

familylife

spring 2014

Spring activities
for toddlers to teens
in Oldham

Win a Kindle

Enjoy an Easter extravaganza

Enter our photography competition

Bookmark festival



Welcome...

to the spring edition of Family Life magazine.

This issue is packed full of events across the borough to keep the kids entertained during the Easter holidays and beyond. There's cinema, comedy and live performances, music, arts and crafts, bed time stories and baby days, sports and pamper sessions, and much more.

We also have two great competitions for you. Get your camera out for our Love Where You Live photography competition to win £200 and get egg spotting for the chance to win a Kindle with our Family Life Easter egg hunt.

Plus there's information about free school meals and free early education to help your money go further.

Enjoy



Eggcellent Easter hunts

Easter egg hunts are brilliant fun for children of all ages. That's why we have put together some ideas to help you to organise some fantastic Easter egg hunts with different themes and twists.

Flashlight hunt – Try putting together your hunt the night before Easter day. Supply the kids with some flashlights and paint the eggs in UV paint, they'll love it.

Treasure egg hunt – A fun spin on an egg hunt is to set up a buried treasure search for your kids. Give them eye patches and maps to follow to find their hidden treasure eggs.

Checklist hunt – Give each hunter a list of what particular eggs they are supposed to find.

Scavenger hunt – Place clues in plastic eggs around the house with clues to the whereabouts of the real eggs. Have the ultimate find be an Easter basket and be as creative as you can with your clues!

Word hunt – Write a different letter on the outside of each egg you are going to hide away. Offer an extra prize to the child who makes the longest word from their egg stash.



Win a Kindle Fire

and join in the Family Life Easter egg hunt

Throughout this issue of Family Life we have hidden a number of Easter eggs for you to find. To be in with a chance to win a Kindle, all you have to do is find all the eggs and let us know how many you have found by filling out a form on www.oldham.gov.uk/eastercomp or writing to us: Oldham Council, Room 315, Civic Centre, Oldham OL1 1UT.

All entries need to be received by Friday 2 May.



Easter Extravaganza

Oldham town centre is celebrating the Easter holidays on Saturday 12 April with a day of exciting events:

Hilton Craft Market, 11–3pm
Hilton Arcade
Discover something different! Pick up handmade crafts and homemade treats.

Petting farm, 10–4pm
Market Place (outside Rhode Island)
Meet beautiful jersey calves, chicks and bunnies, which you can hold, stroke and pet.

There will also be theatre street acts taking place throughout the day. Watch Oldham Theatre Workshop perform the brilliant 'Sheep! Little Bow Peep' and enjoy Eggs on Legs, the live comedy theatre performance.

T: 0161 770 5282

Get the running bug this spring

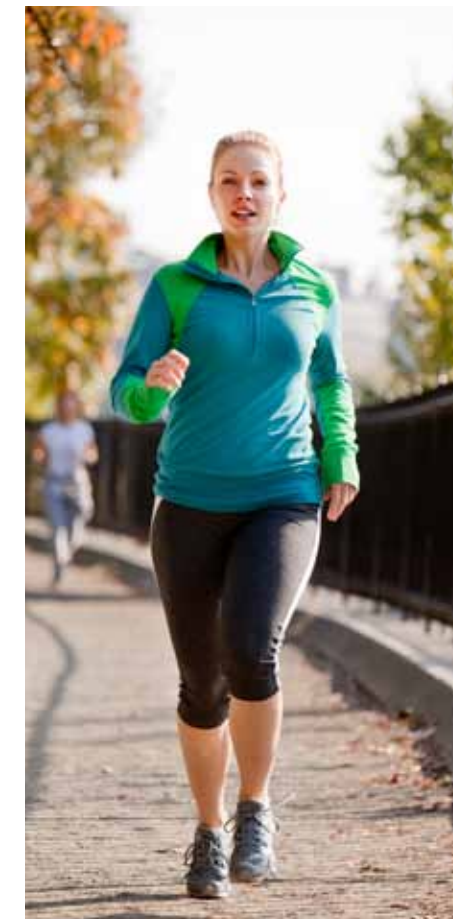
Want to give running a try, but are not sure where to start?

The key is to set yourself a goal and nothing could be better than the new Milltown Carnival 7k. It takes place on Sunday 22 July at 12noon, giving you enough time to start training and build up your stamina.

The race will start and finish at The Lion's Den in Alexandra Park and is open to anyone aged 15 or over.

It costs £7 to enter in advance (£5 if you're affiliated with a UK Athletics club) or £8 on the day. There are only 400 places available so book quickly!

To book visit www.milltownraces.co.uk
The closing date for entries is 13 June 2014.



Early education for your child

Children deserve the best start in life and early education allows them to develop through exploration, play and social interaction while giving them the knowledge they need to start school. Early education for your children may even give you the chance to return to work, study for a qualification or hobby and maybe even have some 'you' time.

