

OLDHAM

Tameside, Oldham & Glossop MIND

An innovative and dynamic organisation that provides helpful services promoting the well-being and improvement of mental health.

We've been around for over 30 years and our mission in life is to simply offer a service that's best-in-class. We do this by providing a regularly refreshed and diverse range of activities and services that promote **psychological and physical well-being, stimulating recovery** and leading to people **returning to a positive and active life** in society and to generally feeling much better.

1 in 4 of us will need help and support with our mental health at some point in our lives, so if you feel like you might be one of them, or know someone who's struggling, you've come to the right place.

<http://www.togmind.org>



Oldham Youth Council [A democratic voice of young people in Oldham]

What is Oldham Youth Council?

A group of democratically elected young people who represent the young people of Oldham. We have up to 70 members who are aged 11 – 21 and live, go to school or work in Oldham.

What do we do?

We're involved in loads of amazing and fun activities that enable us to make a positive difference for young people in Oldham. We work with loads of different services and organisations to make sure that young people are able to shape and influence decisions that are made that affect our lives.

We aim to...

Promote and encourage activities, events & opportunities for young people from across Oldham | Encourage communication between young people and local and National Government | Inform Oldham Council of young people's views so that they can make decisions about young people more effectively | Raise the profile of young people in a positive way | Represent Oldham young people within national and regional initiatives (British Youth Council and the United Kingdom Youth Parliament) | Work on various projects & campaigns that address issues that effect the lives of young people | Ensure we're aware of the needs of individuals or groups of young people who may experience disadvantage or are unable to speak for themselves.

www.oldhamyc.com

www.facebook.com/OldhamYouthCouncil

Pathways to Opportunities | Oldham

Pathways to Opportunities delivers a service that provides excellent support, choice, flexibility and opportunities for adults with disabilities and additional needs.

Our staff are fully trained, competent and extremely hard working. With a thorough care plan in place, our staff can provide exceptional support to individuals with needs such as learning difficulties, autism, physical disabilities, challenging behaviours and chaotic lifestyles. We aim to promote independence, enable you to achieve your goals, and give you the best quality of life.

<https://www.pathways-to-opportunities.co.uk>

POINT [Parents of Oldham In Touch]

POINT aspire to an inclusive community and society without compromise, where all children and young people with additional needs and/or disabilities are treated equally and fairly.

Informing | Empowering | Engaging Parents & Carers of Children & Young People with Additional Needs & Disabilities aged 0-25 in Oldham.

We aim to pro-actively represent our families, ensuring that parents and carers have greater choice and control to meet their current needs and have a voice in shaping future services.

Delivers person-centred support which enable improved outcomes and opportunities for children and young people and their families | Promotes an inclusive society through the development of co-production and partnership working | Empowers parents, children and young people by developing their confidence, resilience and knowledge | Delivers a culture of peer support to reduce social isolation.

Support available via **Oldham Parent Carer Forum**

0161 503 1555 | forum@point-send.co.uk | www.facebook.com/pointoldham

Upstairs at The Swan | The Swan Dobcross, Oldham

Described as a 'must-visit venue' for actors, performers and audiences alike. We bring top quality, professional theatre companies to the pub as well as the very best musicians and singers from the world of jazz, opera and folk.

Winner of Best Fringe Theatre Venue at the Greater Manchester Fringe Awards 2015.

Free Wi-fi available to customers | Pub piano - so you're welcome to come and play | Popular 'book exchange' - so feel free to browse the bookshelves and help yourselves to any book that takes your fancy. If you have a book you'd like to share with others, you can leave it here | Pub Quiz every Thursday which is open to everyone (£1 per person to enter.)

<https://www.theswandobcross.com>

Early Help | Positive Steps

Free help for you and your family...

Do you or a family member need practical help to support you to take control of your life?

Do you and your family have difficulties such as housing, money, parenting, confidence, job seeking, or want to improve an area of your life?

We can provide you with an allocated Engagement Worker to help you develop the skills to help yourself. There are different levels of support available depending on your needs.

**<https://www.positive-steps.org.uk/services-for-children-and-young-people/early-help>
0161 770 7777**

Oldham Young Carers | Positive Steps

We define a young carer as: 'A child or young person who, without payment, provides help or support to a parent, sibling or other family member, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.'

