Hawly - **3rd Hazel Grove Scout Group**. James Collins - **GMC Fire & Rescue Service**. June Scott - **Local Resident**. Penny Abraham - **Stockport Heart Club**. Anne Smith - **Age Concern**. Janet Cooper - **Offerton Hall Nursery**. Cllr Wendy Meikle - **Offerton ward**. Ann Wynne - **Stockport PCT**. Barbara Haly - **Civic Society & Victim Support**. Naomi Creed - **CVS Funding Officer**. Kamey McNamara - **CVS Impact Officer**.

## WHAT WE DISCUSSED.

After introductions the chatting started.

**Jim** informed the group about fire safety in the home. The Fire Service offers a **FREE home risk assessment** which shows you how to cut the risks of fire in your home and includes installing a smoke alarm if needed. They offer a wide range of services for the home including providing cooking timers and visible smoke alarms for the hard of hearing. The fire service can attend events and visit groups but needs 3 months notice. Groups can also visit the station. FACE is **Fire Awareness Child Education**, which is a 13 week programme aimed at children that may be tempted to start a, or play with, fire and helps raise fire awareness with them using workbooks and visits to the fire station. For more info about any of the above services contact 908 1603.

**Jenifer** celebrated 100 years of scouts with the rest of the scout group on 6th October.

**Carol** told us about the carers support group that takes place on the last Monday of the month, 1-3pm. They have guest speakers and occasional outings. Carers of any age are welcome and transport can be arranged. Contact Carol - 477 8782 for more details.

**Anne's** job at Age Concern is Safeguarding Older Adults and is sponsored by Comic Relief. Anne can give talks about safeguarding inside and outside the home to groups and especially wants to focus on adults that may be vulnerable eg those in hospital or sheltered accommodation. For more details contact Anne on 480 1211.

**Naomi** spoke to the group about how she can help any community or voluntary group get hold of money. Naomi offers a range of funding services from Funder Finder to money handling information. If you want to find out more, you are welcome to go to the Funding Forum that Naomi runs. The next one is on Wednesday 21st November, 10am at the Friends Meeting House on Cooper Street. For more info contact Naomi on 477 0246.

The meeting finished with a **smoothie making demonstration**. I made 2 different ones - tropical smoothie & cranberry goodness smoothie. The idea is to let people taste how healthy and delicious they are and see how easy and cheap they can be to make. If you would like a copy of the free smoothie recipe sheet that has over 10 different recipes on, contact me and I will send it to you.





# IMPACT



Impact groups promote and improve the health of local people. They are the communities chance to say what health activities should happen in their area. Impact has **funding** for groups that want to start up a health related project. Every area of Stockport has an Impact group and these have an open public meeting every 3 months. There is usually a taster session of an activity or guest speaker to inform us more about their services. The meetings are a great way to network, find out what is going on in your community and say what you would like Impact money to be spent on. This scheme is funded by Stockport Primary Care Trust. For more details about Impact funds & groups, contact the Impact officer on - 477 0246 or [impact@stockportcvs.co.uk](mailto:impact@stockportcvs.co.uk)

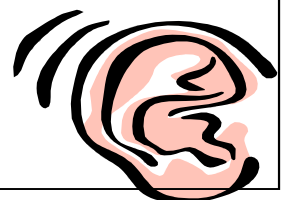
## Macular Disease Society.

The disease is a **degenerative retinal eye disease** that causes progressive loss of central vision, leaving only peripheral, or side, vision intact. The Stockport Society is a member of the National Society and they meet once a month to offer support and advice to those suffering from macular disease. The group has been going for 10 years and their meetings are open to everyone. For information contact 427 7366 or visit the national society's website <http://maculardiseaseorg.site.securepod.com/>



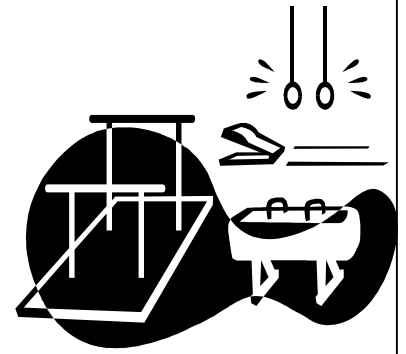
## Meniere's Disease.