High quality daycare

We have two daycare centres for 2–5 year old children in Oldham – Beaver Daycare and Spring Meadows Daycare. These were inspected by Ofsted in 2012 and received excellent reports: Spring Meadows achieving 'outstanding' and Beaver achieving 'good'.

You can use your free early education entitlement at both centres. We also accept Childcare Vouchers. The centres are open 7.30am–6pm 51 weeks a year.

Your child will enjoy:

- Healthy snacks and meals provided by onsite cooks
- A large outdoor area with adventure playground and games to develop independence
- Indoor resources providing excellent play opportunities
- Sessions planned around your child's interests and educational needs
- One to one attention

For more information please contact the Daycare Manager on 0161 770 8809.



Is your child getting their free early education?

All 3 and 4 year old children can receive 15 hours of free early education at any Ofsted registered provider starting from the term following their third birthday. Free entitlement for 2 year olds will depend on whether you are eligible to receive funding.

To check if you are eligible, and to claim your child's free education entitlement, please contact your local children's centre or visit www.oldham.gov.uk/childrens_centres

22 – 29 April festival 2014

bookmark

Building on the success of last year's festival we're bringing you even more great events. From **karaoke with soldiers** to the **Poet Laureate**, there's something for everyone...

Museum at Night Oldham Gallery

This exclusive night-time tour of the gallery will take you on a journey of extraordinary exhibits and spaces. You'll also be invited to a creative writing workshop the following week with award winning writer Billy Cowan.

Tour – Tuesday 15 April, 7pm
Workshop – Saturday 26 April, 11am–12.30pm. Please note you'll need to be available for both events. Free.

22 April, 6–8pm, 23–29 April, 11am–3pm The Soldier's Song Oldham Library

The Soldier's Song offers a **karaoke liaison with a serving soldier.**

The Soldier's Song is an installation made with, and about currently serving soldiers. A uniformed soldier will look you in the eyes and sing on a large TV screen. A microphone is provided so you can sing along.

For more information

E: oldham.library@oldham.gov.uk
T: 0161 770 8000

22 April, 7pm An Evening with Poet Laureate at Oldham Library

Join us for a special evening with Poet Laureate Carol Ann Duffy accompanied by acclaimed musician John A Sampson. They'll be creating a unique collaboration harmonising verse and music into a lyrical muse. Tickets £8 for non-library members, £5 for members.



23 April, 7pm World Book Night Jane Castello Oldham Library

Celebrate World Book Night with Jane Costello, one of Britain's top selling authors. She will be talking about her latest novel The Time of Our Lives and life as an author who has continued to write for newspapers and magazines including Marie Claire and The Sunday Telegraph. Tickets £8 for non-library members, £5 for members.



Hidden Stories – Anjum Malik Thursday 24 April, 7pm Performance Space at Oldham Library

Anjum Malik performs four dramatic monologues covering tempestuous themes. Tickets £5 T: 0161 624 2829

Gaynor Arnold – Author Event Friday 25 April, 7pm Lees Library Community Hub

Gaynor will be reading from her work, talking about life as a writer and signing books at the event. Tickets £8 for non-library members, £5 for members.

Monologue Showcase Saturday 26 April, 1.30pm Oldham Library M6's Theatre Company

winning monologue 'A Friend Request' by Kate Collins comes to Oldham Library. This showcase will be followed by Q&A and a drama workshop lead by an Act Now! facilitator. Free.

Book Bites: Charles Dickens Ghost Stories

Tuesday 29 April, 6.30pm Naked Bean Café at Oldham Library

A Crowd of Two Theatre Company Production will be performing and bringing to life three of Dickens's most popular tales: The Ghost in the Brides Chamber, The Trial for Murder and The Signalman. Tickets £5 including food.

Emma Barnes – Children's Author Tuesday 29 April, 10am Oldham Library

Emma will be talking about her latest book 'Wild Thing' a hilarious story about two sisters and the mischief the 'Wild Thing' gets up to at her new school. Free.

Catch some seriously good fun at Mahdlo Holiday Zone

Mahdlo is a state of the art youth zone in the heart of Oldham for 8–21 year olds. This fantastic facility offers sessions 7 days a week, 52 weeks of the year. There's an ever changing, exciting range of activities and experiences for all young people across Oldham.

Mahdlo Holiday Zone (open during school holidays) is open for young people aged 8–14 from 8.30am – 5.30pm. Prices start from as little as £3 for a half day session.

Young people can take part in activities from arts and crafts, rock climbing, dodge ball plus heaps more.

Every day the Mahdlo team strive to create a fun and safe environment.

The Easter Holiday Zone is running from Monday 7 April until Sunday 20 April

Half day – 8.30am–12.30pm or 12.30–4.30pm
£3, with breakfast/lunch £5.

Full day – 8.30am–5.30pm
£10 includes breakfast and lunch.

To book onto Holiday Zone you need to be a Mahdlo member, which costs just £5 per year. For more information and to join visit www.mahdloyz.org T: 0161 624 0111



CODE CLUB

A FREE Code Club is running at Laticzone Study Centre for 9–13 year olds.