The adult or young person they care for may:

Have additional needs | Be an older person | Have a physical disability | Have mental health needs | Have issues with drugs or alcohol.

'The level of care they provide would normally be undertaken by an adult, therefore impacting adversely on their childhood.'

We take on young carers who are aged 8-18.

Our keyworkers provide a range of diversionary activities both during term time and during the holidays. We also provide one to one support to all young carers when needed.

We provide a range of activities such as cooking, arts and crafts, games and information sessions that are relevant to our young people. We also work with local organisations to provide opportunities such as volunteering.

During the holidays we have facilitated trips to places such as Drayton Manor, Laser Quest, Knowsley Safari Park, Blue Planet Aquarium and activities such as canoeing, bowling, go-karting, roller-skating and many more.

**Oldham Young Carers, Media Place, 80 Union Street, Oldham, OL1 1DJ
0161 621 9400 | youngcarers@positive-steps.org.uk | <http://www.positive-steps.org.uk>**

Volunteering | Positive Steps

We value our volunteers and want the experience to be a positive and worthwhile one. Whether you are a student looking for some work experience or are retired and are looking for something worthwhile to do in your spare time, volunteering with Positive Steps could be for you.

Some of the benefits of volunteering at Positive Steps are:

Give back to your community | Gain Level 1 and 2 AQA qualifications | Get valuable work experience and increase your employability

We provide volunteering in the following departments:

Supporting individuals and families within the home | Assisting families with organisation & time management | Careers Advice | Mentoring & engaging young individuals | Assisting with the building and development of CVs | Integrated Health | Supporting the delivery of Relationships & Sex Education sessions (e.g. in schools) | Promoting the service at events | Mentoring young people who receive support for alcohol &/or substance misuse | Administration | Conducting research & data input | Assisting with event planning & organisation | Facilities Work | Carrying out general building & garden maintenance | Helping with our exciting new renovation project | Marketing & Publicity | Using graphics & design to improve resources & publicity material | Working on our social media presence | Youth Justice Service | Offering young offenders training in bicycle maintenance | Monitoring & supporting individuals in the completion of their contracts | Young Carers | Offering support to the carers in weekly session | Helping out with trips, activities & social events

<https://www.positive-steps.org.uk/volunteer>

Rochdale & Oldham Active Recovery

We work with anyone who is affected by drugs or alcohol and wants support to make a change. We offer a variety of treatment options and will support you to find what is best for you. The team includes doctors, nurses, recovery workers, support workers, peer mentor volunteers, and trainers who can offer their support, knowledge and encouragement to help you achieve your recovery.

Our services include:

Group work sessions | Recovery worker support | Health and wellbeing services | Relapse prevention | Peer mentors | Substitute prescribing | Mindfulness | Harm reduction services | Needle exchange | Online support | Employment coaching | Tenancy and housing support | Family and carers support | Family support

It can be quite lonely and isolating having to cope with someone you love's substance misuse. We offer the people who are living with, or affected by someone else's use, support, advice, skills and tools so you are better equipped to help them.

Oldham Hub: 5 Greaves Street, Oldham, OL1 1QN | 0300 555 0234

<http://wellbeing.turning-point.co.uk/rochdale-and-oldham>

Men Behaving Dadly

Offers a warm friendly environment with positive opportunities for safe supported and creative play sessions for dads and their children. With the aim of spending quality time, relationship building and having fun while also raising dads awareness of the value of play.

Help is at hand to offer a fun and free supported play session, where dads and their children can get involved in creative activities together.

Fathers and children of all ages are welcome as there will be all kinds of activities going on which are age specific.

Men Behaving Dadly was formed in 2000 to work with dads/male carers and their children to provide a safe, friendly and fun environment to make new friends and to network.

With the aim of spending quality time, relationship building and having fun while also raising dads awareness of the value of play.

MBD Greenacres: Every Saturday | 11:30 till 13:00

Greenacres Community Centre, Galland St, Greenacres, Oldham OL4 3EU

0161 678 9662 | menbehavingdadly@hotmail.com | <http://www.menbehavingdadly.co.uk>

Please contact us before turning up as we often go out on trips and may not be in.

