Oldham Dementia
Friendly Days Out

We are making a difference…
Oldham Dementia Friendly Days Out Directory

This is a guide to locations throughout the Oldham Borough which offer a range of facilities and ideas to promote activity and wellbeing for those living with dementia and their carers.

Many of you will already have your favourite places which you visit. Hopefully this guide will give you some more ideas or even promote those who have not yet ventured out to do so.

Activity, no matter how simple it may sound, or for how long you do it for, has been proven to provide a sense of wellbeing for both those living with dementia and their carers.

Within the Dementia Action Alliance are local Alliances here is a link for Oldham’s very own Dementia Action Alliance.
http://www.dementiaaction.org.uk/north_west/5115_oldham_dementia_action_alliance

There are already over 100 members and the list is growing!

Here is a list of places that may well be worth paying a visit to on your Dementia Friendly day out.
Art Galleries

Art galleries and museums are a fantastic venue to include in your dementia friendly day out. Museum objects, displays and exhibitions can be a great source for reminiscence and art and arts activities can often lift the lowest mood.

Gallery Oldham

Gallery Oldham is situated in the heart of Oldham town centre and offers older people a host of activities that are fun, enjoyable and stimulating. There are themed reminiscence boxes for hire, a dementia friendly trail and curator talks and handling sessions.

All of the staff are trained Dementia Friends and a warm welcome is guaranteed.

There’s a shop and a fantastic café serving wholesome, locally produced food and the most delicious cakes in town.

✉️ Gallery Oldham, Oldham Cultural Quarter, Greaves St, Oldham OL1 1AL
📞 0161 770 4653
🌐 [www.galleryoldham.org.uk](http://www.galleryoldham.org.uk)

Saddleworth Museum and Art Gallery

After a year-long refurbishment, the museum re-opened on 17th September 2016.

The museum tells the story of the people who have created Saddleworth’s landscape and character. The Museum is also member of Oldham Dementia Action Alliance. Telephone

✉️ Saddleworth Museum, High Street, Uppermill, Saddleworth OL3 6HS
📞 01457 874093
🌐 [http://www.saddleworthmuseum.co.uk/](http://www.saddleworthmuseum.co.uk/)
Garden centres

Nature can be therapeutic for anyone as well as those living with dementia or memory problems.

Many people of all ages enjoy gardening and so a visit to one of Oldham’s Local gardens centres may be on your agenda as a dementia friendly day out.

Many of the garden centres have cafes within their premises making them a great place to browse around and meet for lunches.

**Daisy Nook Garden Centre**

✉️ Stannybrook Road, Daisy Nook, Failsworth, Manchester, M35 9WJ

📞 0161 681 4245


**Newbank Garden Centres - Dobcross**

✉️ Dobcross New Rd, Dobcross, Saddleworth, Oldham OL3 5NP

📞 01457 876571

🌐 [https://www.newbankgardencentre.com/dobcross-centre/](https://www.newbankgardencentre.com/dobcross-centre/)

**Newbank Garden Centres – Royton**

✉️ Turf lane, Royton, Oldham, OL2 6JH

📞 01706 844150

🌐 [https://www.newbankgardencentre.com/royton-centre/](https://www.newbankgardencentre.com/royton-centre/)
Leisure centres

Health and wellbeing is essential for people living with Dementia and physical activities can give a person a great sense of social inclusion whilst at the same time being a great source therapy

Oldham Community Leisure are currently members of Oldham’s Dementia Action Alliance and the hosts of various leisure centres throughout Oldham.

To find out more about your local leisure centre, from opening times to classes and accessibility, visit [www.oclactive.co.uk](http://www.oclactive.co.uk) or call 0161 207 7000
Libraries

Libraries can be a fantastic place to visit for people living with dementia, their families and carers. Quite often libraries are a wealth of information from past histories and local heritage this can be fantastic for reminiscence.

Visit the Oldham Council website to find out more about your nearest library, from opening time to groups - [http://www.oldham.gov.uk/info/200395/find_a_library](http://www.oldham.gov.uk/info/200395/find_a_library)

Alternatively, call 0161 770 8000.

The following are a list of libraries you may wish to include on your dementia friendly day out.