Web Applications UK have teamed up with Oldham Athletic Football Club and Laticzone Study Centre to offer a new Code Club that will show young people how to create technology. The Code Club is delivered by the staff from Web Applications UK.

You will have the opportunity to create games and computer programmes using SCRATCH.

Time: During term time – Thursdays 6–7pm and/or Fridays 3.45–4.45pm

Venue: Laticzone Study Centre, OAF, Furtherwood Road, Oldham, OL1 2PD

For Laticzone bookings and further information

E: suzy.chapman@oldham.gov.uk
T: 0161 770 8997

Get Oldham

Working

Are your kids growing up?
Do you need to refresh your skills or need something to do while the kids are at school?

The Get Oldham Working team offers a number of services that could get you back into work:

- Sign up to the Get Oldham Working register to hear about jobs before anyone else
- Get help starting your own business with The Enterprise Fund
- Learn new skills or refresh existing ones
- Get valuable work experience
- Get help with CVs and interview techniques at local work clubs

For more information
www.oldham.gov.uk/gow
T: 0161 770 4674

Let's go for a **Walk!**

Walk your way to health this year with 'Let's go for a walk', a joint initiative with Oldham Community Health Services and Oldham Council. There are plenty of stunning walks across the borough!



Alexandra Park

Originally a Victorian town park built by the people of Oldham during the cotton famine, this stunning park boasts an array of different walking routes and facilities including a boating lake, a fishing club and even a boathouse café. You can play tennis on one of the seven courts or take your children to the spacious play area. To see images of Alexandra Park scan the QR code with your smartphone.



Chadderton Hall Park

Why not visit Chadderton and discover this gem of a park. The park's roots stretch back to the 13th century, being the land on which Chadderton Hall once stood. The site is an impressive six hectares with a playground area, several flower gardens and a small cafe situated next to the park's bowling green. You can also enjoy a river walk around the park.

Churchill Playing Fields

Stuck for something to do on a spring afternoon? Churchill Playing Fields is an area of open space between the villages of Greenfield and Uppermill. It has recently had all the drains renovated and boasts a skate park, and rugby and football pitches.

Dove Stone Reservoir

With breathtaking views, huge reservoirs and vast open walking spaces the Dove Stone area of Greenfield, Saddleworth offers visitors the chance to explore part of the Peak District National Park. There is an extensive network of footpaths and open access moorland. Dove Stone Reservoir is the best place in Oldham to see plantation woodlands and the Pennines. To see images of Dove Stone scan the QR code with your smartphone.

For any more information on the borough's 36 parks visit: www.oldham.gov.uk/parks



Hidden wildlife haven

Moorgate Quarry is full of geology, unique nature and spectacular views. Located on Wharmton Hill above Uppermill, Saddleworth, the disused site is now home to some important wildlife habitats including ponds, heath and woodlands.

Visit on a sunny day and you are sure to see the remarkable adult dragonflies or damselflies darting over the shallow ponds with their wings glinting in the sunlight.

Moorgate Quarry entrance can be found on Ladcastle Road, off Oldham Road (A670), Uppermill. OS Grid Ref SD 9934 0544.

For more information please call Oldham Council Environmental Services on 0161 770 4056.

Don't fancy a walk?

Then you could explore Oldham on two wheels instead with some of these exhilarating cycle routes.

On the edge of the Pennines, Saddleworth is the gateway to the Peak District National Park – providing the perfect landscape for leisurely rides along secluded tracks to intense downhill descents. Saddleworth's distinctive countryside offers something for cyclists of all ages and abilities.



The Delph Donkey

A section of the former Delph Donkey railway line restored as a bridleway providing a flat and pleasant traffic free route. The bridleway runs past the Brownhill Centre which houses the Lime Green café, so why not stop for a brew along this lovely route?

Length 1.6km (approx. 1 mile)

Greenfield to Mossley

This route is traffic free and reasonably flat, following a section of the Pennine Bridleway and the route of the Micklehurst Loop, a former railway line. This track runs through the beautiful villages of Uppermill, Greenfield, Friezland and Micklehurst, and snakes through the Saddleworth valley alongside the river Tame.

Length 3.4km (approx. 2 miles)

Diggle Jiggle

Mountain Bike Route – an 11 mile track in two distinct halves. Running from Diggle to Greenfield rail station, the route offers a pleasant section of off-road biking. The hillier terrain around the villages of Uppermill, Dobcross and Standedge provide a more challenging environment for adventurous types.

Length: 17km (approx. 11 miles)

If you fancy a challenge then why not visit www.visitoldham.com/activities/cycling

For routes and maps scan the QR code to see our 'Cycling in Saddleworth Guide'.