The disease is a rare **disorder of the inner ear**. It is one of the most common causes of dizziness. There are a variety of symptoms from tinnitus to vertigo and it can affect anyone. If you would like more information about meniere's disease, you can contact PALS - Patient Advice Liaison Service on 426 5888 or visit the national society's website [www.menieres.org.uk](http://www.menieres.org.uk)



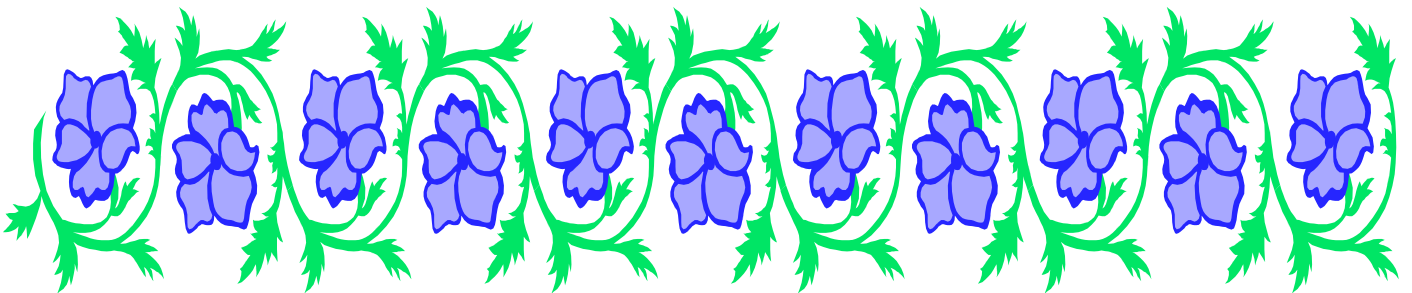
## **Fitness for Everyone!**

A state of the art Fitness Suite which is totally inclusive for everyone to use, has been opened at The Royal School for the Deaf & Communication Disorders.



It has been accredited by the Inclusive Fitness Initiative and means that the equipment is specialized to cater for disabled people and non disabled people alike. This equipment includes specialized equipment for wheelchair users, visually impaired people, physically disabled people and caters for all. It is the only facility like this in the Stockport area.

For more information about the fitness suite contact Gemma, the health and Fitness Co-ordinator on 0161 610 0100



## **Help Stockport Win!**

Connect2 is an exciting UK-wide project that aims to improve local travel in 79 communities and Stockport is one of them. The plan is to create new walking & cycling routes and hopefully linking up existing ones. This project can only happen with lots of money, so Connect2 is competing for a grant from the £50 million that the Big Lottery Fund is offering for Living Landmarks: The People's Millions. The winning project will be decided by public TV vote in Dec 07. To show support for the Connect2 project and for more details visit [www.sustransconnect2.org.uk](http://www.sustransconnect2.org.uk) or call 0845 058 1373



# WHAT'S GOING ON?

## Dates for your Diary.



**Fundraising events for Parkinson's Disease Society, Stockport branch; Hotpot & Quiz, 25<sup>th</sup> October at 8pm**, Barn House, Bents Lane, Woodley. £6 includes hotpot & quiz. For more details contact. – 430 7730.

**Christmas Fayre, 1<sup>st</sup> Dec**, at Guild Hall, Masonic Lodge, opposite the Honda garage on the A6, Stockport. Free entry, 10am-2pm, lots of stalls and refreshments. There is a car park behind. Everyone is welcome to come and raise funds for the branch. It's the Stockport branch's 1<sup>st</sup> fayre ever, so your support will be greatly appreciated.

**Fit & Well** - An exercise group offering Tai Chi and gentle exercise for people with limited mobility. It's a new group that meets in Marhill Court, Offerton. For more details contact Ann, the Community Development worker-07789003982.



**Want more out of life?** If you are a woman living or working in Stockport and feel that you are not getting the most out of life, why not come along to Stockport Women's Centre's "Life Club" which is held **every Wednesday from 1.00pm – 2.45pm** at Kithera House, 21, Greek Street. Tel 355 4455

**Tea Dance** - Every 3rd Thurs of the month, meet at Offerton Social Club, 1-4pm for dancing, refreshments and socialising. Entry just £1.50 and includes refreshments. For more info ring offerton care scheme on 477 8782 or Reg on 487 4659.



**Bonfire** - 3rd Hazel Grove Scout group is inviting everyone to their bonfire and fireworks display on Monday 5th November. For a small entry fee you can see lots of fireworks, enter the raffle to win a signed united shirt and get treats from the tuck shop. The scout hut is on Macclesfield Rd, Hazel Grove.

**Frogtastic** - an inclusive club night for people with learning disabilities and their friends. **Wednesday 28<sup>th</sup> November 2007, 7.30pm to 11.00pm** at The Frog & Bucket, Oldham Street, Manchester – in association with 'DaDaFest07' Tickets are £4 and can be reserved by contacting **07946 424075** or by email at [info@heroesproject.org.uk](mailto:info@heroesproject.org.uk)

**Crafty Needles Club**, every **Tuesday 11am - 12.30pm** at the Well-being Centre, Graylaw House, Chestergate. Organised by the Well-Being Centre Volunteers for anyone with an interest in knitting, needlework, crochet, tapestry, rug making etc. £1 entry includes refreshments. For more details contact 474 7713

**Stress Melting** - Creative Stress Management, every Thursday, 5.30-6.30pm at the Wellbeing Centre, Chestergate. For more details contact Helen - 07981 550 534 or [heleninharmony@yahoo.co.uk](mailto:heleninharmony@yahoo.co.uk)

# Smoke Free Home



When someone smokes, over 4000 chemicals spread into the air, putting the health of everyone at risk. People can get ill just by breathing in this smoke. To make your home a healthier place to live, you can make the Smoke Free Home promise.