OPAG | Baking for Adults Course (18+)

All ingredients are provided.

Get in touch to book your free place (places are limited):

07790 753931 | 0161 652 0095 | greencommcentre@msn.com

13:30 - 15:30

OPAG Oldham Play Action Group

An organisation that runs workshops and play days for children and families across Oldham - from arts & crafts to family cooking to den building in the great outdoors.

Browse the website for info on workshops & events

<http://www.opag.co.uk>

The Band Experience (11 - 16 years)

Do you want to be in a band?

Do you play an instrument?

"The Band Experience" is coming to Oldham this August and will be putting together bands of like-minded musicians. It's the ultimate way to kickstart your life as a gigging musician! With a week of intensive coaching and workshops from highly qualified and experienced tutors, concluding with an evening gig in an awesome venue, you and your band will be ready to do it on your own! The course is open to singers, guitarists, bassists, drummers and "horn" players (such as trumpet, cornet, saxophone and trombone)

Visit www.thebandexperience.co.uk to find out more or email info@thebandexperience.co.uk

If your child has any disabilities or special requirements that we would need to make adjustments to accommodate just let us know.

Shure 5 Studios, Unit 20, Moss Lane, Oldham, OL2 6HR

URJA (Women from 18+)

A friendship group for Indian women.

It's a weekly self-help group for Indian ladies whose first language is not English. It is a social group for ladies to meet with other ladies from a similar background. The group is free to attend so please come along...

Mukta Patel: 0161 770 4786 | mukvora@live.co.uk
The Link Centre, 140 Union Street, Oldham, OL1 1DZ

V.I. Bees (18+)

Sports, hobbies and socialising for people with a visual impairment.
Various addresses throughout Oldham: **07780 466 410** for more info

Women's CHAI Project [Care, Help & Inspire]

A social group for women of any age (& their young children):

Thursdays: 09:00 - 10:30

Come and join us for a cup of tea, toast, discussions, creative projects & trips...

The Hathershaw College, Bellfield Avenue, Oldham, OL8 3EP

parents@hathershaw.org.uk | www.facebook.com/WomensCHAIProject | @CHAI_Project

Tai Chi for Beginners

A low impact traditional soft Chinese system of exercise. Despite being subtle and a powerful martial art, it can be practised by anyone at any age simply for relaxation and meditation.

Groups run at Oldham Leisure Centre & Saddleworth Pool & Leisure Centre

<https://oclactive.co.uk/activities/tai-chi-beginners> | gforceemail@btconnect.com

Combat Stress

Combat Stress is the UK's leading Veterans' mental health charity, supporting almost 6,000 Veterans.

For information about how Combat Stress can help you, please contact them on:

0800 138 1619 (24 hour) | Text: 07537 404 719 | combat.stress@rethink.org

More information on the services provided by Combat Stress can be found on the veteran's mental health charity's **www.combatstress.org.uk/veterans**

#AndysManClub (18+)

A club aimed at getting men to open up about their mental health problems.

The group, which has now spread from Yorkshire to Lancashire, aims to raise awareness of mental health issues among young men. It offers support, information and advice.

Their aim is to halve the number of suicides in men under 45 **#ITSOKAYTOTALK**

To find out where we meet **andysmanclub.co.uk/where-we-meet**

<http://andysmanclub.co.uk> | info@andysmanclub.co.uk | oldham@andysmanclub.co.uk

Action together (18+)

At Action Together we're here to help those people. We believe that by learning together, sharing skills and pooling resources we can get more done.

People have the power to change the places they live and the things they care about.

At Action Together we know that people can make things happen because we see it everyday.

Across Oldham and Tameside right now, there are thousands of people changing lives, improving neighbourhoods and contributing positively to our region.

- People like the parents helping out at school, coaches teaching sport to kids or leaders at scouts and guides.
- People who are campaigning to save an historic building, improve their local park or preserve a wildlife habitat.
- People like the cancer survivor who starts a support group, the parents of disabled children who meet up to share experiences or the churchgoers who decide to set up a food bank.