Tour of the Pennines

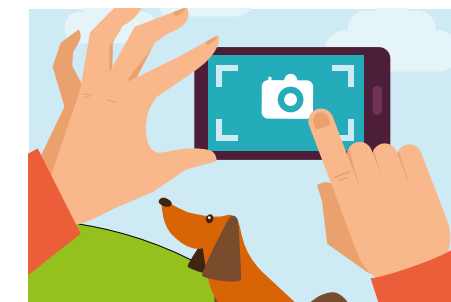
Sunday 27 April

Are you a keen cyclist? Enjoy this excellent cycle event around the great Pennines of Saddleworth. Starting at the Radclyffe Athletics Centre, Hunt Lane, Chadderton, this route takes riders around the Saddleworth Moors passing through Delph. There are fantastic views, challenging climbs, fast descents and winding valley roads.

The short route (50 miles) and long route (75 miles) are both just £25 per adult.

Under 16s are free when accompanied by a responsible adult.

To reserve your place visit <http://tourofthepenninesportive.blogspot.co.uk>



Love where You live

Photography Competition

To celebrate the start of spring we are giving you the opportunity to win £200 by entering our photography competition.

Anyone can enter, all you have to do is take your best pictures and show Oldham in all its glory.

We want you to start snapping the things you see outside your front door. This could be any of the wonderful woods, hills, parks, wildlife or amazing views that you can see across the borough.

You could also submit photos of your friends and family enjoying these places – but you must get their permission to do so.

You can enter as many times as you want.

1st Prize £200 plus your winning photograph on the front page of Borough Life

2nd Prize £70

3rd Prize £30

Winner and runners up photographs will be featured in Borough Life.

You can enter through:

www.flickr.com/groups/lovewhereyouliveoldham/
Twitter: @Oldhamcouncil/
#Lovewhereyoulive
[facebook.com/loveoldham](https://www.facebook.com/loveoldham)

Closing date: **Sunday 22 June**

Your Oldham spring planner 2014



Saturday 5 April Roller Derby tournament

A day long Roller Derby Tournament hosted by the Rainy City Roller Girls. Teams will battle it out against each other in a series of 2 minute Roller Derby Jams to score the most points.

£10 in advance, £12 on the door. Under 14s get in free with a paying adult.

The Thunderdome, 1 King Street, Oldham OL8 1EU
www.rcrg.co.uk

Saturday 5 April Super Saturday

12noon – 4pm
Free craft activities, painting, drawing and creative fun for all the family. Activities linked to Oldham Stories: Encounters With Our Collections.

Oldham Gallery
www.galleryoldham.org.uk

Sunday 6 April Meet owls and birds of prey

11am – 4pm



Come and meet owls and birds of prey.

Daisy Nook Garden Centre
www.visitoldham.com

Tuesday 8 April Pamper evening

6 – 8pm
A girls only free event. Are you aged 11–18 years? Come down to Oldham Library for a relaxing pamper evening. Hair, nail art, make up, arts and crafts, and even a cake or two. Everything a girl needs to relax in style.

Oldham Library, Greaves Street, Oldham OL1 1AL
www.oldham.gov.uk/libraries

Tuesday 8 April – Tuesday 15 April Boredom buster

1– 3pm
Saddleworth Museum provides themed creative activities for 4–11 year olds during half-term. £3 admission per child. Booking in advance is required.

Saddleworth Museum, High Street, Uppermill, OL3 6HS
www.saddleworthmuseum.co.uk

Wednesday 9 April Comic workshop with Jim Medway

2.30–4pm
Free workshop for young people aged 11–18 years introducing basic techniques used in making comics. Booking essential.

Performance Space at Oldham Library
angela.lee@oldham.gov.uk
www.oldham.gov.uk/libraries

Thursday 10 April to Sunday 20 April Daisy Nook Easter Fair

This year's fair has a full and varied range of attractions for all the family and is one of the largest Easter fun fairs in the North West.

www.visitoldham.com

Saturday 12 April, Oldham Easter Spring Thing

10am–4pm
Spring in to Oldham and catch Shaun the Sheep and lots of live animals in our petting farm.

Oldham Town Centre
T: 0161 770 4516
www.visitoldham.com

Saturday 12 April The Iron Giant

2pm



Watch this classic sci-fi film. £3 including a goodie bag with drink and popcorn for kids.

Gallery Oldham.
www.thesmallecinema.com

Monday 14 – Thursday 17 April Holiday fun at Gallery Oldham



Free family craft activities for 4–10 year olds.

Gallery Oldham
www.galleryoldham.org.uk

Thursday 17 April – Saturday 10 May Hobson's Choice



Northern classic comedy set in Oldham. Tickets: £10.50–£18.50
Concs: £9.50–£16
Under 26: £5

Coliseum Theatre
www.coliseum.org.uk

Saturday 26 April Fantastical Cycle Parade

1–4pm
Twisted bicycle frames and wonky wheels become dragons and aliens at Todmorden.

www.myrochdalecanal.org.uk

Monday 28 April Bed Time Stories

6–7pm



Come along in your pyjamas and settle down for a story from Wee Willie Winkie. These free sessions for the under 5s are great fun and an ideal way to develop a relaxing bedtime reading routine. Remember to bring along your teddy or favourite cuddly toy.