**Chadderton Library and Wellbeing Centre**
- Burnley Street, Chadderton OL9 0JW

**Crompton Library**
- Farrow Street East, Shaw, Oldham, OL2 8QY

**Delph library**
- Millgate, Delph, Oldham, Lancashire OL3 5JG

**Failsworth Library**
- Oldham Road, M35 0FJ, Failsworth, (In the Town Hall building).

**Fitton Hill Library**
- Fitton Hill Neighbourhood Centre, Fircroft Road, Fitton Hill, Oldham, OL8 2QD

**Greenfield Library**
- Chew Vale, Greenfield, OL3 7EQ

**Limehurst Library**
- St. Chads Centre, Lime Green Parade, Limehurst, OL8 3HH

**Northmoor Library**
- Chadderton Way, Oldham, OL9 6DH
Oldham Library and Lifelong Learning Centre

✉ Cultural Quarter, Greaves Street, Oldham, OL1 1AL

Royton Library

✉ Rochdale Road, Royton, Oldham, OL2 6QJ

Uppermill Library

✉ St. Chad’s, High Street, Uppermill, OL3 6AP
Parks countryside and canals

Oldham hosts some fantastic parks, countryside and canals that would suit the whole family that may well help ensure a person living with dementia can still have a fun time out with their children and grandchildren, enabling them to keep an intergenerational link with their family and community.

The following are a list of places within Oldham that may prove to be suitable venues for people living with dementia and their families.

**Alexandra Park**

environmentalservices@oldham.gov.uk

Oldham, OL8 2BN

Tel:0161 770 4056

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. The park has many facilities from a boating lake to heated conservatory and Boathouse Café. Best to ring the park for a full list of what’s on offer.

**Bishop Park**

Grains Bar, Shaw, OL1 4SX

A monument at Bishop Park marks the highest point in Oldham, at 1233 feet above sea level. The monument commemorates a local family who gave the land at Bishop Park to the Borough of Oldham. From this point you can see four counties - Lancashire, Yorkshire, Cheshire and Derbyshire, and even as far as Wales on a clear day.

**Facilities**

Bishop Park has a Pitch ‘n’ Putt course.

Bishop Park Pitch ‘n’ Putt - Oldham Community Leisure website
Brownhill

env.brownhill@oldham.gov.uk

Wool Road, Dobcross, Oldham, OL3 5PB

Tel: 0145 787 2598 Not open every day, ring first.

The nature garden is accessible for all abilities via a ramped walkway with tactile path indicators and raised planters. Cottage and butterfly gardens are planted with sensory and wildlife attracting flowers and herbs. A small woodland, meadow and pond with dipping platform. Provide wildlife habitats and an educational resource, with a gazebo and bird hide providing shelter.

Besom Hill

This former hilltop quarry has a wild feel being situated at the top of Ripponden Road above Saddleworth. The quarry face, with shale and sandstone strata visible though not accessible, dominates it. Coniferous plantations have been introduced but have not hindered the views across Greater Manchester.

Delph Donkey

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Diggle Fields

Water is the main theme of this countryside area, with the Diggle Brook and the Huddersfield Narrow Canal forming two boundaries and a large duck pond is also present.

Two modern play areas cater for infant and junior age groups using the canal as their design influence in pine woodland surroundings. Sculptures and interactive games lead the visitor on a network of paths the Standedge Tunnel entrance, (the longest, deepest and highest above sea level in the country).

Leavers Wood

This woodland lies to the north of Dobcross and rises steeply from its boundary with the River Tame.

The site is designated as a Site of Biological Interest (SBI) due to the woodland being semi-natural with oak and birch being the most abundant trees. During the spring this area is awash with colour as the bluebells flower.

Remnants of an industrial past are evident in the mill lodges still present and used by the local fishing club.
**Chadderton Hall Park**

Chadderton Hall Park is off Chadderton Hall Road.

Burnley Lane, Chadderton, OL9 0QB

Chadderton Hall Park is over 6 hectares.

‘Park Pride’ security operates within the park during the hours that the gardeners are not present. This ensures the park is welcoming to visitors during the day and evenings and weekends.

**Coalshaw Green Park**

Coalshaw Green Park is off Coalshaw Green Road, Chadderton in the Chadderton South Ward.

**Crompton Moor**

To learn more about the moor contact Alexandra Park.

env.rangers@oldham.gov.uk

Tel: 0161 770 4056

Crompton Moor rises above the town of Shaw, and is a unique and popular recreation site in Oldham. The site is great for wildlife. Birdwatchers can see kestrel, red grouse, golden plover, snipe, curlew, skylark and meadow pipit. There are also foxes, weasels, common shrews, stoats and hares.