We support, advise and help individual volunteers, groups and organisations.

We help turn good intentions into positive actions.

From that first spark of an idea, we're here to help you turn it into a reality.

We build relationships. We make connections. We create opportunities.

12 Manchester Chambers, West Street, Oldham OL1 1LF

0161 339 2345 | info@actiontogether.org.uk | <https://www.actiontogether.org.uk>

Barrier Breakers (Commissioned Short Break)

Barrier Breakers is a youth forum (for ages 11 to 21 years) for young people with additional needs and disabilities in Oldham. Members meet weekly to raise issues and develop projects to bring about change for themselves and their peers through creative activity.

We undertake consultation work for local services to ensure they are effective for young people with disabilities.

**Youth Council Office, Room 222, The Civic Centre, West Street, Oldham, OL1 1UL
0161 770 3116 | dayna.brannick@oldham.gov.uk | <http://oldhamyc.com>**

Concerned Others Group

Drugs and alcohol support and advice service/

The group is a place to talk and share experiences. There is also an opportunity to have acupuncture to help relaxation.

**Tuesdays 18:00 - 20:00
5 Greaves Street, Oldham, OL1 1QN | 0161 624 9595**

Crossroads Care in Greater Manchester

Offers support and advice for carers.

Crossroads Care in Greater Manchester is a registered charity which provides practical and emotional support to people who are responsible for the care of children, young adults, adults or older people at home, who have:

- a physical/sensory disability
- learning difficulty
- who are chronically ill
- life limiting illnesses

**57 Dale Street, Milnrow, Rochdale, OL16 3NJ | 0170 652 5361
denise@crossroadstogether.org.uk | <http://www.gmcrossroads.co.uk>**

Day Care Support Group

A support group for carers.

The day care support group gives you the chance to have your say, share ideas with other carers and take part in question and answer sessions. There are guest speakers to share information about topics of your choice. We can arrange for free support, like transport and sitting services, to help you attend the meetings. Please get in touch with a Day Care Centre if you are interested in joining the support group. Contact these other Day Groups:

- **Highbarn, Highbarn Street, Royton, OL2 6DW** **Tel :0161 770 3711**
- **Laurel Bank Day Centre, Kershaw Street Shaw, OL2 7AJ** **Tel: 0161 770 6798**

Ena Hughes Day Centre, Ellesmere Street, Failsworth, M35 9AD | 0161 770 3873

HACK: OLDHAM | Open Night

(running over the Summer holidays)

Every night the space is open to the public, so why don't you come down and find out more about Hack Oldham, the space, our facilities, and meet some the members. This is your opportunity to find out what we do, answer your questions and learn how you can get involved.

Free | Monday 18:00 - 21:00

Hack Oldham, 38-44 Yorkshire St, Oldham, OL1 1SE
0161 627 2539 | hello@hackoldham.com | <https://hackoldham.com>
<https://hackoldham.com/mondaynight>

HACK: Young Carer's Support Group

(running over the Summer holidays)

A support group for carers aged from 18 to 30 years old.

Take some time for yourselves; chat, relax, and share your experience and concerns. For further details, call or email

Tuesdays 15:00 -16:00
0161 770 7777 | stephen.ashton-newby@oldham.gov.uk

Men in Sheds | Age UK Oldham

"A shed is to a man what a handbag is to a woman – both contain all the essentials for surviving in the modern world."

Age UK Oldham's Men in Sheds project is an initiative by Age UK Oldham that aims to reduce isolation among men over 55. The project has a distinct community development philosophy and positively impacts the health and wellbeing of men who have become socially isolated due to life changing circumstances or long term or acute health conditions.

According to research for Age UK, more than one million older men now live alone in the UK, and this number is only set to rise. Many of these older men have faced issues associated with significant changes in their lives including ageing, health, retirement, isolation, redundancy, unemployment, disability, bereavement, etc.

A concept originally developed in Australia, Men in Sheds involves providing a workshop, tools and equipment to men in later life. They can use existing skills, learn new ones and get involved in productive activity, while enjoying the benefits of working in a social group. Men can get together in the sheds to make things, repair things and generally tinker, and of course put the world to rights over a cup of tea.