Oldham Library
www.oldham.gov.uk/libraries

Thursday 1 May Concert time

7–8pm

Come and listen to Brass Ensemble, Double Reed Club, Oldham Acoustic Guitar Orchestra and Oldham's Wind Band perform music and classic singles. Free entry.

Gallery Oldham
www.galleryoldham.org.uk

Saturday 3 May, Super Saturday

12noon–4pm



Free craft activities, painting and creative fun for 4–10 year olds. Free.

Gallery Oldham
www.galleryoldham.org.uk

Saturday 3 May – Monday 5 May Be Creative Bank Holiday Bonanza

10am–4pm
Free three day event focussed on getting creative and having a go – with stalls, demonstrations, interactive activities and face painting.

Uppermill Civic Hall
www.creativenetwork-saddleworth.co.uk

Monday 5 May Horses at Work

Visit Standedge on May Day and learn about the fascinating history of working canal horses and their contribution to our heritage with the Horseboating Society.

Standedge Tunnel Visitors Centre
www.myrochdalecanal.org.uk

Thursday 15 May Museums at Night

5–8pm
A free special late night event full of art, music, laughter and after hours talks.

Gallery Oldham
www.galleryoldham.org.uk

Saturday 24 May Finding Nemo

2pm
Fishy family fun. Tickets cost £3 and include a goodie bag for kids. Advance booking is recommended.

Gallery Oldham.
www.thesmallecinema.com

Saturday 24 May Festival Oldham



12noon–4pm
Get set for an afternoon of free art and entertainment. Look out for street theatre from across the globe, kids crafts and live performances.

Oldham Town Centre and Gallery Oldham
T: 0161 770 3070
www.visitoldham.com

Tuesday 27 to Thursday 29 May

Half-term Holiday fun at Gallery Oldham

1–4pm
Free family craft activities for 4–10 year olds.

Gallery Oldham
www.galleryoldham.org.uk

114th Oldham Carnival! June 22

Festival Oldham Alexandra Park

11am–8pm
The annual Oldham Carnival started in the early 1900 and this year's is bigger and better than ever. The event offers leading street performers, live bands and a wide range of different events.

There are plenty of free family events to take part in within the Freebie zone and much more.

There will also be a range of stalls selling scrumptious sweets including doughnuts, burritos and traditional ice creams.

Alexandra Park
www.oldhamcarnival.org.uk



Small Cinema

The Small Cinema shows a family film every month on the pop-up screen at Gallery Oldham.

The Iron Giant Saturday 12 April, 2pm

The wonderful story of a boy who makes friends with an giant robot from outer space.

Finding Nemo Saturday 24 May, 2pm

A stunning underwater adventure, with memorable characters, humour and heartfelt emotion.

Tickets cost £3 and include a goodie bag. Advance booking is recommended.

www.thesmallecinema.com T: 0161 770 4742



Recycled Rhythms

Recycled Rhythms is a project for young people running throughout the Easter holidays.

Make a series of musical instruments out of recycled materials and create some new music to be performed at the end of the project.

The project will run throughout the Easter holidays (Monday 7 April – Monday 21 April), and will consist of up to 8 x four hour sessions. All ages welcome.

For more information
www.square1studios.org
T: 0161 628 8101



Feeling theatrical?

Take part in music and drama classes across Oldham.

TheatreLAB

Based at Oldham Coliseum it gives young people the opportunity to create exciting new performance pieces within the unique environment of a professional theatre. Age group 13–25 years. There is no minimum requirement to join TheatreLAB. Beginners, budding dramatists and anyone in between is welcome. To register please visit www.coliseum.org.uk/get-involved/young-people

Infinity Dance

Offers a variety of classes taught by qualified staff including musical theatre classes which run every Thursday. Classes are aimed at 5–16 year olds and are £3.50 per session.

For more details contact Katie Soliman
E: Katie@infinitydance.co.uk
T: 07716 806641
Infinity Dance, unit 1, Hill Street, Oldham, OL4 2AG