The car park is at Brushes Clough Quarry off Buckstones Road.

To book a Ranger-led session for a community group, phone 0161 627 2608.

**Daisy Nook Country Park**

env.rangers@oldham.gov.uk

John Howarth Countryside Centre, Daisy Nook Country Park, Off Stannybrook Road, Failsworth, Manchester, M35 9WJ

Tel: 0161 308 3909

Daisy Nook Country Park is 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.
Dove Stone Reservoir

Greenfield, Saddleworth, Oldham, OL3 7NE

With its breath-taking vistas, the Dove Stone area of Saddleworth offers visitors the chance to explore part of the Peak District National Park.

There is an extensive network of footpaths and considerable moorland area with open access.

In addition, there is a wheelchair circuit around the reservoir and a permanent orienteering course.

Dove Stone Reservoir is the best place in Oldham to see plantation woodlands, which contain a mixture of conifer trees.

There is a car parking charge at this site.

Dunwood Park

Smallbrook Road, Shaw, OL2 7UQ

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.

Foxdenton Park

The park is located off Foxdenton Lane, Chadderton and is easily accessible via public transport. Springs Road, Chadderton, OL9 9QS

Foxdenton Park is 5.2 hectares.

A permanent gardener presence ensures the park is well maintained during the daylight hours, and a local security firm takes over during the evenings and weekends so people can feel comfortable and safe while using the park and its facilities.
High Crompton Park

The park is on Rochdale Road, and is easily accessible by public transport.

High Crompton Park is 5.7 hectares.

There is a country fair held in September each year.

A permanent gardener presence ensures the park is well maintained during daylight hours, with security staff taking over during the evenings and weekends to ensure people feel comfortable when using the park.

Huddersfield Narrow Canal

The Huddersfield Narrow Canal runs through the scenic villages of Saddleworth, connecting the towns of Ashton-under-Lyne and Huddersfield.

At its centre lies the unique Standedge Tunnel - the longest, highest and deepest canal tunnel in the country. Website: www.standedge.co.uk

Activities on the canal: The Visit Oldham website at www.visitoldham.com has information about activities along the canal, from towpath walks, to boat trips, the Ale Trail and more.

Leesbrook Nature Park

There is no visitor centre here.

Bank Top, Lees, Road Oldham, Lancashire

Leesbrook Nature Park is in the heart of the Medlock Valley and is a haven for wildlife. The park follows the River Medlock valley and has different sites. (Including Constantine Street, Bank Top, Breeze Hill and Holts). Each site has its own character - from wooded valleys to meadows with views of the Pennines. It’s a great place for walking, cycling and horse riding.

Moston Brook Green Corridor:

Between Failsworth and Moston (runs alongside the A62 and the Oldham to Manchester railway line).

Moston Brook Green Corridor stretches from the Rochdale Canal at Failsworth to Dean Lane Train Station, Manchester.

The corridor covers approximately 70 hectares of land.

The area is made up of four distinct sites and is a key element of the wider green space network for Greater Manchester. The corridor has space for people and wildlife, recreation areas, a range of habitats, and places of historic interest.

For further information, Phone: 0148 484 4298 or email, ann.bates@oldham.gov.uk
Royton Park:
Bleasdale Street, Royton, OL2 6RL
Royton Park is 19 hectares.
The popular local park opened in 1911 on the day of George V’s coronation.

Strinesdale Centre
United Utilities manage Strinesdale, Holgate Street, Oldham, OL4 2JW
Tel: 0145 785 1083
Strinesdale has reservoirs, woodlands and meadows surrounded by farmland. There is a wide range of habitats for local wildlife, so there is always something to see.

Tandle Hill Country Park
The Park has a Countryside Centre you can visit.
Tandle Hill Country Park, Tandle Hill Road, Royton, OL2 5UX
Tel: 0161 627 2608
Tandle Hill is Oldham’s oldest country park. It has 48 hectares of parkland with mature beech, mixed woodland and grassland.

There are views across the Manchester Plain and the Pennine Hills. Oldham Edge, in the Tandle Hill area, is a large area of moorland and grassland, containing mixed woodland plantations. Visible from many parts of Oldham it overlooks Higinshaw village to the east, Royton to the north and Oldham centre to the west and south. Tandle Hill is a designated Site of Biological Importance for its fungi and bird populations.