Activities

We're getting men in one place to improve their wellbeing, engage in activities they enjoy to help them relax and to encourage them to come regularly by being involved in activities such as:

Refurbish furniture | Framing pictures & photographs | Wooden toy making | Making bird tables & window boxes | Assembling hanging baskets & tubs

The project also provides an opportunity for men in later life to access information, advice and other services which they might not otherwise seek out. It's a myth that men are not interested in their health or health services. However, they have to be presented in the right way as previously men have been difficult to engage through the more conventional methods. After active lives spent in work, most did not want to "sit around talking". They are happier talking shoulder to shoulder, doing a job, than face to face. In that environment men will talk about all sorts of things; they feel comfortable in their shed.

Men, particularly those over 60, tend to be slower at going to the doctors for problems that might turn out to be serious. Research shows that men who are socially connected take better care of their own health, leading to healthier lifestyles and seeking help from health care professionals. We continue to highlight to funders that not all men will be ready for discharge after 6 months. Therefore the length of stay has been increased for some men. Although for some men who have lost confidence and become socially isolated we have been able to find them other opportunities. It is clear a place in the sheds is an alternative to the traditional services and fills in a missing preventative element for men of a certain age.

Failsworth: Charles House, Albert St West, Failsworth, M35 0JN
Mon - Weds: 09:00 - 16:00

Greenfield: Tanners Waterside Mill, Chew Valley Road, Greenfield, Oldham OL3 7NH
Thurs & Fri: 09:00 - 16:00

Referrals will be considered from men who are over the age of 55 and who have undergone life changing experiences such as redundancy, loss of a partner, early dementia, mental health problems, lack of confidence etc.

Dave Freear [Project Co-ordinator] 0161 682 4747 | meninsheds@ageukoldham.org.uk

K.O.G.S. (Keeping Our Girls Safe)

A registered charity working with children and young people to Educate about unhealthy relationships, child sexual exploitation (CSE), grooming and risks; to Empower them to have confidence and self-esteem; and Inspire them to make positive life choices.

Established in 2011 KOGS was set up to address the gaps in the service provision available to young people around prevention and early intervention by educating young people on unhealthy relationships and supporting those that had been groomed or exploited in a holistic way. KOGS are based in Oldham and work across Greater Manchester.

Our work is outreach as we believe that young people work better in familiar environments. We work in schools, colleges, youth centres and within communities.

Medtia Chambers, 5 Barn Street, Oldham, OL1 1LP | 07491 068 364
k.o.g.s@hotmail.co.uk | <https://www.kogs.org.uk>

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Oldham Let's Go For a Walk

Walk your way to health this year with Let's Go For A Walk, an initiative launched by Oldham Council.

We aim to encourage people to take those first steps to a healthy lifestyle. With free guided walks being held across Oldham's fantastic parks and countryside sites, this new initiative is a great way to have fun and get active.

***Euey Madden [Principal Greenspace Manager]: 0780 120 4782 |
euey.madden@oldham.gov.uk | Alan Keane: 07715078239 | alan.keane@uprojects.co.uk
<https://www.walkingforhealth.org.uk/walkfinder/oldham-lets-go-for-walk>***

Ramblers Group, Oldham

Helps local people enjoy walking and protect the places we all love to walk.

We are a very active group offering throughout the year:

Two walking groups on Sundays - easy and moderate | One Wednesday walk with pub lunch: an easy or moderate day walk. | The 5 Milers: Easy walks under 5 miles.

Summer Evening walks: 3 - 4 miles | Social activities | Occasional Coach Excursions & Hostel Weekends for members | Liaison with local authorities on footpaths & other matters concerning walkers | A footpath clearance team.

You're very welcome to try walking with us, or to get involved in looking after paths and green spaces and opening up new places to explore. Just turn up at the starting point with your boots, waterproofs and some lunch. If you enjoy your day with us it's just a case of becoming a member.

Dogs are only accepted on walks at the discretion of the leader and must be kept on a SHORT lead at all times. Please check first, some leaders have stated NO DOGS.

<http://www.ramblers.org.uk/oldham> | www.facebook.com/oldhamramblers | 07594432479

SPICE Manchester | Activity Group Oldham

Activities, Adventure, Social, Leisure Group for Adults.