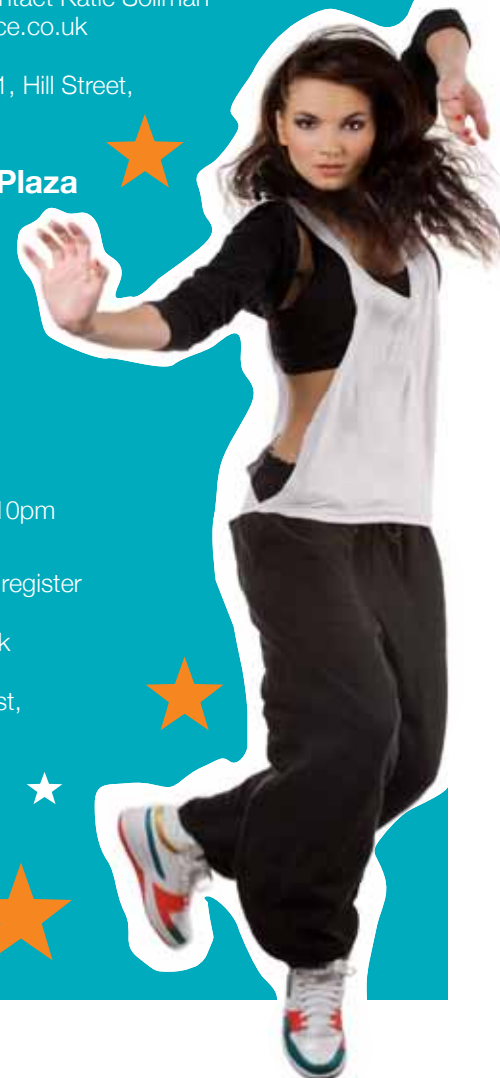
Performance Plaza

Offers arts based workshops to children and adults, including:

Drama for Fun
Tuesdays 6–7pm
Under 11s

Guitar for Fun
Thursdays 6.10–7.10pm
Under 11s

To find out more or register
www.plaza.org.uk
E: info@plaza.org.uk
The Arts Hub,
1 Ashton Road West,
Failsworth,
M35 0EQ



Baby events



Oldham has a range of activities available for the littlest members of the family too!

Oldham Libraries offer a range of activities for the under 5s.

Bounce and Rhyme

Get together with other parents and carers of babies up to 18 months at these free weekly sessions. Enjoy songs, stories and rhymes, sensory play and musical instruments.

Stories and Rhymes

Come and share rhymes and songs at these fun activities for the under 5s.

Sessions include stories and music to develop language and communication and promote a love of books in babies and young children. These free events are held weekly and there is no need to book – just come along and have fun!

Baby Days

Get together with other parents and carers of babies up to 18 months to share your experiences (older siblings welcome).

These free fun sessions are a great way to introduce little ones to the library, with songs, rhymes, sensory play and other fun activities to explore.

No need to book – just come along!

Bounce and Rhyme, Stories and Rhymes and Baby Days take place across libraries in Oldham at various days and times.

For more information
www.oldham.gov.uk/libraries
T: 0161 770 8013

Stay and Play

Stay and Play sessions at The ARC Centre on Abbey Hills Road, Alt are fully inclusive for all parents, grandparents, child-minders and carers.

Stay and Play sessions include free-play, story and rhymes, crafts, outdoor play and more to help your child's development and learning.

There is also a baby clinic held from 10–11am where you can speak to a Health Visitor and have your child weighed.

Location

The ARC Centre, 398 Abbeyhills Road, Alt, OL8 2DJ

Every Tuesday and Thursday
10–11.30am

Age: from 0–5 Price: Free

Contact

Alexandra Children's Centre
www.childrenssociety.org.uk
E: Valerie.Reedy@childrenssociety.org.uk
T: 0161 770 5275



Is fostering for you?



Did you know that Oldham children are waiting months and sometimes years for a long-term foster family?

We currently have two groups of brothers and sisters who need Oldham foster families.

Our first group are two girls aged 9 and 5, and one boy aged 7. Our second group are two girls aged 8 and 6 and a little boy aged 5.

These children, through no fault of their own, have no certainty in their lives. They do not know where they will be living, who they will be living with and what school they will be going to.

Could you help them to have a normal family life?

If you could find it in your heart to make a commitment to them, we will make a commitment to you in terms of practical and financial support.

If you feel that you could possibly offer them a home, but are not sure if you have enough room, please give us a call and we can discuss this with you.

For more information
E: fostering@oldham.gov.uk
T: 0161 770 6600

Spring sports

Get active with a packed programme of sports sessions this Easter. Oldham Community Leisure (OCL), working in partnership with Oldham Council, have a range of courses for all ages and abilities. Be inspired and try a new sport or improve your skills in a fun, safe environment.

Get the best prices with the Oldham Active card

The card gives significant savings on sport and leisure activities across all OCL facilities, plus access to year round offers. It costs just £2 for the year and is free of charge for concession customers, including the under 18s and over 60s. Find out more and apply at www.oclactive.co.uk/oclhealth-card

Trampoline

Oldham Sports Centre

- Tuesday 8–15 April, 1–2pm ages 9–17 years (max 12)
- Tuesday 8–15 April, 2–3pm ages 5–8 years (max 6)
- Thursday 10–17 April, 1–2pm ages 9–17 years (max 12)
- Thursday 10–17 April, 2–3pm ages 5–8 years (max 6)

Failsworth Sports Centre

- Friday 11 April, 1–2pm ages 9–17 years (max 12)
- Friday 11 April, 2–3pm ages 5–8 years (max 6)

Junior Basketball

Failsworth Sports Centre

- Wednesday 9–16 April, 4.30–6pm ages 8 years +
- Friday 11 April, 4.30–6pm ages 8 years +