The park has public toilets (including disabled access), baby changing facilities and plenty of car parks.

Werneth Park
Manchester Road Oldham, OL8 1RB
Werneth Park is 9 hectares.
The park was created in 1936 from a 19th-century estate featuring a hall with gardens and a small park.
Theatres

Music can be fantastic for people living with Dementia it has both therapeutic properties and can help with social inclusion. Often people who may well find it a problem with speech and communication can still sing along and remember the words to a song.

Oldham music centre - Lyceum Building, Union street, Oldham OL1 1QG Tel : 0161 770 5660, may be a venue you wish to include in your Dementia friendly day out it is the host to Alzheimer’s Society Singing for the brain group which is held every Wednesday during school term times from 1.30pm-3pm.

You may wish to include, Oldham Coliseum Theatre Fairbottom Street, Oldham OL1 3SW Tel: 0161 624-2829 into your Dementia day out. Theatres can be a great source of entertainment for all of the family to enjoy. As with any venue that may be a source of sensory stimulation remember to bear in mind, everyone experiences Dementia in a way unique to themselves; some people with Dementia can become over stimulated. Think about where your loved one is in their stage of Dementia and it is always worth going along and checking it out with your environmental checklist to ensure it is a venue suited to you and your loved one/s

Additional potential venues

According to www.tripadvisor.co.uk the Civic hall at Uppermill has some fantastic craft fayres and a café that may well be worth a visit. Once again as stated earlier in the guide do bear in mind, experiences of people with memory problems and Dementias will be unique to the individual. So it is best to take into account where your loved one may be in regards to the stage of Dementia and their capabilities. It may again be worthwhile referring to you dementia friendly environmental checklist when checking suitability.

Pennine moonraker Saddleworth Canal cruises again listed on trip advisor may be a worth a visit.

Neighbouring Venues close to Oldham

Museums can be a fantastic source of reminiscence for everyone, however reminiscence for people living with Dementia and their carers/ family can prove invaluable reminiscence can be great for sparking conversation and the person living with Dementia may well feel included and valued as a result. Remember there are some fantastic venues in the neighbouring area of Bury. Fusilier’s Museum Moss Street Bury BL9 0DF Email: enquiries@fusiliermuseum.com Tel: 0161 7638950 and The East Lancashire Railway Bury Bolton Street Station, Bolton Street, Bury, Lancashire BL9 0EY

Telephone: 0161 764 7790 (lines open daily 10am - 4pm). Could prove to be a fantastic source of reminiscence for some people. You may well also find a stroll around Bury Market enjoyable.
We hope you have found this guide useful, if there are any venues you have been to which are not included the guide that you have found to be Dementia Friendly that you would like adding to the guide please let us know.

**Transport Links**

**Ring and Ride:**
Door to door service for those of all ages who find difficulty using public transport. Registration is required and advance booking.
For journey bookings, contact 0845 688 3989 (8am-4pm)
General enquiries 0845 688 4933 or 0161 200 6011 (8am-10.30pm)
Visit Transport for Greater Manchester website or enquiries@ringandride.info
oldham.depot@ringandride.info

**Dial-a-ride:**
Community transport for those experiencing difficulty using public transport due to limited mobility. Open to all Oldham residents.
Wheelchair accessible. Bookings must be made in advance and fees are applicable.
Contact 0161 633 0097 (9am-5:30pm)
Group travel options are available
If you are over 60, are eligible and reside in Greater Manchester, you can apply for a national travel pass. This allows free travel on local buses 9:30am- 11pm Monday to Friday.
See Transport for Greater Manchester website or call 0161 244 1050 (7am-8pm Monday to Friday; 8am-8pm weekends and bank holidays) or concessionary.travel@tfgm.com

If you are disabled, you may be entitled to free travel on buses, trains and metrolink services or travel vouchers for a reduced taxi rate no matter what your age. Call 0161 244 1000 for more information.

If you have a pass issued by Transport for Greater Manchester, you can travel free in standard class on trains within Greater Manchester 9:30am- midnight Monday to Friday and anytime Saturday, Sunday and Bank Holidays.

In areas with limited bus services, there is a local link door to door service. For further information, please call 0871 200 22 33.

Information is also available in other formats by calling 0871 200 22 33.
we are proud…
we are supportive…
we are friendly…
we are respected…
we are active…
we are stronger…
we are better…
we are caring…
we are here…
we are a community…
we are making a difference