Why not enquire to see what activities there are to do local to you in Oldham?

Spice manchester Activities include almost anything you can think of from White Water Rafting to Scuba Diving, from Burlesque Dancing to Walking, Comedy Nights to Ten Pin Bowling, Badmington, Quiz Nights, Meals, the list is enormous!

Spice helps people achieve their dreams, life-long ambitions and extend their social lives. All for less than the cost of a pint of beer each week!

<http://www.spicemcr.com/oldham/activities-club-oldham>

Get Oldham Growing

A public health funded programme which recognises the impact of growing and eating local food on the health and wellbeing of communities. The programme works in partnership with local people, community groups and local organisations to improve peoples' health, skills and environment through growing, cooking and eating local food.

From supporting access to land and schools grounds development to increasing the number of community garden sites and local food enterprises, Get Oldham Growing's vision is to further establish Oldham as a borough with a thriving local food culture and economy.

The programme aims to:

Encourage more residents to grow, cook & eat local food and engage in food related businesses & community projects | Increase the number of sites in the borough used for food growing projects | Develop a growing hub in each of the districts | Support training & education in food subjects | Support & encourage the sharing of skills & resources across Oldham & beyond | Support new job opportunities & community businesses

Anne Fleming [Programme Manager: Food & Health]

0161 770 1876 | anne.fleming@oldham.gov.uk

<https://www.oldham.gov.uk/getoldhamgrowing>

Some outdoor spaces near you...

Daisy Nook

40 hectares of varied landscape in the heart of the Medlock Valley.

There are waterways, a lake, a canal, woodlands and wildflower meadows.

The park is a great habitat for wildlife and bird-spotting - with an abundance of creatures from great-spotted woodpeckers and owls, to foxes and squirrels.

There are footpaths and bridleways for horse riding that link to neighbouring countryside areas.

Day tickets for fishing at Sammy's Basin, Crime Lake and Bardsley Canal are available at the waterside from the bailiff.

***John Howarth Countryside Centre, Daisy Nook Country Park, Off Stannybrook Road,
Failsworth, Manchester, M35 9WJ
0161 308 3909 | env.rangers@oldham.gov.uk***

Dunwood Park [Shaw]

Dunwood Park covers an area of approximately 12 hectares and lies midway between Rochdale and Oldham. It is located one mile north of Shaw town centre within Beal Valley.

The park offers you the opportunity to discover and enjoy its wooded hillside with views across the Beal Valley towards Crompton Moor, Shaw, Oldham and Rochdale.

You can enjoy activities such as walking, picnicking and nature studies.

***Bowling green | 3 tennis courts | Children's play area | Car parking
Café (Tues - Fri: 09:30 - 16:30 & Sat - Sun: 10:00 - 16:00)***

Smallbrook Road, Shaw, OL2 7UQ

Alexandra Park

Alexandra Park is a Victorian town park, which was built by the people of Oldham during the cotton famine sparked by the American Civil War, which prevented the export of raw cotton from America to Oldham.

Small areas of clough woodland can be found at the south eastern end of the park. There is a woodland walk adjacent to Queen's Road. From Alexandra Park there are marked paths leading into Snipe Clough, Brushes Clough and to Park Bridge Heritage centre and beyond.

Heated conservatory | Boating lake | Fishing club | Boathouse with cafe | 7 free tennis courts | 3 crown green bowling greens | Childrens play area | Sand pit | Ornamental gardens | Herbaceous borders and shrub bed

Alexandra Park has won a Green Flag Award.

Playground equipment for disabled children

Sensory paths | Hammock swing | Cradle swing | Wobbly bridge with wheelchair accessibility | Orbit roundabout with wheelchair accessibility | Supernova inclined roundabout | Sit in & stand in twist poles | Boardwalk to sand play

Alexandra Park Hub

The Hub is a food-growing hub, community allotment and is part of the Get Oldham Growing programme. It's a resource for green fingered enthusiasts who want to learn more about growing healthy food.

Oldham, OL8 2BN | 0161 770 4056 | environmentalservices@oldham.gov.uk