Striker 9 Junior Football

with Oldham Athletic Community Trust

Failsworth Sports Centre

- Monday 7–14 April, 5–6pm ages 5 years +

Saddleworth Pool and Leisure Centre

- Thursday 10–17 April, 5–6pm ages 5 years +

Oldham Sports Centre

- Friday 11 April, 5–6pm ages 8 years +
- Friday 11 April, 6–7pm ages 5 years +

Climbing

Oldham Sports Centre

- Monday 7–14 April, 4–5pm ages 8 years +
- Friday 11 April, 3–6pm ages 8 years +

Price Adult Standard

£4.70 Oldham Active Card holder £3.80

Price Junior Standard

£3.40 Oldham Active card holder (parent)

Swimming Offer

Intensive Learn to Swm – beginners only

If you have never learnt to swim then now is the time. OCL are offering intensive learn to swim sessions.

Saddleworth Pool and Leisure Centre

- Monday 7–11 April, 1–3pm

Chadderton Wellbeing Centre

- Monday 14–17 April, 11am–12noon

Join our week long courses which are 30 minute sessions, to gain confidence and improve swimming ability.

Intensive Learn to Dive

Oldham Sports Centre

- Monday 14–17 April, 10–10.30am or 10.30–11am

Join our week long courses to gain confidence and improve diving ability.

Swim for £1

Everyone can swim for £1 throughout the holidays at selected times across all sites. Offer is available for children and adults. Children under 8 years old must be with an adult at all times.

Parent and Baby Swim Session

Calling all new mums and dads or grandparents – join us in our parent and baby swim sessions. Sessions run across all our sites.

Adult Learn to Swim

Learn how to swim, build confidence and gain new skills.

Splash Sessions

A fun swim with a difference which includes a variety of inflatables, floats and toys for all children to use to enhance their swimming experience.

Oldham Sports Centre

Friday 4–5pm, Saturday 2–3pm

Sunday 10–11am and 11.15am–1pm



Teen Gym – (13–15 year olds)

Oldham Sports Centre, Chadderton Wellbeing Centre and Saddleworth Pool and Leisure Centre.

- Monday–Friday 11am–12noon and 4–5pm, weekends 11am–12noon.

Please note: Oldham Sports Centre is closed on the 18 and 21 April.

Glodwick Pool and Gym

- Wednesday 3.45–4.45pm Saturday 10–11am

Royton Pool and Fitness Centre

- Tuesday and Thursday 3.30–4.30pm.

New Kickin Fit Gym – (13–16 year olds)

Failsworth Sports Centre Monday

- Friday 11am–8pm, weekend 9.30am–3.30pm.

Please note: on the 18 and 21 April, Kickin Fit will be open 11am–2pm.

Fitness Offer

There are a huge variety of fitness classes running across the spring.

11–15 years

Aerobics, Aquajog, Aqua Zumba, Zumba, Dance Aerobics, Fitness Pilates, Nordic Walking, Pilates, Sit and Get Fit, Spin, Step Aerobics, Thai Chi, Yoga.

13–15 years

Abs Blast, Body Tone, Bootcamp, Cardio, Circuits, Easy Line Circuits, Fitball, Legs, Bums, Tums.

16 years

Pump Fx, Vpr, Boxer-Circuit, Boxercise, MMA.

All participants aged between 11–15 years must be accompanied by an adult (16+) who will be responsible for the child and their actions. Participants aged 16+ are classed as adults and can attend all classes.

Family Tumble Fun (Under 5s)

Oldham Sports Centre, Lord Street, Oldham, OL1 3HA.

Monday 7 and 14 April, and Friday 11 April 9.30–11.30am.

Soft play sessions for under 5s, bouncy castle, arts and crafts, toys and games plus sing along – we also have baby play pens for the much younger children. Parents must stay with children at all times.

Changing and feeding facilities are available at Oldham Sports Centre.



Class availability

Swimming, Striker 9, diving, trampolining and gymnastics courses are also available throughout the year on a 10 week block course.

Please make sure you book all sessions in advance as we have limited places on our activities.

For more information on any courses and activities
www.oclactive.co.uk
 E: info@ocl.co.uk
 T: 0161 207 7000

Baby teeth DO matter!

Keeping your child's teeth healthy is very important.

But where do you start?

- Take your child to the dentist when they're as young as possible and at least once by the time they're two. You can find out where your local dentist is here www.nhs.uk or call NHS England 0300 311 2233.
- Prolonged use of dummies and bottles can lead to dental problems and shouldn't be used beyond one year of age. They should never be dipped in, or contain sugary substances. Moving onto an open top cup reduces the risk of dental decay.
- As early as possible get into a daily teeth brushing routine with your child. Children should be helped or supervised to brush their teeth for two minutes, twice a day. A pea-sized blob of family fluoride toothpaste should be used or a smear for under threes. Children should be encouraged to spit the toothpaste out but not rinse.
- Refined sugar causes tooth decay and can be found in many drinks and snacks that look child friendly. It is the continual snacking on sugar and sweets throughout the day that is most harmful for children's teeth. The best drinks are water and milk and it's best to look for snacks that are sugar free like bread, cheese, vegetables, crackers and fruit.
- www.smartswaps.change4life.co.uk have lots of tips and ideas for healthy food swaps.