**Gold Promise = Make your home smoke free at all times.**

Silver Promise = Smoke only in one well ventilated room and never in the presence of children

You can receive information, advice and a goodie bag to help you make your home smoke free.

Join Stockport's Smoke Free Homes Scheme and immediately start improving your family's health.

Contact Rachel Turner, the Stop Smoking Community Worker on 426 5096. For advice and help to stop smoking contact Stockport Stop Smoking Service on 426 5085

## Growing Together - Women's Allotment Project.

All women are invited to join the allotment project. The project is on Mondays 10am - 12pm. If you want to get involved, the group meet at 9.30am outside the Travel Shop at Stockport Bus Station, The group will have the opportunity to grow fruit, vegetables, plants & flowers.



It's a great opportunity to develop new skills and interact socially in a safe, therapeutic environment.

Contact Amanda for further information or to join.

Tel: 0161 355 4455

## Expert Patients' Programme - 'A new approach to living with a long term health problem'

This programme supports people to manage their long term health problems, like diabetes, heart disease, arthritis, chronic pain, chest conditions and depression, to enable them to take control of their own care plan. The main benefits are a reduction in the severity of symptoms, a significant decrease in pain, improved life control and activity and improved life satisfaction.

The course is also open to **carers** to help them manage their caring activities when they are caring for people with long term conditions. Courses are available in different days and times in the following areas:

Brinnington

Cheadle

Hazel Grove

Heald Green

Heaton Norris

Woodley



For further details, please contact: Fran Holmes/Sue Jeeves at Stockport Primary Care Trust on 0161-426 5549/5510



## Signpost Carers Support Group

**Free Pamper Treatments**

**Free information & Support**

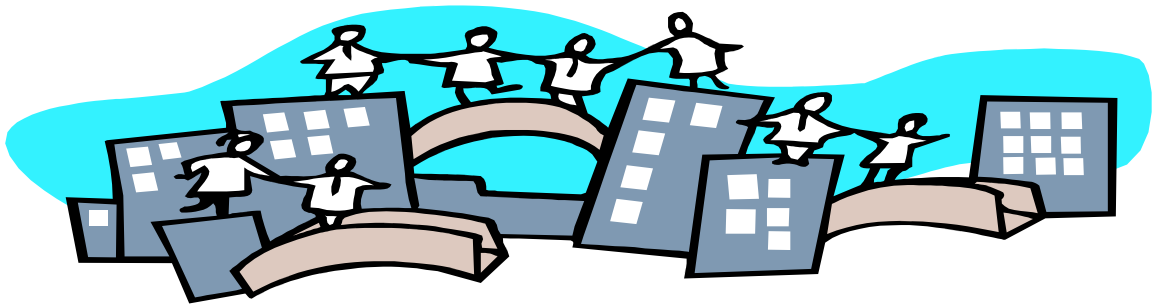
**Mon Oct 29th, Nov 26th & Dec 17th 10.30am – 12.30pm**

**At the Wellbeing Centre, Chestergate. Free refreshments.**

If you are a carer why don't you come along and have a chat, meet new friends and find out what services are available to you while you enjoy being pampered. **For more information ring Julie or Di on 483 6600.**



# Make the most of your health and community.



## Want to learn basic, emergency 1st Aid?

Then get your name on the list! Impact will be organising a 1st aid course in your area very soon. Places will be limited so get in touch to reserve a space. Contact details below.



**Remember,** Impact **funds** and groups are there for you to use. If you know a group that needs some **money** for a health related project (most things can be health related) then tell them to get in touch. If you have an idea that Impact can help with, then let me know. Impact offers funds, support and can help get others involved. This is your health and your community, Impact wants to help you to make it as good as possible.

Kamey McNamara, Impact Officer.  
0161 477 0246 [impact@stockportcvs.co.uk](mailto:impact@stockportcvs.co.uk)  
Russell Morley House, 8-16 Lower Hillgate,  
Stockport. SK1 1JE

If you no longer wish to be on the mailing list let me know and I will amend our records.

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**STOCKPORT**  
**CVS**  
*'The bridge to the voluntary sector'*

Stockport **NHS**  
Primary Care Trust