Remember, getting into a routine from an early age means your child is more likely to carry on good habits as they get older.

For more information, speak to your dentist or visit: www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx



Fresh approach to family health!

A new free fitness programme, called FRESH has launched for children aged up to 13 years.

FRESH will be tailored to the needs of three age groups: 0-4 years, 4-7 years and 7-13 years. There are no specific criteria for the 0-4 and 4-7 programmes, however young people aged 7-13 years must be above their ideal weight to be eligible to sign up. The programmes will run for either six or 12 weeks.

Children on the 7-13 years programme will enjoy water fun sessions, climbing wall activities, bike riding and more. FRESH freebies will be on offer including a bag and water bottle. Children aged over 8 years will be offered free membership for activities at Mahdlo.

Children on the 0-4 years and 4-7 years programmes will enjoy age-appropriate creative play activities, which can be easily re-created at home.

Parents can join in too, as the whole family will be offered advice and support during the programme, including healthy recipe ideas, tips for fussy eaters, and guidance on understanding food labels.

Programme details are currently being finalised, however please contact the Oldham Health and Wellbeing Service's one stop shop for more information

T; 0161 621 7128
www.facebook.com/HealthyOldham



School meals

Starting from this September, school meals will be free for all children in Reception and Key Stages 1 and 2, which could save up to £390 per child. Oldham Council holds a Silver Food for Life award, and we are working towards a Gold award through preparing meals on site and sourcing local and organic produce where ever possible.

Five reasons why you should sign your child up for school meals:

- They're getting a healthy balanced meal five days a week
- Over 80% of our school meals are cooked from scratch and all meals are freshly prepared in on-site kitchens
- Healthier food at lunchtime can help your child to concentrate in the afternoon
- Children enjoy eating together at lunchtime and will learn dining skills and try new foods by sharing experience with friends

- Theme days, including Chinese New Year, French Café, Summer Picnic Party and many more throughout the year make school meals fun and exciting

For more about school meals and to check your entitlement www.oldham.gov.uk/meals
T: 0161 770 6688



5 a day tips

It's easier than you think to get portions of fruit and veg into your child's diet throughout the day!

Breakfast

Add fruit (such as berries or a banana) to cereal, porridge or lower fat yoghurt

A glass (150ml) of 100% unsweetened fruit or vegetable juice counts as one portion of fruit or veg

Lunch

Add some crunch to kid's sandwiches such as cucumber, grated carrot or tomato

Carrot sticks, baby tomatoes or a bananas are great healthy snacks

Remember school dinners will offer a portion of veg or salad

Dinner

Add chopped carrots to spaghetti Bolognese

Sprinkle pepper, mushroom, sweetcorn or pineapple chunks on top of a thin-based pizza

Include a salad or veg with your main meal

Add lentils, beans and peas to stews, bakes and salads

For more information to help the whole family to eat healthily visit www.nhs.co.uk/change4life.

Do your bit recycle this Easter

Last year we all saved £15 million by recycling our rubbish and waste. This is because the cost of sending rubbish to be processed for recycling is much lower than sending it for disposal.

We could, however, save a further £5 million a year if we all recycled everything we could. This money could then be used to help deliver other services for residents.

It's easy to do your bit this Easter and recycle.

Did you know that every Easter in the UK around 80 million chocolate eggs are bought and 10 million cards are sent? Nationally this generates more than 8,000 tonnes of waste from just packaging and cards alone.

So if you treat the kids to Easter eggs, or someone sends you a card, remember to do your bit and recycle all you can. You can put paper, card and envelopes in your blue bin and tin foil in your brown bin.

Every time you recycle you are helping to save money.

For more information and to request a recycling bin visit www.oldham.gov.uk/waste or call 0161 770 6644.





Brandon and Dylan do their bit by recycling

We could save £5 million each year if we all recycled everything we could

#doyourbit

working for a co-operative borough



Put yourself in the frame...

foster

Carers receive training and support, plus payments and allowances up to £450 per week (dependent on skills and experience).

Call 0161 770 6600 or visit www.oldham.gov.uk/fostering to find out more.

Get Oldham

Working



I got the first pick of the latest job opportunities

www.oldham.gov.uk/gow

Free early education places

For all 3 and 4 year olds 15 hours a week

Research shows that early education:

- Develops social skills
- Prepares your child for school
- Impacts on all round development

www.oldham.gov.uk/free_education

E: familyinfo@oldham.gov.uk

T: 0800 731 1518



We would like to hear from you with any comments you may have about this edition of Family Life.

You can get in touch with us at marketing@oldham.gov.uk or write to **Oldham Council, Room 315, Civic Centre, Oldham OL1 1UT.**

All details correct at time of going to print.



Oldham
Council